



Webinar in honor of National Women and Girls HIV/AIDS Awareness Day (NWGHAAD)

## The Well Project Unplugged: Let's Talk About Women and HIV

Tuesday, March 10, 2020 | 12:30 PM - 2:00 PM ET

Featuring several members of The Well Project's Community Advisory Board

**Gina Brown, MSW, Ciarra Covin, Porchia Dees, Arianna Lint,  
Maria Mejia, Bose Olotu, and Wanona Thomas**

And moderated by Krista Martel, Executive Director, The Well Project

Visit [www.thewellproject.org](http://www.thewellproject.org) for a link to register



# The Well Project Unplugged: Let's Talk About Women and HIV

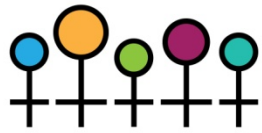
Tuesday, March 10, 2020  
12:30 pm – 2:00 pm ET

*Together, we can change the course of the HIV epidemic...one woman at a time.*

#onewomanatatime

#thewellproject

[www.thewellproject.org](http://www.thewellproject.org)



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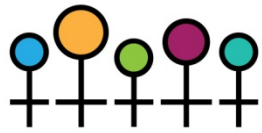
# Agenda

- Introduction
- Survey highlights and personal experiences
  - Stigma (in healthcare and other settings)
  - Self-stigma
  - Concurrent health conditions
  - Barriers to accessing mental healthcare
  - Self-care
  - U-U
- Q&A



# About The Well Project

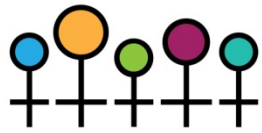
- Non-profit organization with a mission to change the course of the HIV/AIDS pandemic through a unique and comprehensive focus on women and girls
- Leverages technology to improve health outcomes and increase quality of life for women and girls living with HIV
- Our focus: education and information, community support, advocacy and leadership, collaborative engagement, and women-focused HIV research
- Access our resources and join our community at [www.thewellproject.org](http://www.thewellproject.org)



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## About *WATCH!*

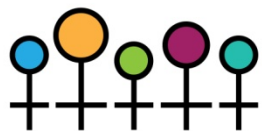
- ***WATCH!*** (Women's Advocacy and Treatment Coalition on HIV) is an ongoing HIV treatment advocacy and capacity-building webinar series
- The ***WATCH! 2020 series*** will take place throughout the year and will include 3 webinars
- Webinars will be **recorded** and can be accessed on our website and [YouTube](#) after they take place
  - Webinar will last approximately 90 minutes with Q&A at the end; use live chat box to communicate with other participants and panelists and Q&A to pose questions
  - [Click here](#) to access a list of previous webinars



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# NWGHAAAD

- March 10 is National Women and Girls HIV/AIDS Awareness Day (#NWGHAAAD), an annual nationwide observance that sheds light on the impact that HIV has on women and girls.
- Supported by the Office of Women's Health (OWH), NWGHAAAD encourages federal, national, and community organizations to come together to increase awareness, offer support and share information about the importance of HIV/AIDS prevention, care, and treatment.
  - For events near you and to find more ways to join in the efforts to share knowledge and take action in your community, visit: [www.womenshealth.gov/nwghaad](http://www.womenshealth.gov/nwghaad)



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# The Well Project's Survey

- [Together We Are...Making an Impact](#): survey on women's experiences living with HIV and The Well Project's impact on their lives
- Shows that women living with HIV have made significant progress in some areas, continue to face numerous obstacles
- Demonstrates our unique resources are having positive impact on many challenges women face
- Latest in series of surveys to ensure we are maximizing effectiveness, strengthening impact of programming



# Speakers



**Krista Martel**



**Gina Brown, MSW**



**Ciarra Covin**



**Porchia Dees**



**Arianna Lint**



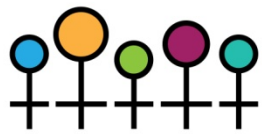
**Maria Mejia**



**Bose Olotu**



**Wanona Thomas**



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## Poll Question

**Have you experienced HIV stigma in your personal life? If yes, choose all that apply.**

From family members

From friends

In my neighborhood

At my work

With a romantic partner

Other

N/A



## STIGMA IN THE PERSONAL LIVES OF WOMEN LIVING WITH HIV

**69% (n=104) of women** living with HIV reported experiencing HIV stigma or discrimination in their personal lives



**50%**  
From family  
members



**49%**  
From  
friends

**41%**

In their  
neighborhoods



**42%**

At their places  
of employment



**39%**

With romantic  
partners



**22%**

In online forums/  
chats/groups



**19%**

At places  
of worship



**16%**

At HIV service  
organizations



**14%**

At school



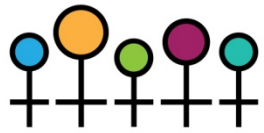
**11%**

In detention,  
jail or prison



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From The Well Project 2018-2019 Survey Report – [www.thewellproject.org](http://www.thewellproject.org)



