

Building Leaders of Color

Session Three:

Structures of Involvement

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Disclosures

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Learning Objectives

At the conclusion of this activity, the participant will be able to:

- Explain the relationship between HIV activism and mandates for local control and governance
- List governance and advisory structures where PLWH can seek involvement
- Review jurisdictional planning products
- Explore self care tools for PLHW
- Develop statement goals for planning

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Structures of Involvement

Building Leaders of Color (BLOC) Training Workshop



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Program Leadership:

The National Minority AIDS Council (NMAC) leads the BLOC Project.

The agency leads with race to urgently fight for health equity and racial justice to end the HIV epidemic in America.

Program Partners:

- Positive Women’s Network-USA (PWN-USA)
- United States People Living with HIV Caucus (HIV Caucus)
- Transforming HIV Resentments into Victories Everlasting Support Services Incorporated (THRIVE SS Inc.)



Rationale for BLOC

The purpose of BLOC is to contribute to the national HIV goals by ensuring people of color living with HIV, including transgender women of color, are equipped to provide meaningful input and guidance on achieving these goals via their participation on HIV planning bodies.

Purpose of BLOC Program

To increase the number of Persons of Color Living with HIV who are actively serving in leadership roles or engaged in leadership activities related to HIV-related services at all levels of decision making



Our Guiding Principles

- ✧ Where we begin
- ✧ What we believe
- ✧ How we operate
- ✧ What we are creating

Guiding Principles

The BLOC is based on **the Denver Principles**, a Bill of Rights / Declaration of Independence for the AIDS movement written in 1983. At its core, the Denver Principles demanded a set of rights and recommendations for people living with HIV.

Built on social justice movements building power for African Americans, Native Americans, Asian Americans, Latinos and Chicanos, women's health and LGBT liberation.

The principle of **Meaningful Involvement of People Living with HIV/AIDS (MIPA)** demands that people living with HIV be substantively engaged in policy and programmatic decision-making activities that impact our lives, and fairly compensated for our participation.



Structures of Involvement

Question

Can anyone tell us some ways that individuals have been involved in local, regional, or national community decision-making?



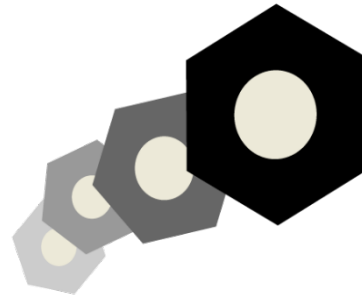
History of Involvement

Fingerprints – The Denver Principles; Authors and Souls

Blueprints – The Ryan White Program; Drafters and Supporters

Nuts and Bolts – Community Planning Members

Betterment – Quality Improvement Advocates



Our History

The history of involvement of Persons Living with HIV demonstrates how communities can take many paths to shared goals.

Let's look at a few key moments in the history of PLWH involvement ...





SILENCED

The Early Years

Perceiving few partners and being shut out of medical care, Persons Living with HIV vigorously challenged systems and people to recognize the epidemic.

People used many methods to remind communities that HIV was real and AIDS was happening around them.



Question

Can anyone share some examples of how People Living with HIV were involved in the early years?



The AIDS Quilt

Another way people sought to be involved was to contribute to the AIDS Quilt. The quilt serves as reminder of the people we have lost to AIDS.

This kind of direct action to draw attention to an issue has been used a lot during the epidemic.

Question

Can anyone name
some other ways
the community
has delivered
their message?



Greater Involvement

A patient-centeredness comes into focus through the health care system the involvement of People Living with HIV is as important as ever.

As equal partners in the process, People Living with HIV can continue to support improved outcomes.

Question

**Can anyone name
some other ways
that people are
partnering to
improve outcomes?**



Partnerships

Forming and evaluating partnerships is crucial to managing your involvement goals.

Use history as a guide on what has been successful.

Selecting Method of Involvement

1. Identify and define the problem
2. Identify stakeholders and potential partners
3. Examine individual and community relationships with the identified partners/stakeholders
4. Determine response based on these relationships
5. Identify the next steps

Check-in

Does anyone have any questions about what we have talked about so far?

