



**For a healthy community**

**KANSAS CITY FREE HEALTH CLINIC  
PEER ADHERENCE PROGRAM  
HIV EDUCATIONAL/SUPPORT GROUPS**

**2008**

- ⌘ Getting Older with HIV
- ⌘ Mental Health and HIV
- ⌘ Stigma
- ⌘ Boosting the Immune System

**2007**

- ⌘ Alcohol, Street Drugs and HIV
- ⌘ Self-Assertiveness
- ⌘ Adherence
- ⌘ Diet, Exercise, and Nutrition on a Shoestring Budget

**2006**

- ⌘ Communication Skills and Disclosure
- ⌘ Stress and HIV
- ⌘ Adherence
- ⌘ Taking Charge of Your Health

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# I. GROUP BASICS



### **A. Purpose of Groups:**

The purpose of the groups is to engage more patients diagnosed HIV positive into learning better ways of living with HIV and adhering to medication regimens.

Part of the responsibility of the Peer Educators and Peer Education Program is to offer these groups.

The Program is to include the following:

Group interventions focusing on education, skill building, and peer support addressing a wide array of adherence related issues. These groups will vary in length, subject matter, and group model but all will be co-facilitated by a Peer Educator. These groups will be internally marketed to all HIV positive patients at the Kansas City Free Health Clinic.

It is the Peer Education Program's goal to host 6 cycles consisting of 4 groups each per year. In addition, it is a goal to have 120 individuals attend the groups.

A key piece of these groups is engaging people in care. It is important to spend a few minutes at the beginning of each group to discuss with participants the purpose of the peer program to open up access for potential clients.

Please see the article included in the Additional Information section of this manual to read about the importance of groups for persons living with HIV/AIDS.

## **B. Description of Groups**

### **⌘ Peer to Peer Group Development**

#### **⌘ *Groups: 2006***

##### **⌘ *Introductory Group***

Purpose: This group will include an HIV/AIDS 101 educational focus and will introduce the plan for the group schedule and what is expected of group members. A pre-test may be administered to gain a better picture of the level of understanding of HIV of the participants.

##### **⌘ *Communication Skills***

Purpose: To present the skills necessary for patients to become more empowered patients in their medical care and in their personal life. For example, participants will learn effective communication skills for communicating with their Care providers and further developing techniques for disclosing one's HIV status to loved ones.

##### **⌘ *Stress and HIV***

Purpose: To present participants information based on scientific research that demonstrates the impact of stressors on a person's body and immune system who is living with HIV. Further, techniques to learn better ways of coping and dealing with stress will be presented.

##### **⌘ *Adherence***

Purpose: To present participants with information that demonstrates the importance of maintaining adherence to medications at or above 95% to prevent resistance. Further, participants will be provided with ways to deal with barriers to adherence. Not all participants will be required to be on medications to attend. This group will also focus on being adherent to medical and self care, rather than just medication adherence.

##### **⌘ *Taking Charge of Your Health***

Purpose: To present a holistic view of quality of life care in order for participants to engage in taking care of themselves and their medical care. Techniques and skills to be taught will focus on empowerment and advocacy for self within the medical care system.

A post-test may be administered during the last group to obtain feedback on the group content, format, delivery, and knowledge gained.

## **B. Description of Groups**

### **⌘ Peer to Peer Group Development**

#### **⌘ *Groups: 2007***

##### **⌘ *Introductory Group***

Purpose: This group will include an HIV/AIDS 101 educational focus and will introduce the plan for the group schedule and what is expected of group members. A pre-test may be administered to gain a better picture of the level of understanding of HIV of the participants.

##### **⌘ *Alcohol, Street Drugs and HIV***

Purpose: To present the information on how alcohol and drug use affect adherence to medications and CD4 count, how substance abuse may cause a decrease in immune function and an increased risk of opportunistic infections, and how interactions between recreational drugs and antiretrovirals can be deadly.

##### **⌘ *Self Assertiveness***

Purpose: To define what self-assertiveness “is” and “is not”. Further, explain how being self-assertive promotes the strength and quality of Natural Killer (NK) cells in the immune system and how the body’s immune system is directly influenced by our emotional well-being.

