

Mountain West Washington State Department of Health Association for Community Health

Building Skills in Sexual Health Series

Session #5: Let's Talk Stigma

Washington Department of Health
World AIDS Day

Friday, November 18, 2022

0:44 / 1:30:06

Washington AETC Training Center Program Washington State Department of Health Washington Association for Community Health

WELCOME!!!

Third Friday of each month
July 2022 through April 2023
(No session in December)
Most sessions 90-minutes
Clinical information
Resources

1:50 / 1:30:06

Logistics

- This session is being recorded.
- Zoom Meeting.
 - We encourage you to have your cameras on.
 - Be mindful of background noise.
 - Unmute to ask questions or use Q/A.
- CE certificates – Please complete the evaluation.
- Evaluation.
 - For data reporting purposes.

1:59 / 1:30:06

Disclosures

Ray Harris has no disclosures or financial relationships to disclose.



Let's Talk Stigma
The Basics

With Ray Harris
Stigma Reduction Consultant
HCS & Health Equity - OID

Who's Here? Share a little about yourself.

Zoom Roll



Let's Talk Stigma

The Basics

With Ray Harris
Stigma Reduction Consultant
HCS & Health Equity - OID



Who's Here? Share a little about yourself.

Zoom

Roll!!

Session

Purpose

Begin building and or Broaden foundational understanding of how **Stigma** can impact individuals & the healthcare

system.



8:11 / 1:30:06

Zoom

Session Goals



Define & Understand



Connect & Explore



Awareness & Action

11:28 / 1:30:06

Zoom

Let's Talk Stigma

The Basics

Previous **Stigma**
Trainings?

Zoom

Roll!

14:37 / 1:30:06



**Define &
Understand**



**Connect &
Explore**



**Awareness
& Action**



Previous **Stigma**
Training?

Zoom

Roll!

15:59 / 1:30:06



What does the word
Stigma mean to you?

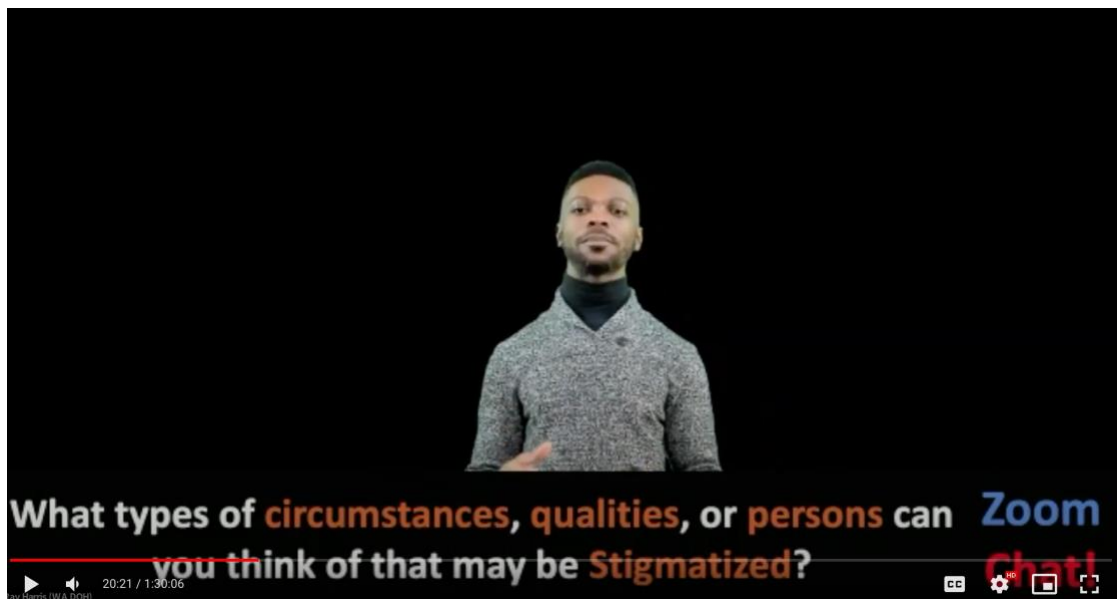
Zoom

Chat!

