Stand up to STI/HIV Stigma!

April 13th, 2022, 10:00-11:30 am PST
Let us Start with a Blessing

“You are not alone in this. You are not alone in this. As [relatives] we will stand and we’ll hold your hand. Hold your hand.”

*Lyrics to Timshel, Kina Grannis*
Yá'át'ééh! Keshi! Hola!

Travis
Navajo
she/her
I love daily walks
travis.lane@itcaonline.com

Courtney, MPH, CHES
Choctaw Nation of Oklahoma
she/her
I love cookies!
courtney.allen@itcaonline.com

Celena, MPH, CPH
Navajo
she/her
I love sunsets
cghostdog@npaihb.org

Asia
Choctaw Nation of Oklahoma
she/her
I love animals
ambrown@npaihb.org

Kathleen
Inupiaq
she/her
I love coffee
kdbonnar@anthc.org

Cody, MPH, CPH
he/him
I love road trips
iknight@spthb.org

Rachel, PhD, MPH
she/her
I love swimming with my daughters
rstrom3@jhu.edu

Mikaela
she/her
I love hiking
mcmendozapereira@anthc.org
Live Virtual Training

Logistics

- You are muted
- If comfortable, share video

Engagement

- Breakout Session
- Chat box
- Icons (Zoom & More)
Welcome, Welcome, Welcome!

Please introduce yourself in the chat box. Include your:

★ Name, Pronouns
★ Tribe/Organization
★ What does STI/HIV stigma look like in your community?
Group Agreements

- Participate Fully
- Delay Distractions
- Honor Different Experiences
- Be Brave & Explore
- Others? (Type in the chat)
We’ve Got Goals!

By the end of today’s session, you will be able to...

★ **identify** ways STI/HIV stigma shows up in our communities

★ **determine** ways to adapt resources to destigmatize STI/HIV in your community

"Let us put our minds together and see what life we can make for our children."
Where we are going

1. Overcoming Stigma - 20 min
2. Intro to PRT - 4 min
3. Swab Squad - 25 min
   a. Lay the Scene - Johns Hopkins CAIH
   b. I Know Mine - I want the kit!
   c. Southern Plains Tribal Health Board
4. WA Sexual Health Program - 10 min
   a. Safe Spaces Campaign preview
5. Let’s Jam!: How to adapt resources to your community - 15 min
1. Overcoming Stigma

We can stand up together!
What is HIV Stigma?

HIV stigma are negative attitudes and beliefs about people with HIV. It is the prejudice that comes with labeling an individual as part of a group that is believed to be socially unacceptable.
What is HIV Discrimination?

HIV discrimination is that act of treating people living with HIV differently than those without HIV. It can happen in all aspects of society including:

- Healthcare
- Education
- The work place
- Justice system
- Families
- Communities
What is Internalized Stigma?

Internalized stigma or self-stigma happens when a person takes in the negative ideas and stereotypes about people living with HIV and start to apply them to themselves.

- Affects individuals’ ability to stay adherent to HIV medication
- Feelings of shame
- Depression
- Isolation
## What are the Impacts?

<table>
<thead>
<tr>
<th>People at risk for HIV:</th>
<th>People living with HIV:</th>
</tr>
</thead>
<tbody>
<tr>
<td>★ Discourages them from:</td>
<td>★ Affects their emotional well-being and mental health</td>
</tr>
<tr>
<td>○ seeking HIV prevention tools and testing</td>
<td>★ May internalize the stigma and develop a negative self-image</td>
</tr>
<tr>
<td>○ Talking openly with their sex partners about safer sex options</td>
<td>★ Fear of being discriminated against or judge negatively if their HIV status is revealed</td>
</tr>
</tbody>
</table>
How can we work to reduce HIV stigma?

- Learn how to talk about HIV to avoid stigma by being positive about your health and using encouraging words
- Speak out to correct myths and stereotypes
- Educate yourself and others
Examples of Positive Messaging

Using positive phrases such as:

- Your status doesn’t define you
- Embrace your status
- Love yourself
- You matter, not your status
- Value yourself and your body
- Always think about you and your partners health
2. Introducing the PRT National Network

Drum Roll, please...
2021-2022

I Know Mine Safe in the Village

Alaska Native Tribal Health Consortium

Univ of Texas Health at Houston - School of Public Health

Southern Plains Tribal Health Board

Inter Tribal Council of Arizona, Inc.