##### **⌘ *Adherence***

Purpose: To present participants with information that demonstrates the importance of maintaining adherence to medications at or above 95% to prevent resistance. Further, participants will be provided with ways to deal with barriers to adherence. Not all participants will be required to be on medications to attend. This group will also focus on being adherent to medical and self care, rather than just medication adherence.

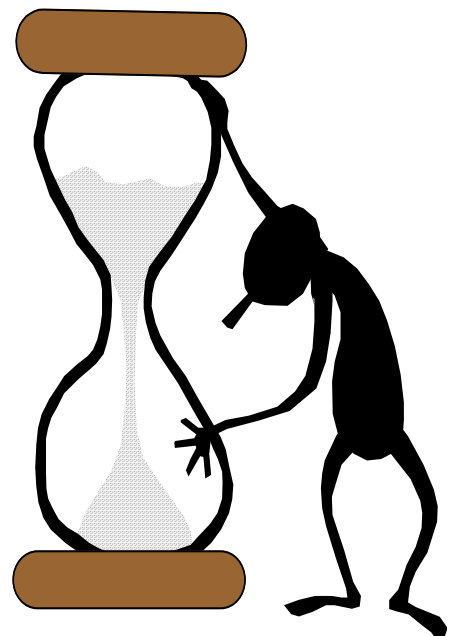
##### **⌘ *Diet Exercise and Nutrition on a Shoestring Budget***

Purpose: To present a daily food guide, five easy things to boost nutrition, tips for good nutrition, food safety, and explain the benefits of exercise/activity for people living with HIV/AIDS, specifically resistance training.

A post-test may be administered during the last group to obtain feedback on the group content, format, delivery, and knowledge gained.

### **C. Flow of Groups → Logistics:**

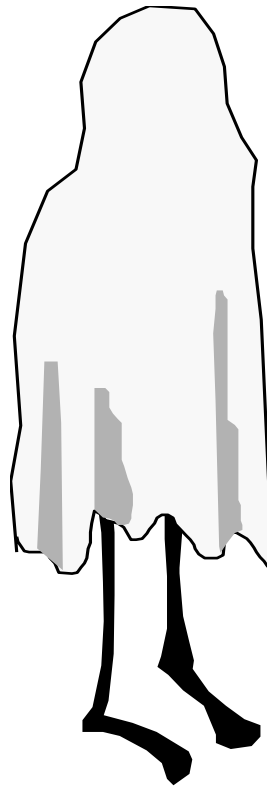
1. Please be prepared for your group before coming to the group to present
2. Please be at the clinic at least 15 minutes before groups start (Please let the Adhering to Wellness Coordinator or Supervisor know if you will be running late)
3. Material Responsibilities of Group Facilitator:
  - a. Consent Forms
  - b. Any materials to hand out to participants
  - c. Food and drink preparation
4. Group Presentation (Educational Portion) → 30 – 45 minutes
5. Time for discussion or demonstration of tools → 15 – 30 minutes
6. Closure of group → ~ 10 minutes
7. Clean-up!! 10 minutes



### **D. Absent?**

If you will not be able to facilitate your group, it is recommended that you give notice of this possibility *as soon as you know*. If given enough notice, then you may switch nights with another peer. Otherwise, **IT IS YOUR RESPONSIBILITY** to find a replacement facilitator.

It is understandable that uncontrollable situations present themselves (i.e., illness, bad weather) but please remember that participants will be coming from many different places to attend group. Therefore, **IT IS YOUR RESPONSIBILITY** to be in touch with the Peer Treatment Adherence Specialist AND Adhering to Wellness Coordinator as soon as you know you will not be able to facilitate your group.