17:27 / 1:30:06

A Dictionary Definition

Stigma is a mark of disgrace associated with a particular circumstance, quality or person



Restaurant Experiences



22:30 / 1:30:06

Ray Harris (WA DQH)

CC Settings Full Screen

Restaurant Experiences



Do you think I order the Shrimp & Grits?

Zoom
Roll

23:39 / 1:30:06

Ray Harris (WA DQH)

CC Settings Full Screen

Negative Restaurant Experiences



24:48 / 1:30:06

Ray Harris (WA DQH)

CC Settings Full Screen

Hesitation In Experiences



25:43 / 1:30:06

Positive Experiences Gone Bad



26:24 / 1:30:06

The Cycle of Stigma

Experience

Negative Impact

Internalize

Process/Incorporate

Anticipate



29:42 / 1:30:06

The Cycle of Stigma



30:00 / 1:30:06

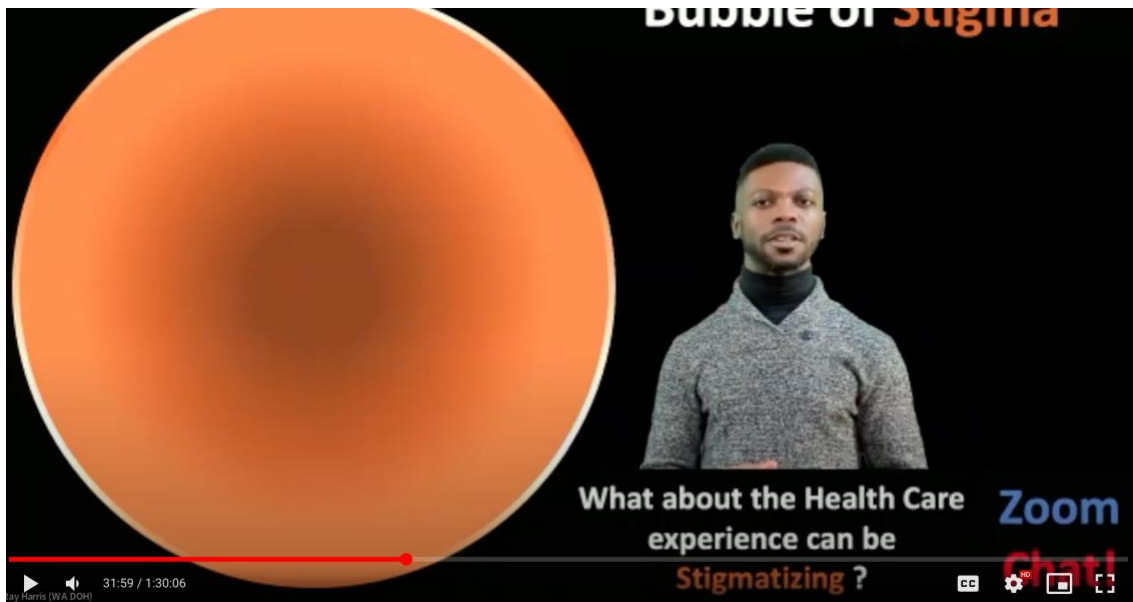


Restaurant Experiences



30:41 / 1:30:06





Personal Stigmas

Personal Stigmas

- Housing Status
- Race
- Age
- Gender Identity
- Sexual Orientation
- Substance /Drug Use
- Rural Areas
- Language Access
- Zip code
- Insurance

34:54 / 1:30:06

Barriers to Care

Barriers to Care

- Race
- Sexual Orientation
- Insurance
- Zip code

35:35 / 1:30:06

Barriers to Care

Barriers to Care

- Race
- Sexual Orientation
- Insurance
- Zip code

Name other **Zoom**
Barriers to Care? **Chat**

36:21

37:21 / 1:30:06

Healthcare Disparities

STIs

Behavioral Health

HIV

Hepatitis

PrEP

Trans Health

38:39 / 1:30:06

Ray Harris (WA DOH)

CC HS

Video player interface showing a man speaking in a central circle, surrounded by other health-related terms in circles: STIs, Behavioral Health, HIV, Hepatitis, PrEP, and Trans Health. The video title is "Healthcare Disparities". The player shows a timestamp of 38:39 / 1:30:06 and includes controls for play, volume, and settings.

