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## Peer Navigation in HIV Services Webinar

Date: Friday, February 16<sup>th</sup>, 2018



Please make sure you access the audio  
portion:

**Toll-free access number: 1-866-500-7712**

**Access code: 2277655**

**The webinar will commence  
shortly.**

**All participants will be muted  
until the question period.**

# Webinar Outline

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- Brief overview of peer health navigation and the *Practice Guidelines in Peer Health Navigation for People Living with HIV* (8 mins)
- Overview of peer health navigation programs: (25 mins)
  - Saskatchewan Health Authority
  - Positive Living Society of British Columbia
- Discussion and Q & A opportunity (20 mins)

# Speaker Introduction & Biographies

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- Christie Johnston, CATIE
- Jamie Crossman, Saskatchewan Health Authority, Regina, SK
- Danita Wahpoosewyan, Saskatchewan Health Authority, Regina, SK
- Glen Bradford, Positive Living BC, Vancouver, BC



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# Practice Guidelines in Peer Health Navigation for People Living with HIV

Presented by: Christie Johnston

Webinar: Peer Health Navigation in HIV Services  
Friday, February 16, 2018

# What are practice guidelines?

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- Evidence-based recommendations for how to do the work of peer health navigation in HIV in an effective and wise way.
- Based on scientific and practice-based evidence
- Designed to be a resource for providers
- Can be used to enhance practice or programming

# Defining peer health navigation (1)

- “Peer”?
  - a person living with HIV who also has lived experienced and an intimate understanding of the circumstances in which many clients live their lives
- “Health navigation”?
  - a person-centered approach to guide, connect, refer, educate, and accompany people living with HIV through systems of care.

# Defining peer health navigation (2)

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Goal of Peer Health Navigation:

...to build the capacity of clients to self-manage their **HIV care**, to navigate systems themselves and, ultimately, improve their **HIV health** and wellness.

# Why focus on peer health navigation?

1. We know that engagement of people across the continuum is critical for health and wellness
2. We know that there are gaps in the cascade and we can improve our efforts
3. We know that health navigation programs can help to bridge these gaps: positive outcomes for the client, the peer, and the agency.



# How were the guidelines developed? (1)

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- Evidence-based
  - Comprehensive review of the literature on the roles and responsibilities of health navigators.
  - Comprehensive review of the literature on peer work in HIV.
  - Created evidence reviews based on topics determined by a 13-member expert working group
- Practice-based
  - Monthly meetings to discuss evidence in the context of practice-based experience.

# How were the guidelines developed? (2)

- CATIE and a 13-member national expert working group
  - Jason Altenberg, South Riverdale Community Health Centre
  - Glen Bradford, Positive Living BC
  - Shazia Islam , Alliance for South Asian AIDS Prevention
  - Sudin Sherchan, Alliance for South Asian AIDS Prevention
  - Miranda Compton, Vancouver Coastal Health
  - Holly Gauvin, Elevate NWO
  - Scott Harrison, St. Paul's Hospital
  - Mary Petty, St. Paul's Hospital
  - Kira Haug, ASK Wellness
  - Murray Jose-Boerbridge, Toronto PWA
  - Marvelous Muchenje, Women's Health in Women's Hands
  - Susanne Nasewich, Regina Qu'Appelle Health Region
  - Carol Strike, University of Toronto

# What is in the guidelines?

- 11 chapters
  1. Infrastructure assessment
  2. Navigator roles/responsibilities
  3. Ethical considerations
  4. Recruitment/selection of navigators
  5. Compensation
  6. Supervision and support
  7. Training
  8. Evaluation of the program
  9. Integrating peers into community-based settings
  10. Integrating peers into healthcare settings
  11. Community engagement

# Accessing the *Practice Guidelines in Peer Health Navigation for People Living with HIV*

The screenshot shows the CATIE website interface. At the top, there are navigation links for Home, Français, and Contact Us, along with social media icons for Facebook, Twitter, and YouTube. The CATIE logo is prominently displayed on the left, with the tagline 'Canada's source for HIV and hepatitis C information'. A search bar is located on the right side of the header.

The main content area features a large yellow banner with the title 'Practice Guidelines in Peer Health Navigation for People Living with HIV'. Below the banner, there is a 'Print-friendly PDF' link. The text describes the development of national evidence-based guidelines on peer health navigation in HIV, aimed at providing research- and practice-based information to develop, implement, and strengthen peer health navigation programs.