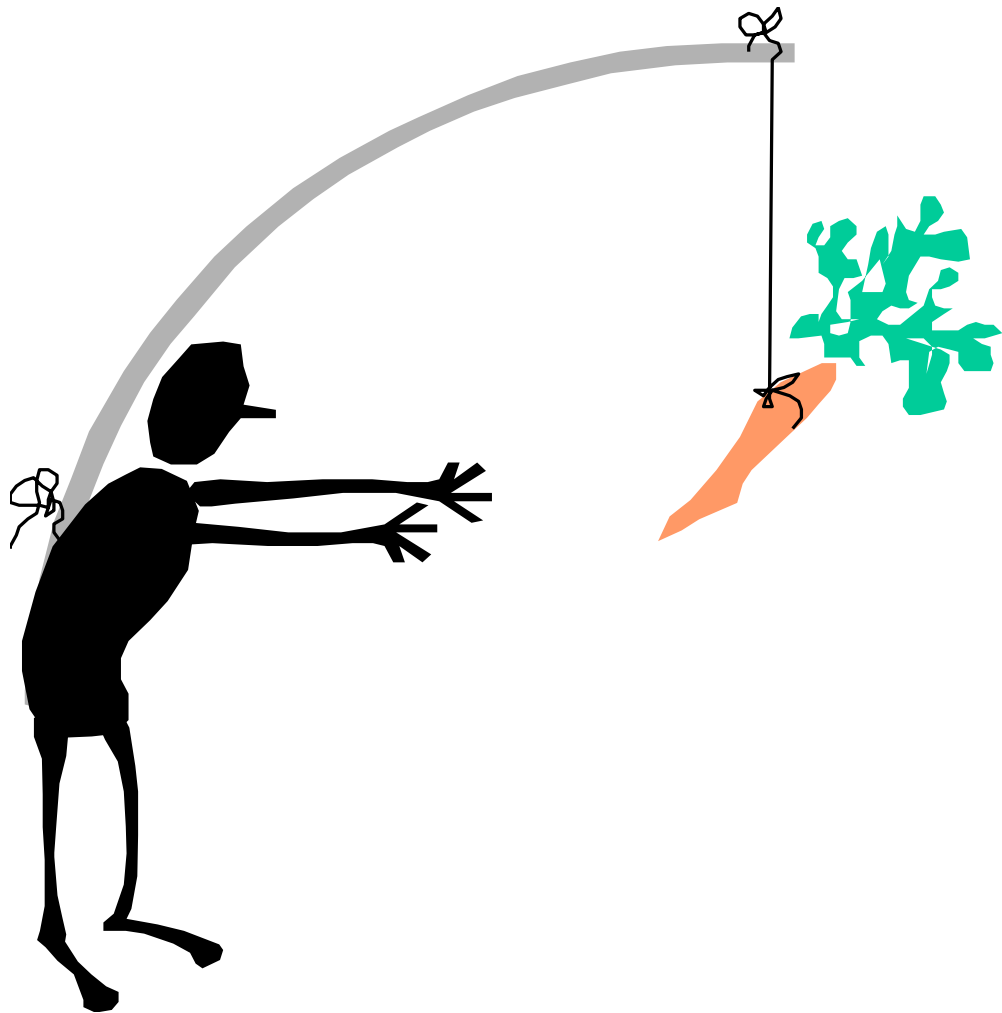


### **E. Ground Rules:**

1. RESPECT between group members
2. TIMELINESS - Please be on time and stay the full time
3. CONFIDENTIALITY and PRIVACY are of utmost importance
4. These groups are developed for YOU – Please turn off cell phones and pagers when entering group to avoid distractions
5. Do not be afraid to ask questions, chances are someone else is wondering the same thing!
6. The groups are meant to be interactive, so please feel free to offer suggestions or advice related to the topics of groups based on your own experiences.
7. Please give us feedback if you feel there are topics you would like to learn more about
8. RELAX AND ENJOY!



# II. MARKETING STRATEGIES



## **METHODS OF MARKETING:**

At least one month before groups are to start, one may complete the following

### **❖ Create Fliers**

- Send in mail to potential participants that can receive mail
- Hang in patient rooms
- Leave a stack at the front desk
- Distribute to all case managers
- Distribute at relevant community meetings
- If allowed, post in drugstores/pharmacies

### **❖ Create a Letter**

- Send in mail to potential participants that can receive mail

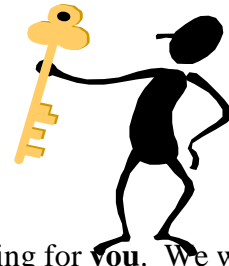
### **❖ Phone Calls**

- Have peers call their clients to solicit groups
- When making appointment reminder calls, peers could solicit groups to individuals who answer the phone if messages can be left