Stigma in HealthCare

HIV

Hepatitis

PrEP

STIs

40:34

Ray Harris (WA DOH)

Video player interface showing a man speaking in a central circle, surrounded by health-related terms in circles: HIV, Hepatitis, PrEP, and STIs. The video title is "Stigma in HealthCare". The player shows a timestamp of 40:34 / 1:30:06 and includes controls for play, volume, and settings.

Stigma in HealthCare

HIV

Hepatitis

PrEP

STIs



Zoom Name other Stigmas
Chat! in Healthcare.

43:05 / 1:30:06



HIV

Hepatitis

PrEP

STIs

Race

Zip
code

Gender
Identity=

Insurance



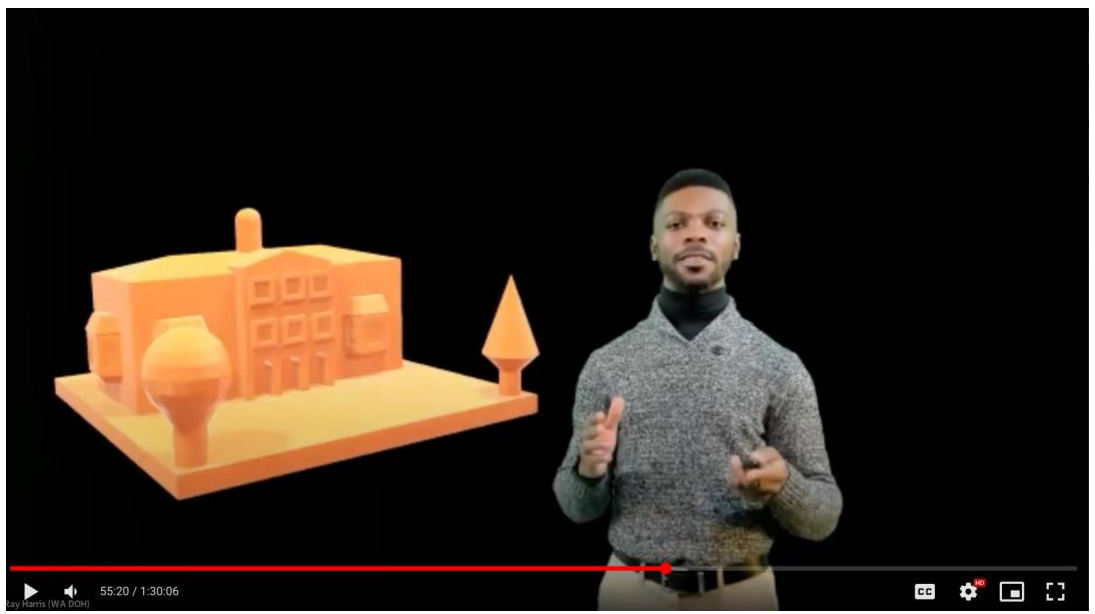
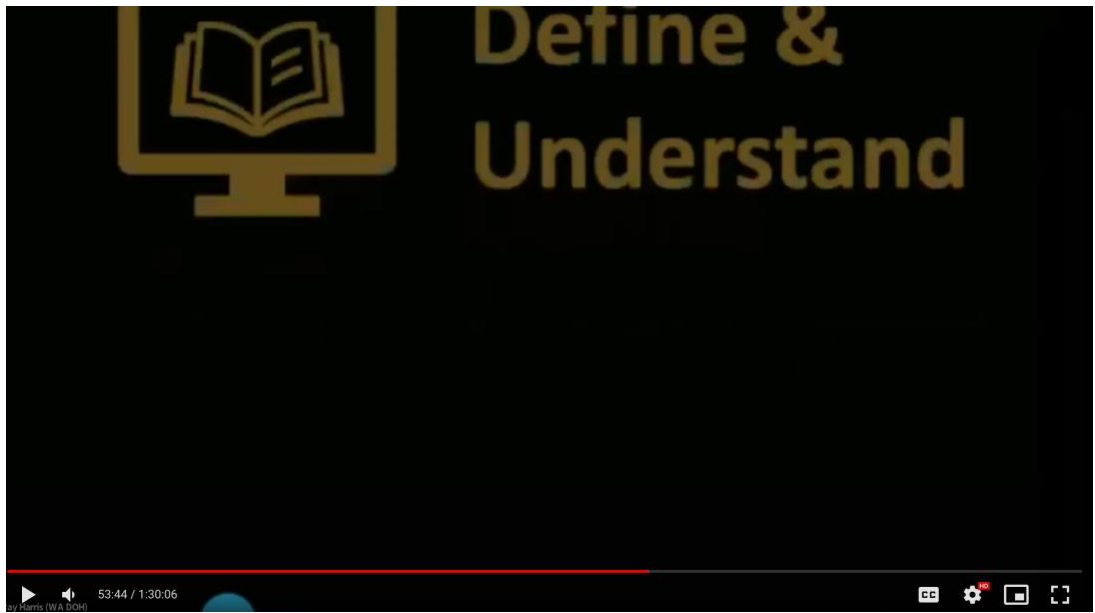
45:14 / 1:30:06