A yellow arrow points to the 'Download the guidelines (PDF)' link, which is highlighted in red. Below this link, there is a contact information section: 'For more information, please contact: programmingconnection@catie.ca'.

On the left side of the page, there is a sidebar with a menu of categories: The Basics, Prevention, Treatment, Healthy Living, Strengthening Programming, What's New?, About CATIE, and Website Tour. Below the menu is a 'Latest Blog Posts' section with three entries, each with a 'MORE' button.

On the right side, there is a 'NEWS' section with three articles, each with a 'MORE' button. Below the news is a 'CATIE ANNOUNCES' section with two announcements, each with a 'MORE' button. At the bottom right, there is an 'EVENTS' section with one announcement: '2018 Gay Men's Mental Health Summit'.



# PEER-TO-PEER PROGRAM

Regina, Saskatchewan

February 16, 2018



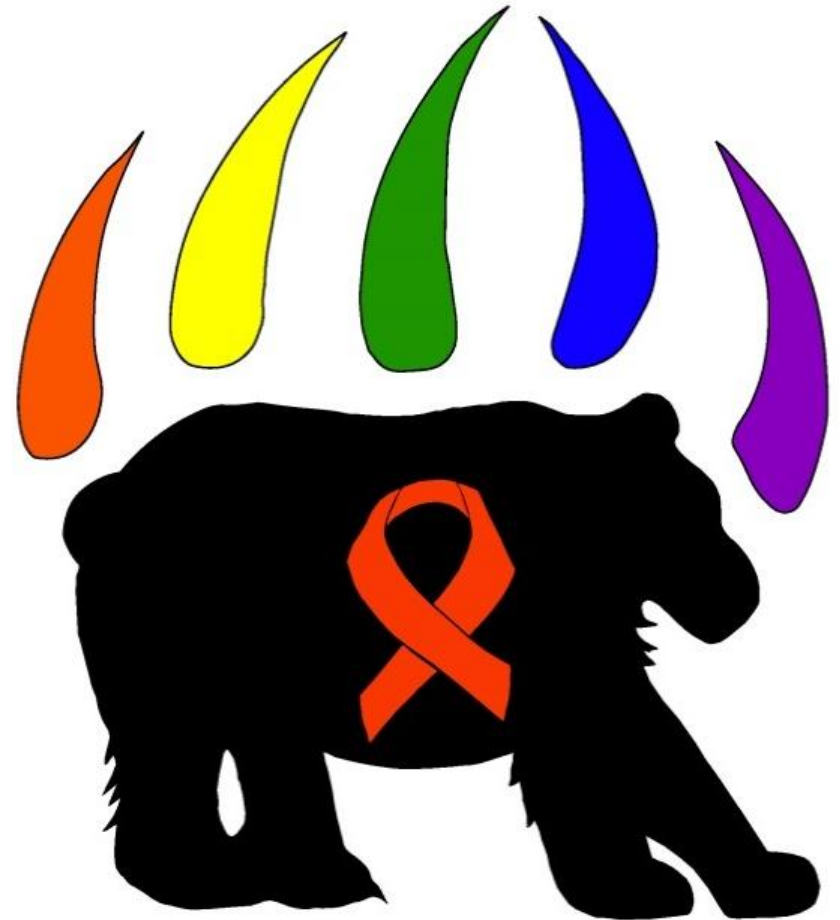
Saskatchewan  
**Health Authority**

# Acknowledgements

# PROGRAM

## Overview

- Established in 2012
- Mentorship program
- Peer matching
- Drop-in support
- Monthly peer support group
- Inclusive of all backgrounds, lifestyles, and cultures



# PURPOSE

- Unique link for PLWHIV who are newly diagnosed, who are admitted to hospital, and those requiring tailored support
- HIV care, prevention, & treatment
- Improve and maintain overall health and well being



# GOALS

Supporting those living with HIV to:

- Seek health care earlier and more often
- Improve and maintain physical, emotional, mental, and spiritual well being
- Reduce spread of HIV infection
- Reduce stigma and discrimination

# PARTICIPANTS

**7**

Peer Mentors

**18**

Mentees matched to a Peer Mentor

**7**

Peers engaged in the program (not matched to a Peer Mentor)