### **❖ Other ideas?**

January 31, 2006

Dear Client,



We are writing to let you know about a group that we are developing for **you**. We want to expand the peer adherence program to include more opportunities for aiding you in achieving a better quality of life. We are going to offer a group that will consist of 5 different sessions covering topics that many of you told us you were interested in. Here are the topics we will be covering:

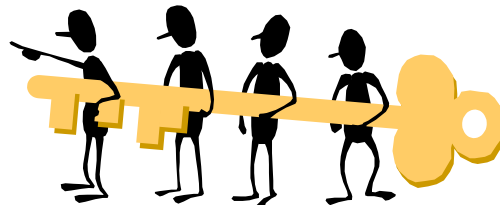
- ⌘ **Week 1: (Optional) Introduction** → We will present an overview of HIV and the topics that will be presented. This group will also allow you to provide us with feedback on what you would like to see in the upcoming groups.
- ⌘ **Week 2: Communication Skills** → This session will include techniques for learning how to communicate better with your care providers and also teach you ways of disclosing your status to loved ones.
- ⌘ **Week 3: Stress and HIV** → This session will provide you with information about how HIV impacts the immune system and provide you with the tools for dealing with stress. Watch how your t-cells/CD4 counts will rise just by learning how to relax!
- ⌘ **Week 4: Adherence** → This session will provide you with information that demonstrates the importance of maintaining adherence to medications at or above 95% to prevent resistance. You will also be provided with “tools” for overcoming barriers to adherence. This session will also focus on being adherent to medical and self care, rather than just medication adherence.
- ⌘ **Week 5: Taking Charge of Your Health** → This session will provide you with an understanding of how to create a better quality of life for yourself from a holistic viewpoint. Techniques and skills will be shared on how to become more empowered and how to advocate for yourself within the medical care system.

The groups will begin on **Tuesday, February 14<sup>th</sup>** (Valentines Day) and will be held from **10:30 a.m. → 12:00** at the Kansas City Free Health Clinic. Everything will be kept confidential in these groups.

We will have snacks and drinks for you! Please come take the next steps towards taking care of yourself and putting yourself first!

Please contact Megan at 777-2799 or the peers at 777-2723 for more information about the groups. We look forward to seeing you on Tuesday, February 14<sup>th</sup> at 10:00!

Sincerely,  
Your Peer Adherence Team ☺



Do you know what it means to put YOURSELF FIRST?

Are YOU ready to change your life?

Do YOU want to live a healthier, stress free life?



**We want to help YOU put YOURSELF FIRST!**

Please join us (YOUR Peer Adherence Team) beginning **Tuesday, February 6<sup>th</sup> from 5:00-6:15** at the Kansas City Free Health Clinic we will hold weekly meetings for you and will cover the following topics: **2007**

- ⌘ Alcohol, Street Drugs and HIV
- ⌘ Self-Assertiveness
- ⌘ Adherence
- ⌘ Diet, Exercise, and Nutrition on a Shoestring Budget

These groups are free and snacks and refreshments will be served!  
All you need to do is be here on time to learn, discuss, and enjoy taking care of yourself!

We hope you will join us and we look forward to working with you!

Questions or Concerns?

Please contact LaTrischa at 777-2745 or the Peer Office at 777-2723.

# ✦ Adhering to Wellness ✦



Are you ready to put yourself FIRST? Are you interested in learning how to better your quality of life? The peer educators from the Kansas City Free Health Clinic will be presenting groups related to wellness for all individuals diagnosed HIV positive.

The groups will be confidential. Food and incentives will be provided for your participation.

