

Training Syllabus for Peer Navigation Training

Intended areas of “core competency” for peer navigators, who work to engage, empower and retain people in HIV health care are to:

1. Increase HIV testing knowledge
2. Develop HIV knowledge and transfer skills,
3. Help people stabilize
4. Improve communication skills and
5. Understand the role of peers in HIV Health Care.

Materials

We will be providing you with resources such as a day planner, an HIV handbook, handouts, go-to information, pens and paper throughout the training.

Core Training Topics

1) Getting to know each other

- a) Who we are
- b) What we bring
- c) What we expect from the training

2) Overview of Positive Living BC

- a) History (Handout)
- b) Structure
- c) Mission Statement, Vision and Core Values of PLBC
- d) Health Promotion Department
 - a) Contact Sheet
- e) Important Concepts
 - a) Health Promotion
 - b) Determinants of Health
 - c) Self-management
 - d) Harm Reduction
 - e) Empowerment

3) Overview of The Peer Navigation Project

- a) How we got here.
- b) Who are the players?
- c) What are Peer Navigators?
- d) Goals and Objectives.
- e) Successes and Challenges.

4) What an Outreach Peer Navigator does.

- a. Events
- b. Testing procedures
- c. One-to-one
- d. Attending Groups and Group Facilitation

5) Working with Other Agencies/Clinics

- (1) PWN
- (2) YouthCo
- (3) HIM
- (4) Pender Clinic
- (5) Pacific Coast Apartments
- (6) Downtown Women's Collective
- (7) Dr. Peter Centre
- (8) AIDS Vancouver
- (9) Local Hotels
- (10) Working within a Continuity of Care Framework.
- (11) Release of Information Form

6) What it means to be a Peer

- a) Meaningful Engagement
- b) Confidentiality
- c) Code of ethics
- d) Readiness to be a peer
- e) Boundaries
- f) Transference and Counter Transference
- g) Therapeutic Relationship

7) Shadowing other Navigators/Groups/Agencies

8) Learning the HIV Modules

Modules are divided into two parts. “Learning About It” and “Living With It”. In the “Learning About It” portions you get the latest information on HIV. In the “Living With It” portions we will give you time to discuss with your peers what the session topic means to you in your everyday life.

With easy to understand PowerPoint images, you will learn about and discuss:

1. First contact

2. HIV as an Episodic Disability
 - a) Compare and contrast the experience of living with HIV in the past and now.
 - b) Define HIV as a lifelong, treatable “episodic disability”.

3. Preventing Disease progression
 - a) Definitions
 - b) Learn the value of medications to prevent disease progression.

4. The Life Cycle of the Virus

5. HIV and Treatment
 - a) When to start meds
 - b) Blood work

6. Side Effects of HIV and ART/Factors that influence pre-mature aging.

7. Learn the transmission equation.
 - a) Name the body fluids necessary to transmit HIV.
 - b) Harm Reduction

8. Disclosure: Telling others about your HIV and other legal considerations
 - a) Strategize ways in which to disclose your HIV status to others.
 - b) Learn about your legal rights and responsibilities to disclose your HIV status.

9. The value of self care when HIV positive

- a) Learn the value of good diet, nutrition and exercise to prevent progression to AIDS.
- b) Learn the value and cautions of complementary and alternative therapies.

10. Patient Centred Care

- a) The Doctor/Patient Relationship
- b) Privacy and Continuity of Care.

On-going Trainings

1. Computer skills (offered by another PLBC program)
2. Shadowing other Peer Navigators
3. Reflective listening skills taught by psychologist
4. Developing appreciative inquiry/strength based conversations with therapist
5. Transference and counter transference with therapist
6. Being with someone when they receive catastrophic news with BCCDC nurse
7. Harm reduction for addictions with VCH harm reduction nurse
8. HIV testing options with STOP Team
9. Trans-theoretical model of behavior change
10. Tools for coping with challenges--positive tools for building and maintaining resilience with therapist
11. Grief and loss
12. Emotional Intelligence