



Webinar #5 in our 2016 series

## Surviving HIV Over the Long Term: The Past, Present, and Future (Part 2)

Part 2 will focus on mental health issues (depression, anxiety, trauma, PTSD, survivor's guilt), AIDS Survivor Syndrome, financial considerations, future planning, and surviving and thriving with HIV.

Monday, November 14, 2016 | 1:00 PM - 2:30 PM ET

**SPEAKERS:** **Theresa Mack, MD, MPH**  
St. Luke's Medical Group

**Maria Mejia**  
The Well Project

**Tranisha Arzah**  
BABES Network

For registration information, please visit [www.thewellproject.org](http://www.thewellproject.org)



### Chat Transcript

11/14/2016 01:03:48 **Abosede Oladayo from Abuja, Abuja:** Greetings from Nigeria Bose

11/14/2016 01:06:23 **lori schwartz from chicago, IL - Illinois:** happy to go ahead today. sure hope all's well with Maria.

11/14/2016 01:11:53 **Jennifer Smith-Camejo from Miami, FL:** Tranisha!!! <3

11/14/2016 01:12:34 **Tranisha Arzah:** Heyy Jennie!

11/14/2016 01:12:48 **William Scott Daly from Schenectady, New York:** since todays topic has to do partly with mental health issues in LTS's, we would be remiss if we did not discuss the effect of this past election on our access to care and our mental health

11/14/2016 01:18:15 **Micaela Smith from San diego, California:** the poll doesn't allow for someone to choose the option of someone living with POST-HAART HIV but not LTS

11/14/2016 01:22:36 **The Well Project:** Hi Micaela--You are right. We apologize for overlooking that option in the poll.

11/14/2016 01:25:54 **Gina Brown from New Orleans, LA:** Hi everyone, this is Gina B. from New Orleans :)

11/14/2016 01:26:40 **The Well Project:** Hello Gina! Welcome!

11/14/2016 01:27:14 **The Well Project:** And welcome to all who are here--we really appreciate you all being here today.

11/14/2016 01:28:04 **Abosede Oladayo from Abuja, Abuja:** Welcome Gina

11/14/2016 01:28:26 **Angel Stetson from Sarasota, FL:** Hello its Angel from Sarasota . Sorry for joining late.

11/14/2016 01:29:26 **Abosede Oladayo from Abuja, Abuja:** Welcome Angel

11/14/2016 01:29:47 **The Well Project:** Hi Angel! Hi Bose! <3

11/14/2016 01:31:36 **Abosede Oladayo from Abuja, Abuja:** Hi All you beautiful people in the house

11/14/2016 01:39:56 **Cheryl Fetterhoff from fl:** i am wondering how old the female who was born with HIV now?

11/14/2016 01:40:40 **Tranisha Arzah:** I've been living with HIV for 26 years.

11/14/2016 01:40:51 **Cheryl Fetterhoff from fl:** thank you

11/14/2016 01:42:56 **Tranisha Arzah:** Love ya Gina!

11/14/2016 01:46:09 **Jenna Conley:** Gina, thank you so, so much. Sending you love.

11/14/2016 01:46:25 **Jennifer Johnsen:** Thank you, Gina!! <3 xoxo

11/14/2016 01:47:41 **The Well Project:** Thank you, Tranisha and Gina, for sharing today and helping others know they are not alone. Sending you both much love

11/14/2016 01:48:54 **Gina Brown from New Orleans, LA:** You're all welcome. I love each and everyone of you!!

11/14/2016 01:50:28 **Brittney Mosley from Bronx NY:** That was very inspiring. Relationships are very difficult especially when you are HIV Positive. Being positive minded and open about my status has changed my life for the better when it comes to women I date. They are attracted to how optimistic I am about the future and what I have already accomplished. I used to suffer from depression. I did receive treatment for it and I also did a lot of self care. Working out, writing poetry, and changing my mindset has aided me tremendously in turning my life around for the better.

11/14/2016 01:51:17 **Abosede Oladayo from Abuja, Abuja:** Hi Dr. Gina

11/14/2016 01:52:13 **The Well Project:** Hi Brittney, it is really wonderful to see you here and thank you for sharing your

experiences and tools that have helped you overcome depression. <3

11/14/2016 01:52:51 **Darlene Robertson from Port Barre, Louisiana:** Thankd Gina for stepping up. I have been trying to get online to volunteer as well since the program opened. Glad you are here girl

11/14/2016 01:52:52 **Tranisha Arzah:** Thank for Brittney for that! I agree that it is partly a mindset thing and we have to learn to control our future and the things we want it life. It's not just about living with HIV but thriving with it.