Northwest Portland Area Indian Health Board

Johns Hopkins University - Center for AI Health

National Network

Healthy Native Youth We R Native Partners: Paths (Re)membered WA Youth Sexual Health

I Want the Kit Respecting the Circle of Life

Native It's Your Game HNY Implementation Toolbox
Healthy Native Youth Educator Resources

Project Red Talon National Network
Ending the HIV Epidemic in the U.S.
Projects of the Northwest Portland Area Indian Health Board (NPAIHB) & Northwest Tribal Epidemiology Center

NPAIHB Sexual Health Collaboration Programs

Healthy Native Youth
Educators, parents, and caring adults

HNY Implementation Toolbox
A step by step guide to choosing and implementing an evidence-based health curriculum with community support and engagement

Paths (Re)Membered Project
Two Spirit and LGBTQ+ community

Celebrating Our Magic Toolkit
A free Two Spirit and LGBTQ+ Pride toolkit for community and clinical spaces

UER Native
For Native youth, by Native youth
Ask Your Relative Program
Advice for Native youth, from Native youth. Topics range from identity and culture to gender and sexuality

Indian Country ECHO
Clinicians, health programs, and peer recovery programs

ECHO Programs
Interactive online learning environments for clinicians and staff to work with clinical experts from across Indian Country

NPAIHB HIV/AIDS
Prevention | Treatment | Healing

Youth Support and Resources
Resources and helplines specifically for AI/AN youth

Project Red Talon National Network (2021-2022)
The Project Red Talon National Network, coordinated by Healthy Native Youth at NPAIHB, includes collaborative partners who provide outreach, education, and technical assistance in their regions and nationally to disseminate best practices for long standing and critically emerging issues for improved HIV prevention and care for high-risk AI/AN (including MSM, young adults, IDUs, and transgender individuals).

Alaska Native Tribal Health Consortium
I Know Mine
https://www.iknowmine.org/

Inter-Tribal Council of Arizona
ITCA Healthy Native Youth Program
https://itcaaz.com/programs/health-services/healthy-native-youth/

University of Texas at Houston – School of Public Health
Native It's Your Game 2.0
https://www.uthealth.edu/thmo-edu/

Health
Fall curriculum
https://www.healthynativeyouth.org/caregivers/native-it-s-your-game/

Johns Hopkins University Center for American Indian Health
Respecting the Circle of Life
https://cas.jhu.edu/programs/rcf-comp

Southern Plains Tribal Health Board
Native TEST program
https://www.sptribhhs.org/programs/our-services/native-test/

Standalone Lessons
Two Spirit, LGBTQ and Sexual Identity (Ages: Middle School, High School, Young Adults):
Indigenizing Love Toolkit
Reducing Risky Sexual Behaviors (Ages: Middle School, High School, Young Adults):
Native STAND 2.0 — Safe Snapping
5th (Ages: Middle School, High School, Young Adults):
Native It’s Your Game 2.0 5th Handout
HIV/AIDS (Ages: Middle School, High School, Young Adults):
Native STAND 2.0 - HIV/AIDS

Funding Credit: This Project is funded by the Indian Health Service HIV and Behavioral Health programs. This work is also supported with funds from the Secretary of DIIIH Minority AIDS Initiative Fund.
Ending the Epidemics in Indian Country
HIV | STIs | HCV | SUD

Healthcare and education staff serving American Indian and Alaska Native people are invited to participate in the Indian Country ECHOs—Ending the Epidemics in Indian Country Training Program. This program will provide comprehensive information to effectively integrate evidence-based clinical interventions and treatments to address and eliminate the epidemics while utilizing culturally appropriate care models. This program will be held virtually on Tuesday April 19th from 11:30am –1:00pm PT, with subsequent virtual series of four sessions May 3rd, 10th, 17th, and 24th with focus on clinical steps towards elimination. CE will be provided.