*No one understands  
the reality of HIV better  
than someone who lives  
with it everyday.*



Saskatchewan  
**Health Authority**

# PEER MENTORS

## Qualifications & Roles

- Lived experience
- Training
- Provide holistic support
- Educate and advocate
- Model self-care
- Program planning

# CHALLENGES

- Space
- Differing values and perspectives within the peer group
- Peers as professionals
- Burn-out
- Personal challenges of peer mentors
- Grief and loss
- Engaging clients

# BENEFITS

- Improves overall health and wellness of the Peer Mentor and provides opportunities in the workforce
- Organization has increased connection with clients
- Relevant programing, services, and policies

# Thank You!

For more information contact:

[jamie.crossman@saskhealthauthority.ca](mailto:jamie.crossman@saskhealthauthority.ca)

[danita.w@hotmail.com](mailto:danita.w@hotmail.com)



Saskatchewan  
**Health Authority**



## A Brief Overview of Peer Navigation at Positive Living BC

Glen Bradford  
Manager, Peer Navigation and Prison Outreach



# Acknowledgements



Some people never get tested.

The average length of time  
to access HIV service  
organizations can be 2-3 yrs.



I don't  
fit in.

Some people struggle to seek out healthcare.

Some people spiral away from care, treatment, and support.

There are assumptions that moving through care is systemically interconnected and has its own momentum.



## 4 Goals of Peer Navigation Services

Prevent HIV transmissions

Provide emotional support  
and education



Prevent HIV disease  
progression

Shorten the time between diagnosis and  
engagement in care, treatment and  
community

4 Key Elements to Providing Peer Navigation



Navigation Skills

- What organizations can help me find housing?
- Where do I get my meds?

Peer Understanding

- I am HIV+, like you.
- I volunteer or work part time

Accompaniment/  
Stabilizing

- ...to the Doctor
- ...to get their meds
- ...find food, recovery programs, support groups, etc.

Share HIV Knowledge

- Why am I taking these pills?
- How do I tell someone I am HIV+?
- HIV Treatment Health

## Peers can work in a number of settings:



Participate as part of patient advisory committees.



Co-facilitate discussion groups with Professionals or on our own.



As peer outreach workers we work independently or with outreach teams in community.



Engage patients in the acute care setting of Hospitals.



We have peer offices at IDC in Vancouver, Positive Health Services Clinic in Surrey and at Positive Living BC.

We have a diverse team:

- 1 Per Manager
- 3 Full time Peers
- 8 part time Peers

To be eligible for Peer Navigation support clients must be HIV+ and either:

- newly diagnosed with HIV
- needing reengaging in their care and treatment
- at risk for quitting treatment
- Needing help navigating the health care system.

# Navigator Challenges



## Self Care:

- Need for mindfulness experiences
- Over-sacrificing
- Keeping realistic perspective of own abilities



## Confidentiality:

Community agencies hold the same high standard for their staff as professionals.



## The Therapeutic Relationship:

- Not a friendship
- Transference and counter-transference



## Boundaries:

- Dual or multiple relationships.
- Ethical behavior



## Scope of Practice:

Some professionals and clients expect Peers to be Social Workers or home support workers.



## Navigator Successes.



Paid peers as Navigators is an affordable response to tightening health care dollars.



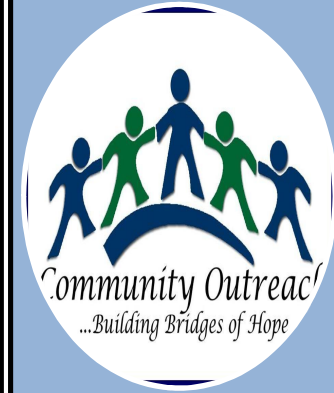
The time between getting an HIV diagnosis and accessing care and support is reduced to weeks.



Professionals and Peer Navigators are sharing skills and knowledge.



More people are accessing treatment and staying on it.



More unstable HIV+ people are staying connected.

# Discussion Period

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**Type your question in the Chat section,  
and it will be answered by one of our  
presenters.**



Thank you!

For more information on the guidelines:

Amanda Giacomazzo, Knowledge Specialist, Treatment &  
Prevention Programming, CATIE

[agiacomazzo@catie.ca](mailto:agiacomazzo@catie.ca)

Thank you!

**Please evaluate this webinar!**