HIV/AIDS On The Frontline

WEDNESDAY, May 3, 2017 CONFERENCE

UC Irvine's Student Center
Doheny Beach Meeting Rooms
A311 Student Center, Irvine, CA 92697-2050
Sexual Health Conversations: A Promising Practice for HIV Testing

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The Harvey Institute
The Harvey Institute: Improving Health Care Through Integration of Sexual Health

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Goals and Objectives:

- Define and give historical context to the term sexual health
- Distinguish between typical risk reduction HIV counseling/testing and UNIFY sexual health conversation/testing
- Describe the goals for the five-year SAMHSA Grant
What is a sexual health conversation?
World Health Organization

Health Dimensions

Spiritual    Mental    Physical    Sexual
Inextricable element of human health
What is Sexual Health?

World Health Organization (2006)
• Not just the absence of disease

• Human sexuality is a positive part of being human

• Possibility of having pleasurable sexual experiences

• Safe

• Protects sexual rights
Sexual health is a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity.

Sexual health requires a positive and respectful approach to sexuality and sexual relationships, the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.

For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.”

World Health Organization (2006)
Sexual health is a state of well-being in relation to sexuality across the life span that involves physical, emotional, mental, social, and spiritual dimensions.

Sexual health is an intrinsic element of human health and is based on a positive, equitable, and respectful approach to sexuality, relationships, and reproduction, that is free of coercion, fear, discrimination, stigma, shame, and violence.

CDC/HRSA Advisory Committee on HIV, Viral Hepatitis, and STD Prevention and Treatment (2012)
It includes:

• The ability to understand the benefits, risks, and responsibilities of sexual behavior.
• The prevention and care of disease and other adverse outcomes.
• The possibility of fulfilling sexual relationships.
• Sexual health is impacted by socioeconomic and cultural contexts—including policies, practices, and services—that support healthy outcomes for individuals, families, and their communities.

CDC/HRSA Advisory Committee on HIV, Viral Hepatitis, and STD Prevention and Treatment (2012)
Components of a Sexual health conversation?
Sexual Health

Consent

Non-exploitive

Honest

Pleasure

Shared Values

Protected from STI’s, HIV and unplanned pregnancy
Where do sexual health conversations happen?
What is a typical risk-reduction counseling session?

“During a risk-reduction counseling session the counselor will try to learn about the volunteer’s past risk behaviors.”

“During a risk-reduction counseling session the counselor works with each trial participant to develop an individualized plan for how to change his or her risk behaviors.”
Out of the more than 1 million Americans with HIV:

82% know they are infected
66% were linked to HIV care
37% have stayed in HIV care
33% are receiving treatment
25% have a very low amount of virus in their bodies

- Multiple sex partners?
- Have a partner living with HIV?
- Unsure of your partner’s status?
- Ever had an STD? Sexually transmitted infection?
- Exchange sex for money?
- Don’t use condoms all the time?
- Share needles?
- Transwoman/Transman: Have sex with men?
- Want to take control of your sexual health?

If any of these apply to you, consider taking PrEP. PrEP, known as Pre-Exposure Prophylaxis, is a daily pill that helps to reduce your risk of becoming infected with HIV. Call The Power Project at 410-837-2060 ext. 8613 for more information.
Key Components of UNIFY


Goal: Reduce number of repeat HIV testing clients who eventually have an positive test result.

Hypothesis: A client centered sexual health conversation engages and motivates teens and young adults to maintain their current relationship with HIV.
Unify Demographics Served

- 13-24 years old
- 65% Minority
- MSM and the GSRD (gender and relationship diversity) Community
- Do not know their relationship with HIV and use or abuse substances.
Components of a Sexual health conversation?
Safety  Pleasure

Sexual Health
Components of a Sexual health HIV Testing?
Sexual Health/Client Centered Environmental Curriculum
Risk Reduction HIV Testing Environment
PROTECT YOURSELF FROM BLOODBORNE PATHOGENS!

THE 5 FLUIDS OF HIV TRANSMISSION
- Blood
- Vaginal fluid
- Breast milk
- Pre-seminal fluid
- Semen

biolytical
INSTI
Sexual Health HIV Testing Environment
Sexual Health HIV Testing Outreach
How do I talk to my kids about sex?

Can I get pregnant from anal sex?

When should we have sex?

Can I die from too much sex?

Is sex supposed to be pleasurable?
Sexual Health is...
Taking care of my business.

Self-care!

Sexual Health is... Bling safe!

Sexual Health is...
For everybody!

Let your voices be heard. Join the #SexualHealthSelfie conversation!

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I wish I had known...
Sexual Health HIV Testing Script
Unify Sexual Health HIV Testing Script

Goal 1: Introduce and Orient Client to a Sexual Health Counseling Session
Goal 2: Explore Demographics, Motivations for Testing & Testing History
Goal 3: Discuss Client’s Sexual Health Scores (Likert Scale)
Goal 4: Discuss Client’s Relationship with Drugs and Alcohol
Goal 5: Explore Client’s Relationship with Substances & Sexual Activity
Goal 6: Discuss Client’s Sexual Activity History and their Pleasure & Safety Plan
Goal 7: Identify Client’s Sexual Health Knowledge
Goal 8: Support & Conduct Test Decision
Goal 9: Summarize & Close Session
“About U” Sexual Health Curriculum
“About U” Sexual Health Curriculum

Belief Statement

1. Sexual health is enhanced when people suspend critical or disapproving judgement regarding sexual health topics.
2. Sexual health is enhanced when people learn the fundamental principles of sexual health and how each principle can guide sexual behavior.
3. Sexual health is enhanced when people understand and utilize sexual health specific language.
4. Sexual health is enhanced when people recognize that honesty is implicit in their ability to set boundaries.
5. Sexual health is enhanced when people understand the discrepancies between maintaining sexual health principles and sex/drug-linked behavior.
6. Sexual health is enhanced when people understand the competing motivations of sexual protection and sexual pleasure.
7. Sexual health is enhanced when people develop a personalized sexual health plan.
Comfort
Consent
Non-exploitive
Honest
Shared Values
Pleasure
Protected from STI’s, HIV and unplanned pregnancy
Sexual Health
Six Lesson/Three Session Curriculum

**Session One:**
1. Orientation
2. Sexual Health Literacy
3. Boundaries

**Session Two:**
4. Me and Sex
5. Motivations

**Session Three:**
6. Pleasure Seeking Behaviors
7. Sexual Health Plan