Learn more and register at: https://www.surveymonkey.com/r/EndingtheEpidemicsinIndianCountry
3. Swab Squad

iKnowMine, Native Test, and I Want The Kit
<table>
<thead>
<tr>
<th><strong>GOAL</strong></th>
<th><strong>INTERVENTION</strong></th>
<th><strong>STRATEGY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Overarching Goal:</td>
<td>Overarching Intervention:</td>
<td>Variations in our Approach:</td>
</tr>
<tr>
<td>To Increase STI and HIV Testing in Native Communities</td>
<td>Mail-in Testing for STIs and Rapid testing for HIV through Online/Text Ordering</td>
<td>Varies Across Partners and Communities</td>
</tr>
</tbody>
</table>
Intervention to Increase STI testing

Want the Kit: iwantthekit.org
Founded in 2004 at the Johns Hopkins University School of Medicine

- **Tests Currently Offered**: Chlamydia, Gonorrhea, Trichomoniasis (female vaginal samples only) & HIV (Residents of Baltimore City and Arizona)
- **Specimen Collection Methods**: Swabs (Vaginal Swab, Penile Swab, Rectal Swab, Throat Swab) and oral fluid (OraQuick In-home HIV Test)
- **Cost for a user**: Free
- **Turn-around times**:
  - Order Receipt to Kit Shipment – 1 to 2 business days
  - Specimen Receipt to Posted Test Results – 1 to 2 business days
- **Current Availability of Program**: Maryland, Alaska & Arizona
- **Age Requirements**:
  - 14 years old+ to order an STI kit
  - 17 years old+ to order OraQuick HIV Kit.
How Does it Work?

01. Order your test kit online
02. Collect your samples in the privacy and comfort of your home
03. Return your STI samples to our laboratory using the mailing envelope we provide and/or complete your in-home HIV test
04. Check your STI test results by logging in to IWTK
Swabbing Instruction Sheets

INSTRUCTIONS FOR SELF-COLLECTING A THROAT SAMPLE

1. Wash your hands thoroughly with soap and water for at least 20 seconds.
2. Open the swab by pulling apart the swab tip. Do not touch the tip.
3. Gently pull the swab from the tip and insert it into the back of your throat.
4. Use the swab pole to swab the back of your throat and tonsils.
5. Place the swab into the provided tube and seal it.
6. Drop the sealed swab into the provided container and seal it.

INSTRUCCIONES PARA TOMARSE UNA MUESTRA DE LA GARGANTA

1. Lave sus manos con agua y jabón por lo menos durante 20 segundos.
2. Tire de la punta del tubo de núcleo y inserte en la parte posterior de la garganta.
3. Use la punta del tubeo de núcleo para recoger muestras.
4. Asegúrese de que el tubeo de núcleo esté limpio y seco antes de guardarlo.
5. Lleve el tubeo de núcleo al centro de laboratorios para su análisis.

JOHNS HOPKINS MEDICINE

4/4/22
Tailoring the Strategy

- We strive to work with our partners to enhance public health
- IWTK email and Contact Us form
- Kit types offered to users according to the needs and budget of each jurisdiction
- Add custom materials to the kits for the users from their jurisdictions (flyers, handouts, condoms, etc.)
- Ordering can be limited from participants by zip code
- Can report deidentified, aggregate monthly data to our partners on the activity from their jurisdiction (# of kits ordered, # of tests run, positivity rates, breakdowns by age, gender, race, etc.)
• More than 180,000 Tribal members
• 228 Federally Recognized Tribes
• 21.9% of the state’s population
• 1.2 residents per square mile
Social Barriers

1. Stigma
2. Privacy and Lack of Anonymity
3. Lack of Awareness
4. Historical Trauma and Cultural Competencies
Geographical Barriers

GEOGRAPHICAL BARRIERS
THAT ARE UNIQUE TO RURAL COMMUNITIES

1. LACK OF SERVICES
2. LACK OF SPECIALIZED SERVICE PROVIDERS
3. LOW POPULATION DENSITY & HIV PREVALENCE
4. COST OF TREATMENT
ANTHC Response

iKnowMine.org

HIV Self Test Kit

I Want the Kit
Product page: https://www.iknowmine.org/hiv-self-test
Alaska’s IWTK Data