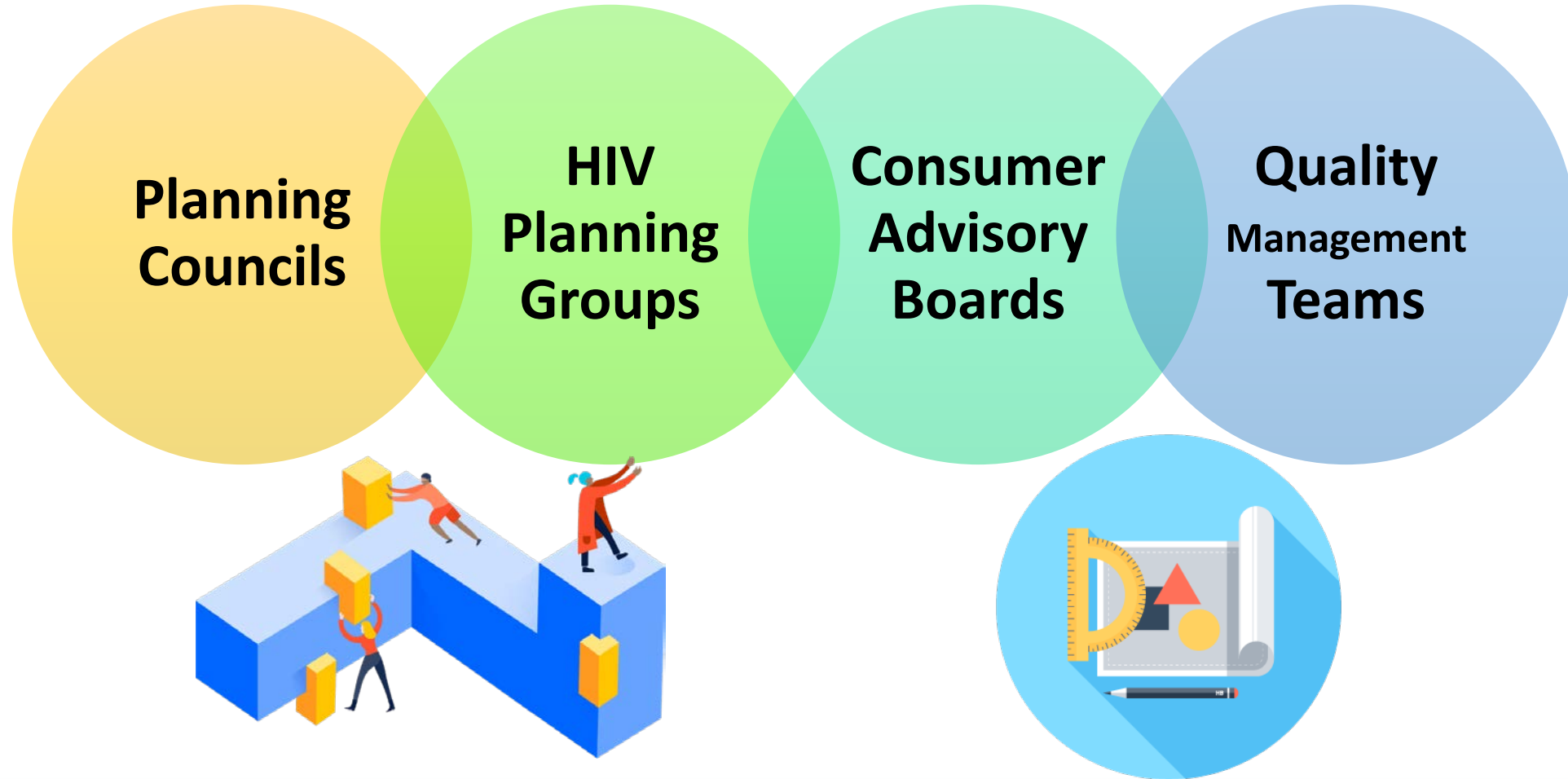




Question

Can anyone name some places where individuals are involved in community decision-making around HIV-related services such as a Consumer Advisory Board or Planning Council?

Involvement Areas



Other Areas



- Measure Development Teams
- Research Advisory Boards
- Technical Expert Panels
- Statewide Advisory Boards
- Many more ...

Peer Employment

- **Community Health Worker**
- **Intervention Facilitator**
- **Outreach Workers**
- **Patient Navigator**
- **Faculty and Lecturing**



Questions and Comments

Self- Care

Self Care

What is self-care?

Why is it important in leadership?

How do you practice self-care?



What Is Self-Care?

Self care is an individual's decision to modify behavior in order to improve health and well-being.

- Types of self-care
 - Physical
 - Psychological
 - Emotional
 - Spiritual
 - Social



Why Self-Care Is Important

Self care can increase the likelihood of:

- Seeking medical care
- Maintaining medical adherence
- Improving diet and exercise
- Reducing substance use
- Obtaining social support



Self-Care for You As You Lead

Remember

- Good self care may keep you focus on your health needs
- Good self care may help you to addressing, stressors, mental health and substance use concerns
- Good self care may improving your personal engagement with your hold health and wellness



Stress-Busting Checklist



Tips for Stress Management

1. Set priorities. Focus on what's important. Let the other stuff go.
2. Identify tasks that you can share or delegate, then ask for help.
3. Get organized. Disorder can make things confusing and hard to remember.
4. Set short-term goals you can reach. Reward yourself for meeting them!
5. Say no -- gracefully -- to taking on more obligations.
6. Laugh! Look for humor in your everyday life, or watch a funny video.
7. Listen to music. Choose tunes that relax or revive you.
8. Talk to a counselor or a friend.



Too Good to Leave Out

1. Remember, things don't have to be perfect. Sometimes “good enough” is just fine.
2. Take a time-out for yoga, meditation, or some deep breaths.
3. Get regular exercise. Find something you like doing that you can work into your schedule.
4. Set aside some time, even 5 to 10 minutes, for yourself each day.

Linda's 8 TIPS FOR
STRESS MANAGEMENT



WHAT'S NEXT



Goal Statement Development and Capacity Building Planning

Discussion

As a leader, what is the importance of planning?

How did you plan for your trip to the conference?



Planning



Planning is one of the most important project management and time management techniques.

A plan is like a map. When following a plan, you can always see how much you have progressed towards your project goal and how far you are from your destination.

Knowing where you are is essential for making good decisions on where to go or what to do next.

Goal Statement

Developing a goal statement can help you focus your efforts as a leader and ensure that your time and energy is spent on activities that will drive outcomes.

Before you begin planning it is always best to know what you are planning for!



Sample Goal Statements

Some examples of goal statements could be:

- My goal is to seek greater involvement in quality management by joining a quality improvement team
- My goal is to seek greater involvement by joining a Part A Planning Council (or if already a member, chairing a sub-committee or the council)
- My goal is to seek greater involvement in policy decision-making



GOALS

Goal Statement Development

Using your handout, develop your goal statement, capacity building plan, and your self-care action step.



Report Back



**Volunteers to share
back share your goal
statements and self-
care action step with
everyone.**

Questions and Comments



Learn more

Learn more about BLOC at:

<http://www.blochiv.org/>



And on TargetHIV

<https://targethiv.org/ta-org/blochiv>



Contact Us



NMAC leads with race to urgently fight for health equity and racial justice to end the HIV epidemic in America

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