The Impact of Branding

47:50 / 1:30:06









How many of you are familiar with the **MMP (Medical Monitoring Project)?** **Zoom Ball**

56:25 / 1:30:06

Ray Harris (WA DCH)

CC Settings Full Screen



16 State Health Departments
+
6 Local Health Departments
+
The Puerto Rico Department of Health
=
23 Project Areas

57:15 / 1:30:06

Ray Harris (WA DCH)

CC Settings Full Screen

Session Purpose

Begin building and or Broaden foundational understanding of how **Stigma** can impact individuals & the healthcare system.



Ray Harris (WA DOH) 57:43 / 1:30:06

Stigma Manifests How & Where

28%

of PLWH Reported experiencing **discrimination** in a healthcare setting. (MMP 2019)



Ray Harris (WA DOH) 58:06 / 1:30:06

Stigma Through Discrimination

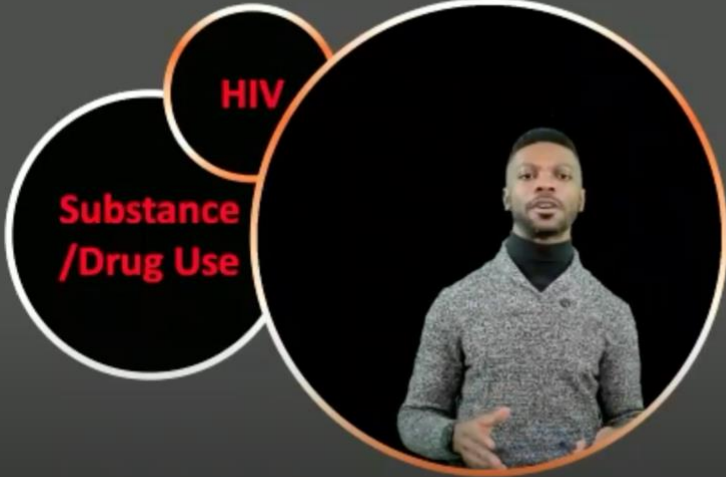
45%

of PLWH experiencing **discrimination** based on sexual orientation & practices. (MMP 2019)



Ray Harris (WA DOH) 59:10 / 1:30:06

Stigma Through Discrimination



HIV

Substance /Drug Use

37%


of PLWH experiencing **discrimination** based on their substance/drug **USE.**(MMP 2019)

1:00:33 / 1:30:06

1:00:46

CC HD

Stigma in HealthCare



HIV

1:01:28 / 1:30:06

CC HD

Personal Stigmas

Sexual Orientation

HIV

1:01:32 / 1:30:06

Ray Harris (WA DOH)

CC Settings Full Screen

Personal Stigmas

Sexual Orientation

Substance /Drug Use

HIV

1:01:46 / 1:30:06

Ray Harris (WA DOH)