Alaska Orders by Month (September 2019-December 2021)
Dec. 2021: Marketing & Communications

- Promoted both IWTK and HIV self-test kit
- Collaborated with ANTHC’s Public Relations Manager
  - Press Release
  - Garnered coverage from
    - three statewide news channels
    - two regional news channels (including radio) in a region with highest rates
FOR IMMEDIATE RELEASE
November 30, 2021

Media contact:
Shirley Young, ANTHC Public Relations
(907) 268-1014 slyoung@anthc.org

Self-testing kits Connect Alaskans to Sexual Health Services

The Alaska Native Tribal Health Consortium (ANTHC) and the Alaska Department of Health and Social Services (DHSS) have focused resources aimed at reducing barriers to testing for HIV and sexually transmitted infections (STIs). In observance of World AIDS Awareness Day, Wednesday, Dec. 1, ANTHC and DHSS strongly encourage Alaskans to seek HIV and STI testing options, such as those offered through ANTHC’s holistic wellness website iknowmine.org. This easy-to-access service bridges the gap for many people living in remote and rural areas of Alaska where access to testing may be limited or there are concerns about privacy and confidentiality. While HIV positive results do need to be confirmed with an in-person appointment, self-tests can limit lengthy travel and clinic visits while increasing access to testing.

“The goal is for HIV and STI testing to become a regular practice that people feel comfortable talking about. Hopefully, individuals who test will share their experience and encourage others in their social networks, so they get tested also” stated Hannah Warren, ANTHC HIV/STD Prevention Program Manager. “Whether used as part of routine health care or due to potential exposure, these self-tests offer individuals and their sexual partners discreet options to stay informed about their health status. In honor of World AIDS Awareness Day, we encourage Alaskans to order their free self-testing kit through the iknowmine.org website.”
Collaborated with ANTHC’s Marketing Department

- Ran ads on FB/IG
- General audience to normalize topics
- Accessible language
- Alaska-specific creative
Know your status on your own terms.

If you're sexually active, getting tested is an important aspect of sexual health. We know - it can be a tough and awkward topic, but it's a valuable aspect of taking care of yourself.

Even when you feel you're in the clear, it's always good to be sure. Did you know that many people with sexually transmitted infections (STIs), sexually transmitted diseases (STDs) or HIV don't experience symptoms?

Learn more about STI and HIV testing to see if it makes sense for you: http://www.iknowmine.org/sti-testing.
TEXT NATIVE TEST TO 55251

To get a rapid HIV self-test kit mailed to you for FREE.

Welcome to Native Test! In this texting system you can request an HIV self-test kit be mailed to you for FREE. This program is supported by the Southern Plains Tribal Health Board and the Oklahoma Area Tribal Epidemiology Center. Can we get your FIRST NAME?

Recurring Msgs. Reply STOP to quit, HELP for info. Msg&DataRatesMayApply

Hello Cody!
The self-testing kit will be mailed in discrete packaging to the address you submit. You can provide a name or leave it blank for privacy.

Type CONFIRM to continue requesting a test kit.
Native Test Distribution (March 29, 2022)
3. **WYSH**

tailored media = break down stigma
Normalize the Conversation

As Native people, it’s important to remember that our bodies are sacred and worthy of respect! STIs can cause serious health problems, so it’s important to catch them early when treatment is most effective.

Let your student know, it’s okay to ask their healthcare provider about STI testing and birth control.
Normalize the Conversation

Our bodies are sacred and worthy of respect.

Let’s talk about it.

We’ll share resources covering healthy relationships, communication skills, STIs and birth control.

Text SEX to 97779
What Are Safe Spaces?