Topics to be presented will include:

- ⌘ Alcohol, Street Drugs and HIV
- ⌘ Self-Assertiveness
- ⌘ Adherence
- ⌘ Diet, Exercise and Nutrition on a Shoestring Budget

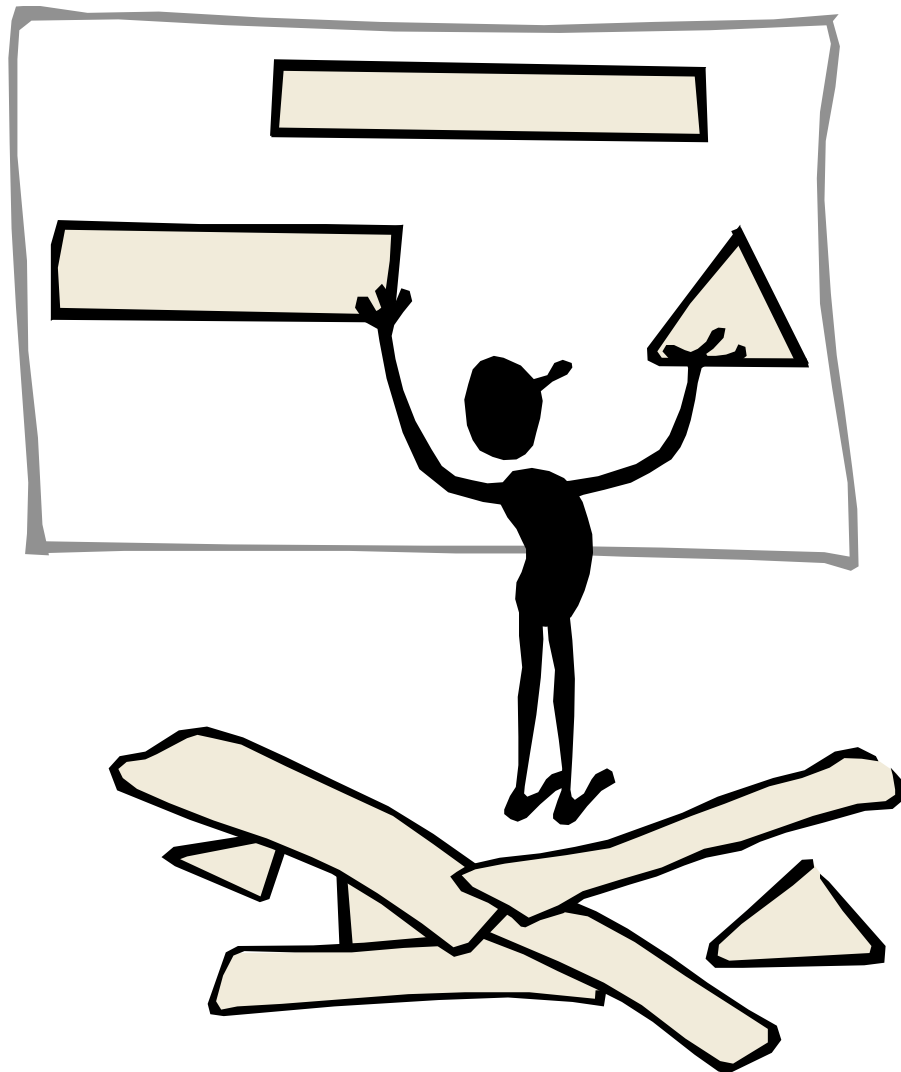
**Dates:** Tuesday evenings from 5:00 – 6:15  
February 6<sup>th</sup> , February 13<sup>th</sup>  
February 20<sup>th</sup> , and February 27<sup>th</sup>