CC Settings Full Screen

Barriers to Care

Age

Sexual Orientation

Rural Areas

Substance /Drug Use

Zip code

Race

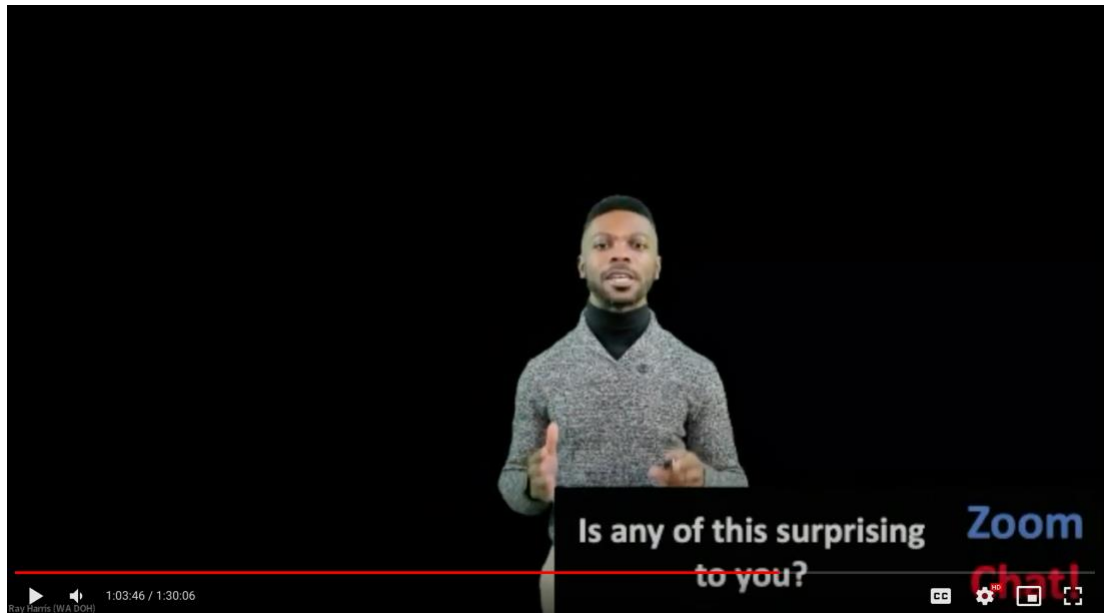
HIV


Language Access

1:02:09 / 1:30:06

Ray Harris (WA DOH)

CC Settings Full Screen







Choose one word to describe how you feel **Zoom**
about **Stigma** **Chat!**

1:05:36 / 1:30:06

by Harris (WA DOH)

CC HD

Where **Stigma** Manifests



HIV

1:06:26 / 1:30:06

by Harris (WA DOH)

CC HD

Upon Entry & Exit

Sexual Orientation

Substance /Drug Use

HIV

1:06:45 / 1:30:06

Ray Harris (WA DOH)

CC Settings Full Screen

This video frame shows a man in a grey sweater speaking within a circular frame. To his left is a stylized orange building model. Three callout circles are positioned above the building: one labeled 'Sexual Orientation', one labeled 'Substance /Drug Use', and a larger one labeled 'HIV'. A video player interface at the bottom shows a progress bar at 1:06:45 / 1:30:06 and the name 'Ray Harris (WA DOH)'. Control icons for closed captions, settings, and full screen are visible.

Waiting Room/Intake

Housing Status

Substance /Drug Use

Gender Identity

Sexual Orientation

1:08:44 / 1:30:06

Ray Harris (WA DOH)

CC Settings Full Screen

This video frame shows the same man speaking in a circular frame. The building model is now more central. Four callout circles are positioned above it: 'Housing Status', 'Substance /Drug Use', 'Gender Identity', and 'Sexual Orientation'. The video player interface at the bottom shows a progress bar at 1:08:44 / 1:30:06 and the name 'Ray Harris (WA DOH)'. Control icons for closed captions, settings, and full screen are visible.

Care Team

Substance /Drug Use

HIV

Sexual Orientation

1:11:20 / 1:30:06

Ray Harris (WA DOH)

CC Settings Full Screen

This video frame shows the man speaking in a circular frame. The building model is in the foreground. Three callout circles are positioned above it: 'Substance /Drug Use', 'HIV', and 'Sexual Orientation'. The video player interface at the bottom shows a progress bar at 1:11:20 / 1:30:06 and the name 'Ray Harris (WA DOH)'. Control icons for closed captions, settings, and full screen are visible.