A safe space is a place, program, or community that is intentionally working to affirm 2SLGBTQ identities. For many Native youth, having the knowledge that 2SLGBTQ allies exist across their tribal community can help create a welcoming and safe environment.
- Posters
- Window Clings
- Temporary Tattoos
- Magnets

- Enamel Pins
- Stickers
- Children's books (Sassy Sassafras)
- Coloring book (Sassy Sassafras)

Text 2SLGBTQ to 94449

We Welcome...
- All Races & Ethnicities
- All Religions & Spiritual Practices
- All Disabilities & Abilities
- All Gender Identities
- All Sexual Orientations
- All Ages
- All Nations

Text 2SLGBTQ to 94449
Digital Downloads

- Facebook Cover Image
- Facebook and Instagram post
- Facebook and Instagram post with logos
- Facebook and Instagram post with Text Message Resource
- TikTok Background image
- Google Classroom Background image
- Zoom Background image
Talking is Power
For Adults

Tips & Resources for
★ Talking to Youth About Sexual Health
★ Getting the convo started
★ Online Printable Resources [here](https://www.healthynativeyouth.org)

**TEXT** "EMPOWER" **TO 97779**
4. Let’s Jam!

Adapt resources to your community’s needs...
Jamboard Activity

How will you adapt resources for your community?

1. In what ways does STI/HIV stigma show up in your community?
2. What types of messaging or images are relevant to your community? How will you incorporate them into your resources?
3. What are some ways you will share these tailored resources with your community?

Use link in the chat box to join... https://jamboard.google.com/d/1foB9N8SY41RtVKLMr3w1XxBfXOvUbyBV0eZFXsY0twwl/edit?usp=sharing
Chatfeed Convo:

● Any ‘ah-ho’ moments?
● Questions?

Chat Away!
Practice in Action

Taking it back home!
Find Curricula on Healthy Native Youth

★ Filter & Compare Tool
★ All Materials Needed to Implement
★ Enhancement Activities
★ Resources & Support
★ Parent & Caring Adult Tools
★ Monthly e-Newsletter
★ Upload & Submit Your Own Curricula
★ Training & Technical Assistance
### 2021-22 Community of Practice Lineup

<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
<th>Description</th>
<th>Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 9, 2021</td>
<td>Back-to-School Intentional Balance</td>
<td>What a year it has been! More than ever, we firmly believe that creating intentional safe spaces for ourselves and those we serve to acknowledge, reflect, and thrive in this uncertain school year. Join Robert Johnston from the Native Wellness Institute and Otsina (from the Mi’kma’ki) who will help create a space for you to work through trauma, reimagining in the workplace, team management, and boundaries to create a path towards intentional balance.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td>October 13, 2021</td>
<td>Cultural Competency to Raise Healthy Native Youth</td>
<td>Culture is ingrained in everything that we, as human beings, do: how we engage, learn, and process information. In order to best serve our Native youth, we must share our experiences and the science behind cultural practices. As providers, we can best support the health of our Native youth. Join the Alaska Native Tribal Health Consortium, the Native Health Initiative, and Native Social Media educators to share their unique perspectives and cultural competencies, incorporating cultural competency.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td>November 10, 2021</td>
<td>Tackle Trauma with Care</td>
<td>Indigenous communities have long held special resilience tools to cope with, rebuild, and begin anew. Join the Native Children’s Survivors Trust to walk through trauma-informed practices in order to address trauma and heal our communities. We have all experienced individually and collectively during the pandemic. Together with heal and thrive.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td>December 8, 2021</td>
<td>Set the Stage for Program Success</td>
<td>Our 17 Days have taught us the importance of gathering season to prepare and reorient ourselves. This year, we have a foundation for new experiences and success for the future. We are excited to share this with you. Join the HNF core team to talk about how to GET THERE and prepare communities and health outcomes for health and overall health.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td>January 12, 2022</td>
<td>Pickers Can Be Chosen: Choosing a Program</td>
<td>You have gathered youth and community feedback to identify health priorities, resources, and needs. Now you are ready for the CHOOSE phase! Let the HNF core team help you choose criteria for program selection, get your program approved, and get ready to move youth into the implementation stage.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td>February 9, 2022</td>
<td>Thrive in the Spaces we Create</td>
<td>Help Native youth build resilience, inclusion, play and create spaces together and in the presence of leadership, and meaningful relationships. How can Native youth use creative expression to positively influence others in these spaces? Come learn how you can help youth in your community do the same.</td>
<td>Click here to register</td>
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<tr>
<td>March 9, 2022</td>
<td>Prepare for Implementation Success</td>
<td>Note: if you have chosen a program, you can prepare for implementation success. Let the HNF Core team help you prepare for your program plan that includes resources, grant submission, logistics, and timelines for implementation success. You can get this training for your program.</td>
<td>Click here to register</td>
</tr>
<tr>
<td>April 13, 2022</td>
<td>Stand Up to STI/STI Stigma</td>
<td>As sexual health educators we strive to make the challenges of community and youth and skills, health, and education. STI/STI stigma pose a challenge to our Native youth and adults. Join us as we stand up to STI/STI stigma through innovative approaches to helping Native youth and adults and Support programs from the Alaska Native Tribal Health Corporation.</td>
<td>Click here to register</td>
</tr>
<tr>
<td>May 11, 2022</td>
<td>Concerning Social Media Posts Workshop</td>
<td>Let’s learn how to become the trusted adult youth can learn and share real and important messages on social media. Social media is essential in this digital age. Join us for “Concerning Social Media Posts Workshop” as we explore the impact of social media on youth.</td>
<td>Click here to register</td>
</tr>
<tr>
<td>June 8, 2022</td>
<td>Staying Connected</td>
<td>System is fast approaching us and our communities. Let us start getting ready by discussing strategies to get things going with some new program ideas and experiences. Join the HNF Core team to talk about what others are doing and how we can work together in our youth programs.</td>
<td>Click here to register</td>
</tr>
<tr>
<td>July 13, 2022</td>
<td>Sustain and Grow your Program</td>
<td>Congratulations! You have implemented your program and are now in the CRUSH phase! Join the HNF Core team to talk about what worked, what can change, and what we’ve learned to help keep the momentum going. The HNF Core team will help reflect on what worked, what can change, and what we’ve learned to help keep the momentum going.</td>
<td>Click here to register</td>
</tr>
</tbody>
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Contact us: [email]  [Website]  [LinkedIn]
Sign up for the Healthy Native Youth Newsletter!