11/14/2016 01:54:48 **Lynn Thompson from Saskatoon, Saskatchewan:** is there any First Naitons groups that I can get a hold of?

11/14/2016 01:54:48 **Brittney Mosley from Bronx NY:** You are welcome. I truly suffered with it in my teens and following my mom's death. Our stories are so encouraging. We can be the faces of triumph across America.

11/14/2016 01:56:13 **Gina Brown from New Orleans, LA:** Tahnks for the wonderfule title, Abosede:) This is Gina Brown the advocate, not the Dr.

11/14/2016 01:56:44 **Brittney Mosley from Bronx NY:** Yes, a lot in life is about mindset. When I am positive minded great things happen sometimes unexpected and from unexpected sources. Realizing your own potential and sending out love, sharing your truth , and being fearless of standing up for what you believe in truly can turn your life around, HIV positive or not. The stigma is one of if not the hardest part of having HIV.

11/14/2016 01:58:10 **Jamie Jobe from Waltham, Massachusetts:** how do you engage those conversations with women who have expeired IPV?

11/14/2016 01:58:14 **Abosede Oladayo from Abuja, Abuja:** Oh sorry about that Gina

11/14/2016 01:58:18 **Brittney Mosley from Bronx NY:** Having social support is salient too, whether it is family, friends, other HIV positive persons, the online community, etc.

11/14/2016 01:59:13 **Gina Brown from New Orleans, LA:** Oh no, it's okay...speak it and it just might come true :)

11/14/2016 02:00:07 **Gina Brown from New Orleans, LA:** Bye everyone, I have to go in a meeting!

11/14/2016 02:01:23 **The Well Project:** Thank you Gina!! We so appreciate your sharing!!

11/14/2016 02:01:33 **Brittney Mosley from Bronx NY:** I am actually due for a gynecologist appointment. I enjoy going to the doctor though. Being honest with her is easy, fun, and enjoyable. it is about finding a doctor who you can relate to and feel comfortable with. My entire medical team is so supportive of me in every way. They fought for me to get a medicine which my health plan initially was refusing to cover. My HIV doctor always encourages me to bring in my partner, the importance of safe sex practices, etc. Bye Gina. Thank you for all your input.

11/14/2016 02:03:11 **Hania Dubinsky from Montreal, Quebec:** Lynn, do you know CAAN (Canadian Abiriginol AIDS network? Maybe they would know. Also there is a woman in Montreal, Doris Pelletier who is very active in the HIV community and might know

11/14/2016 02:03:15 **Brittney Mosley from Bronx NY:** I also always tell my partners about Prep, being undetectable = untransmittable, etc.

11/14/2016 02:03:53 **Rebecca Perkins from Saint Petersburg:** What are some specific tips for coping with treatment fatigue? And how can treatment fatigue be prevented?

to Presenters) - **Darlene Robertson from Port Barre, Louisiana:** Not on phone anymore on computer

11/14/2016 02:08:28 **Brittney Mosley from Bronx NY:** Treatment fatigue is difficult to deal with. However you have to see your treatment as a way to live and be a superhero like character. You have to see your medicine as a way to beat the virus, live on and well, etc.

11/14/2016 02:10:05 **Brittney Mosley from Bronx NY:** I have been out of work for just a year and it seems arduous to get back into the workforce despite my college education with honors, related office work experience, etc. You have to try your best to build connections, continue to send in resumes, upgrade your skills through local HIV community organizations such as GMHC here in NYC or Opportunities for a Better Tomorrow or many others.

11/14/2016 02:10:56 **Brittney Mosley from Bronx NY:** My girlfriend tells me all the time to start end of life planning. I will soon, hopefully by the end of this year. It takes away a lot of worry from your life because you know your loved ones and legacy is accounted for.

11/14/2016 02:15:11 **Brittney Mosley from Bronx NY:** That is horrible @ 66 and it's impossible to find work. I am so sorry you lost your apartment. I wish you could have had a case manager fight that so you wouldn't have had to go through that. I am disabled because of mental problems, not HIV (powerful statement)

11/14/2016 02:21:32 **Lynn Thompson from Saskatoon, Saskatchewan:** so what your telling me that 10 years is long term surviivor. Here in Saskatchewan we only live 2-5 years

11/14/2016 02:22:17 **Debbie Cestaro-Seifer from Fort Lauderdale, FL:** What types of support facilitates women become part of support groups if they are fearful of stigma and disclosure?