Pharmacy

HIV

STIs

PrEP

1:13:24 / 1:30:06

by Harris (WA DOH)

CC Settings Full Screen

Upon Entry & Exit

Sexual Orientation

Substance /Drug Use

HIV

1:14:47 / 1:30:06

by Harris (WA DOH)

Subtitles/closed captions (c)

CC Settings Full Screen

Would you like for me to come back for more Let's Talk Stigma?

Zoom

1:19:09 / 1:30:06

by Harris (WA DOH)

CC Settings Full Screen

Home Tools Show... x Winter... Winter... Winter... Winter... < > ? Sign In

1 / 1 66.7%

Show up for World AIDS Day and Beyond!

Tips for Health Care Providers

December 1st is World AIDS Day, which means now is a great time to promote HIV and STI prevention, testing, and treatment. Here are some things you can do this World AIDS Day and beyond to help patients take control of their sexual health:

- Share [social media messages to promote World AIDS Day](#) and HIV and sexual health prevention resources.
- Give patients resources, like the [Department of Health's winter checklists](#), to help them take care of themselves.
- Talk to patients about their risk factors for HIV and STIs, and what they can do to protect themselves, what you can do to help, and where they can [find additional support in their community](#).
- Know your (patients') status. Review your records to check the status of your patient population. *Has everyone been tested? Has anyone fallen off from care? Reach out to anyone who may need additional support. Need help getting reconnected with a patient? [Contact a local disease intervention specialist](#).*
- Promote your clinic as a safe and confidential place for getting HIV and STI treatment.

Encourage patients to get screened. For example, you can:

- Host sexual health focused screening and testing events throughout the month.
- Use social media to promote HIV and STI screening.

Invite patients in without stigma

- Use the [stigma language guide](#) to be intentional with your words and help patients feel supported. Make a commitment to your patients that you will not judge them for anything they do or do not do.

1:22:40 / 1:30:06

Home Tools Show... Winter... Winter... Winter... Winter... < > ? Sign In

75.7%

WINTER

It's the end of the year.

Time to check in with yourself and:

- Test** Schedule a confidential, nonjudgmental test for HIV/STIs and Hepatitis C.
- Condoms** Condoms are easy to get, easy to use, and free at locations near you.
- Ask** PrEP is a daily pill that can keep you HIV-negative. Ask a health care provider if PrEP is right for you.
- Keep up** with health care. If you're living with HIV, consistent treatment keeps your viral load undetectable. Undetectable = Untransmittable (U=U). Learn more: [iamnotask.org](#)
- Accept and agree** Consent should be clear, ongoing, and voluntary.
- Immunize** From COVID-19 to the annual flu shot, protect yourself by getting caught up on all your immunizations.

1:23:17 / 1:30:06

Home Tools Show... Winter... Winter... Winter... Winter... < > ? Sign In

75.7%

WINTER

Your winter self-care checklist

Give yourself the gift of good health with these tips:

- Check** Now is a great time to schedule a health and wellness check. Ask your health provider what screenings you might need.
- Vaccinate** The COVID-19 vaccine is the best way to prevent COVID-19, at no cost to you. Make sure you're up to date on your routine vaccinations, too.
- Talk** Want to talk? Call/text Washington Listens at 1-833-681-0211 for free, anonymous support. Language assistance is available.
- Test** Care for your sexual health by scheduling a confidential, nonjudgmental test for HIV/STIs and Hepatitis C.
- Get condoms** Condoms are easy to get, easy to use, and free near you.
- Keep up** If you're living with HIV, consistent treatment keeps your viral load undetectable. Undetectable = Untransmittable (U=U). Learn more: [iamnotask.org](#)
- Ask** PrEP is a daily pill that can keep you HIV-negative. Ask a health provider if PrEP is right for you.
- Agree** Consent should be clear, ongoing, and voluntary.

1:24:12 / 1:30:06

Winter - Your winter self-care checklist - Spanish

home Tools Show... Winter... Winter... Winter... Winter... Sign In

1 / 1 75.7%

INVIERNO
 Su lista para el cuidado personal este invierno
 Regístrate buena salud con estos consejos.