Stay up to Date with the Latest...
Let us Close with a Blessing

“All we have to decide is what to do with the time that is given to us.”
– Gandalf from LOTR
Thank you!

You can find us at:
Amanda Gaston, MAT
agaston-contractor@npaihb.org

Michelle Singer
msinger@npaihb.org
Funding Credit

This project is funded by the Indian Health Service HIV and behavioral health programs. This work is also supported with funds from the Secretary’s Minority AIDS Initiative Fund.
HONORING DIVERSITY AND RESPECTING DIFFERENCES

“

What should it matter if one bowl is dark and the other pale, if each is of good design and serves its purpose well?

- Hopi
GENDER
Socially defined and tends to dictate an individual's place and role within the community. Examples: female, girl, woman, male, boy, man, non-binary, or another gender.

TRANSGENDER
Someone who's gender identity is different than their sex assigned at birth.

CISGENDER
Someone who's gender identity is the same as their sex assigned at birth.

TWO SPIRIT
Someone who has one spirit with both masculine and feminine characteristics; a term that encompasses spiritual, sexual, gender, and cultural identity. The term also relates to an individual's role in their tribe and contribution to their community.

GENDER IDENTITY
The gender that a person identifies with, or how they see themselves. It is the sense of being male, female, non-binary, both genders or another gender.

GENDER EXPRESSION
How a person expresses their gender identity, typically through clothing, body language, hairstyle, makeup, jewelry or voice.

PHYSICAL & EMOTIONAL ATTRACTION
Who a person is attracted to physically and emotionally (women, men, both, or other genders). People may have different physical and emotional attractions.

SEX ASSIGNED AT BIRTH
How a person is classified at birth (male, female, intersex). Sex is usually assigned based on anatomy or chromosomes. Intersex means a person with anatomy that isn’t distinctly male or female or who may have genitals that are not aligned to their chromosomes.

The Gender Frog
The Gender Frog is a graphic that helps depict the distinction between gender, sex assigned at birth, and sexuality. Each category is shown with an arrow to illustrate that terms operate along a spectrum, and that different cultures and individuals within them may operate differently (Pan, 2018). An individual can identify with multiple identities in each category.
is a loaded word.

Let’s talk about it.