11/14/2016 02:22:48 **Brittney Mosley from Bronx NY:** The tools in Taking Care and Kicking Azz are Excellent. I do all of that daily. I refuse to be resilient. Thriving with HIV is the key to not letting HIV hinder all of your dreams, deteriorate

your health, having a family, having a relationship, etc. Don't Give UP. You can have it all and be HIV positive. You can graduate college. You can go back to school. You can workout and have a great body, be inspiring to others in the HIV community, blog, etc. You can do anything. Even with HIV you can be invincible.

11/14/2016 02:22:59 **Debbie Cestaro-Seifer from Fort Lauderdale, FL:** I know support groups are not for everyone.

11/14/2016 02:23:19 **William Scott Daly from Schenectady, New York:** do you folks not have access to HIV meds Lynn?

11/14/2016 02:24:41 **Tranisha Arzah:** Find what works for you! Also, if you don't see something that is provided be brave and create it. That was how BABES started and many other organizations.

11/14/2016 02:24:46 **Brittney Mosley from Bronx NY:** I was in the closet about my HIV for years but it did me more harm than good. I almost got beat up for not telling previous partners about my status prior to sexual activity. I was undetectable but I was raised by family not to tell anyone. Just start off slow, with the support group, go with a positive mindset, write in a journal you only have the key to, and know that if people reject you following disclosure they are not meant to be in your life. Your HIV does not DEFINE YOU. YOU DEFINE YOU.

11/14/2016 02:26:05 **Lynn Thompson from Saskatoon, Saskatchewan:** yes we scsess to treatment

11/14/2016 02:27:05 **Lynn Thompson from Saskatoon, Saskatchewan:** we seek and treat but we only live 2-5 years once diagnosed

11/14/2016 02:27:11 **Brittney Mosley from Bronx NY:** I am currently on Medicaid and have been most of my life but when I start working again and possibly make income above the poverty line I will have to purchase a plan in the marketplace. I do worry about the cost of that potentially but I am also confident in the medical team I have now helping me to make that transition as well as other resource organizations here in NYC.

11/14/2016 02:27:33 **The Well Project:** Lynn, that is devastating to hear. Please feel free to email me [kmartel@thewellproject.org](mailto:kmartel@thewellproject.org) --i may have some connections .to networks/resources.

11/14/2016 02:27:50 **Brittney Mosley from Bronx NY:** I have always had access to medicine, thank God. I also can say I have had access to medicine of my choice thank God.

11/14/2016 02:28:05 **Lynn Thompson from Saskatoon, Saskatchewan:** Thank you I am trying to get answers for us

11/14/2016 02:30:02 **The Well Project:** If there are any questions that we are unable to address, please feel free to email [kmartel@thewellproject.org](mailto:kmartel@thewellproject.org), and we will do our best to get them answered as soon as we are able.

11/14/2016 02:30:17 **Lynn Thompson from Saskatoon, Saskatchewan:** thank you

11/14/2016 02:31:47 **Lynn Thompson from Saskatoon, Saskatchewan:** Has Prep be helpful to live longer

11/14/2016 02:32:38 **Brittney Mosley from Bronx NY:** PREP is for HIV negative persons who have a risk of catching HIV or date someone who is HIV positive. It prevents HIV negativer persons from contracting HIV if adhered to properly.

11/14/2016 02:34:14 **Brittney Mosley from Bronx NY:** negative persons...\*

11/14/2016 02:35:19 **The Well Project:** Thank you very much to Dr. Mack, Tranisha, Gina, and Darlene for contributing to today's webinar

11/14/2016 02:35:51 **Lynn Thompson from Saskatoon, Saskatchewan:** thank you

11/14/2016 02:36:19 **The Well Project:** And to all of you who joined us today--we really appreciate you! Sending big love to you all

11/14/2016 02:36:42 **Abosede Oladayo from Abuja, Abuja:** Thank you all our presented and

11/14/2016 02:36:42 **Ely Chavez from El Paso, Texas:** Thank you!!!

11/14/2016 02:36:59 **Brittney Mosley from Bronx NY:** Thank you for all and you're welcome. It was a great session.

11/14/2016 02:37:11 **Debbie Cestaro-Seifer from Fort Lauderdale, FL:** thank you all -excellent presentation!

11/14/2016 02:37:14 **Abosede Oladayo from Abuja, Abuja:** love you all it is good night from Nigeria

11/14/2016 02:37:32 **Tranisha Arzah:** Thanks everyone!