- Programa un chequeo:** Es un buen momento para programar un chequeo de salud y bienestar. Pregúntale a tu proveedor de salud qué pruebas de salud podrías necesitar.
- Vacínate:** la vacuna contra el COVID-19 es la forma más eficaz de prevenir el virus y está disponible sin costo alguno. Asegúrate también de estar al día en todas tus demás vacunas de rutina.
- Comunicación:** ¿Necesitas apoyo? Llama o envía un mensaje de texto a Washington Escucha al 1-833-681-0211 para obtener apoyo gratuito y anónimo. Asistencia en español disponible.
- Hazte la prueba:** Cuida tu salud sexual programando una prueba confidencial y sin prejuicios para detectar el VIH/Si y la hepatitis C.
- Usa condones:** Los condones son fáciles de conseguir, fáciles de usar y gratuitos cerca de ti.
- Mantente saludable:** Si vives con VIH, un tratamiento constante mantendrá tu carga viral indetectable y no podrás infectar a otros. En otras palabras, sería **Indetectable e Intransmisible (I=U)**. Aprende más: www.aidsinfo.org.
- Prepárate:** PrEP es una pastilla diaria que puede mantenerte libre de VIH. Pregúntale a un proveedor de atención médica si la PrEP es adecuada para ti.
- Acuerda:** El consentimiento debe ser claro, continuo y voluntario.

1:24:35 / 1:30:06

Social-WinterSelfcareChecklist-English.pdf

home Tools Winter... Winter... Winter... Social... Social... Sign In

1 / 1 80.1%

WINTER
 Your winter self-care checklist
 Give yourself the gifts of good health with these tips:

- Check:** Now is a great time to schedule a health and wellness check. Ask your health provider what screenings you might need.
- Vaccinate:** The COVID-19 vaccine is the best way to prevent COVID-19, at no cost to you. Make sure you're up to date on your routine vaccinations, too.
- Talk:** Want to talk? Call/text Washington Listens at 1-833-681-0211 for free, anonymous support. Language assistance is available.
- Test:** Care for your sexual health by scheduling a confidential, nonjudgmental test for HIV/Si and Hepatitis C.
- Get condoms:** Condoms are easy to get, easy to use, and free near you.
- Keep up:** If you're living with HIV, consistent treatment keeps your viral load undetectable. **Undetectable = Untransmittable (U=U)**. Learn more: www.aidsinfo.org.
- Ask:** PrEP is a daily pill that can keep you HIV-negative. Ask a health provider if PrEP is right for you.
- Agree:** Consent should be clear, ongoing, and voluntary.

1:24:58 / 1:30:06

00:25 10:28 AM Next slide

HIV Outbreak Response Plan – Community Engagement Sessions

The Washington State Department of Health (DOH) is developing a statewide HIV Outbreak Response Plan. DOH and partners aren't currently responding to any outbreaks of HIV in Washington but having a plan in place will help us respond effectively if any outbreaks occur.

Community input is an essential part of this planning process.

DOH hopes to engage individuals living in Washington state who are outside King County, and who are impacted by HIV. PHSKC will organize community listening session for King County.

Ten listening sessions from Sept 21 to Dec 1.

Next One: Monday, Nov 28, 5-7pm

Spanish Session: Tuesday, November 29, 5-7pm

<https://doh.wa.gov/about-us/programs-and-services/disease-control-and-health-statistics/infectious-disease/hiv-outbreak-response-plan-community-engagement-sessions>

Next Session: Hep B and C Screening and Treatment

Erin Cleveland, MD, Fellow
 Division of Gastroenterology, Transplant Hepatology,
 University of Washington

UW IDEA:
 Hep B and Hep C Online
 Friday, January 20, 2022
 9:00 – 10:30 AM PT

Click to add notes

Slide 7 of 9

End Show Tips Swap Displays Use Slide Show

01:20 10:29 AM

Next Session: Hep B and C Screening and Treatment

Erin Cleveland, MD, Fellow
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University of Washington

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MWAETC

Slide 8 of 9

A A

Acknowledgement

This Mountain West AIDS Education and Training (MWAETC) program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$3,098,654 with 0% financed with non-governmental sources.

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