**Location:** Kansas City Free Health Clinic

**Need more information?** Please call 777-2745 or 777-2723



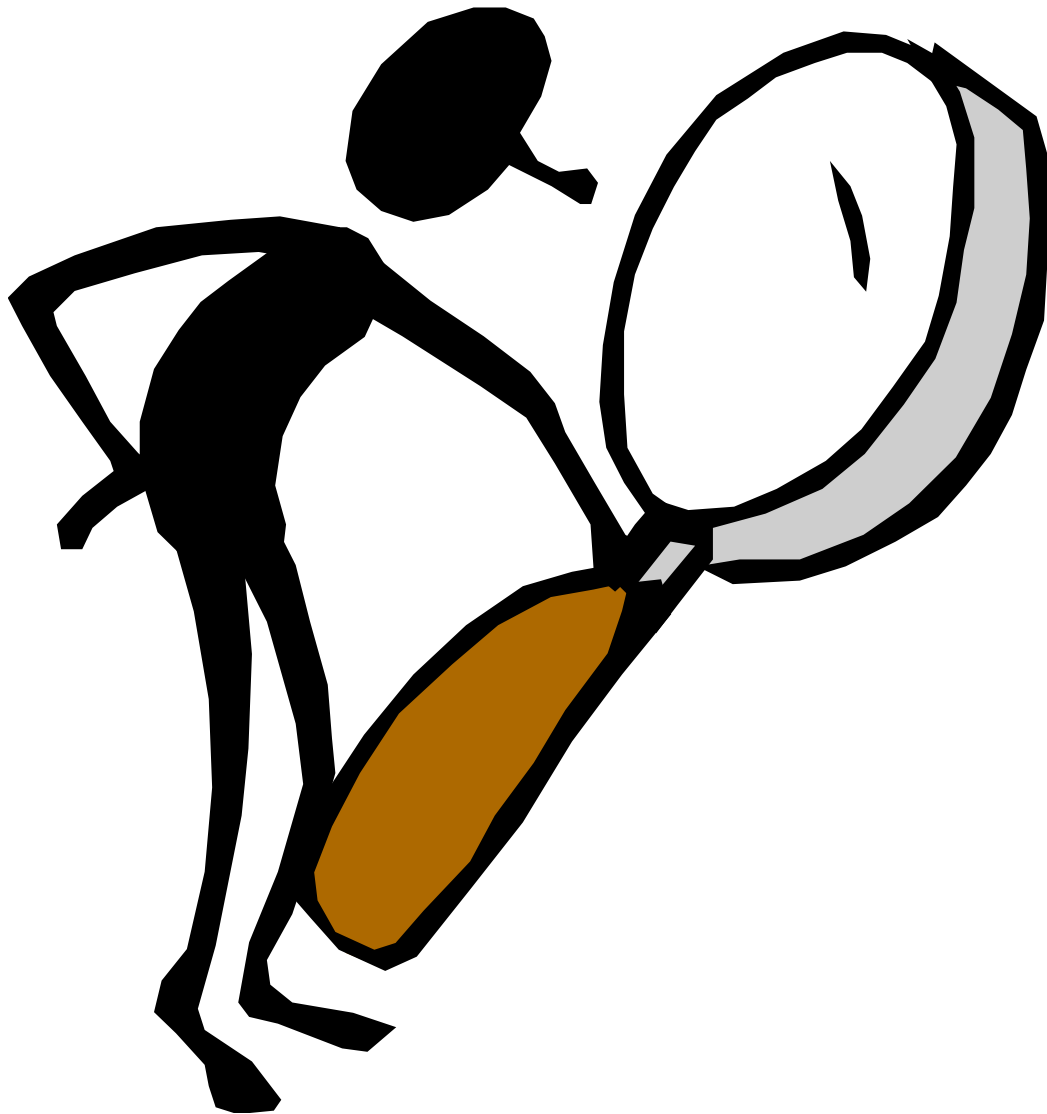
# III. GROUP EDUCATIONAL MATERIALS



***SAMPLE OUTLINE FOR***

***STRESS AND HIV (on PDF attachment)***

# IV. ADDITIONAL INFORMATION



## **A. INCENTIVES FOR PARTICIPATION:**

Ideas:

1. Offer meals from Price Chopper (they will warm up meals – ex: lasagna, pizza, etc.)
2. Ask assistance from Pharmaceuticals to provide meals
3. Order Pizza
4. Provide snacks

Incentives for Participation Ideas:

1. Every group a raffle could be held for participants either at random or for those who answer questions correctly. They could win bus tickets, meals from local restaurants, movie passes, grocery store gift cards, etc.
2. If a participant attends all 4 groups, he or she will have their names entered into a drawing for a grand prize.
3. Participants completing evaluation will receive a gift certificate or gas card.



B. Article to Support the Need for Groups for Persons living with HIV

Hyde, J. Appleby, P.R., Weiss, G., Bailey, J., & Morgan, X. (2005). Group-level interventions for persons living with HIV: A catalyst for individual change. *AIDS Education and Prevention, 17SA*, 53-65.