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## Poll Question

**Have you experienced HIV stigma in a  
healthcare setting?**

Yes

No

I don't recall

N/A

## STIGMA EXPERIENCED IN HEALTHCARE SETTINGS BY WOMEN LIVING WITH HIV

**61% of women** living with HIV reported personally experiencing stigma in a healthcare setting



**38%**  
Registered nurses  
and Nurse  
practitioners



**35%**  
Healthcare  
staff



**32%**  
Emergency  
department  
physicians



**30%**  
Dentists



**28%**  
Physician  
assistant/  
Nursing  
assistant



**25%**  
Primary-care  
physicians



**19%**  
OB/GYNs



**19%**  
Community  
health/  
Clinic worker



**16%**  
Social  
workers



**12%**  
Case  
manager



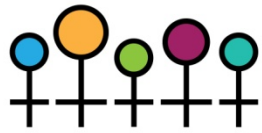
**8%**  
Home  
healthcare  
worker



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## Poll Question

**Have you experienced HIV self-stigma?**

Yes, I have in the past

Yes, I still experience it today

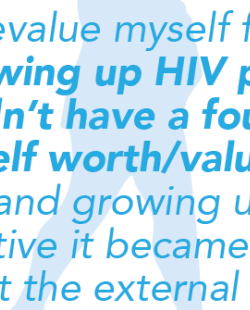
No, I have not experienced self-stigma

Not sure

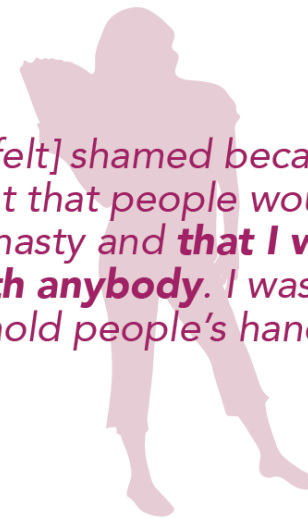
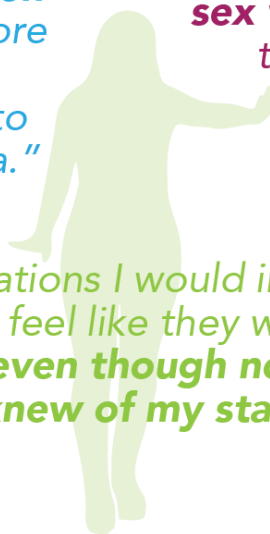
N/A

## SELF-STIGMA EXPERIENCED BY WOMEN LIVING WITH HIV

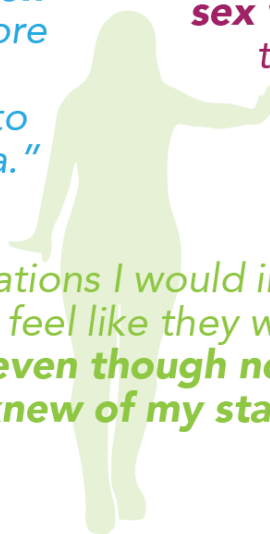
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"I devalue myself frequently. **Growing up HIV positive I didn't have a foundation of self worth/value** before HIV and growing up HIV positive it became hard to resist the external stigma."



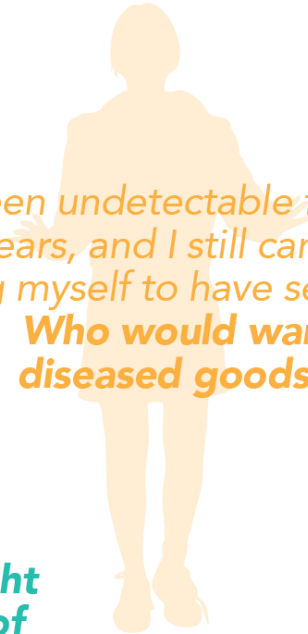
"I [felt] shamed because I thought that people would think that I was nasty and **that I was having sex with anybody**. I was scared to hold people's hands."



"In conversations I would internalize comments and feel like they were directed towards me, **even though no one in the room knew of my status.**"



"**At times I thought I was unworthy of love or sex** due to having the virus."



"I've been undetectable for 20 years, and I still can't bring myself to have sex. **Who would want diseased goods?**"

## OUTLOOK ON LIVING WITH HIV

When asked to assess The Well Project's influence on their outlook on living with HIV, women living with HIV responded they were **"somewhat" or "much" more likely to:**



**83%**

Feel hopeful  
about the future



**79%**

Feel valuable  
as a person



**76%**

Feel a sense  
of emotional  
well being



**74%**

Experience less  
HIV self-stigma



**72%**

Experience less  
HIV stigma  
from others



**70%**

Feel comfortable  
disclosing my HIV  
status to others

**64%**

Feel less isolated due to my HIV status

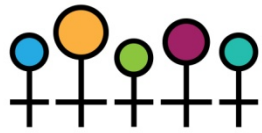


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**65%** of women living with HIV  
indicated they experience other serious  
health conditions, in addition to HIV





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## Poll Question

**Have you ever experienced barriers to accessing mental healthcare?**

Yes

No

I don't recall

I've never tried to access mental healthcare



## COMMON BARRIERS TO ACCESSING MENTAL HEALTHCARE for women living with HIV

*(of the 40% of women living with HIV who reported encountering challenges to accessing care for their mental health needs)*

51%



Financial payment

49%



Long wait time

41%



Lack of access to mental  
health professionals

39%



Experiencing stigma from  
mental health professionals

## SELF-CARE

When asked how The Well Project's resources had affected aspects of self-care related to their emotional well-being, women living with HIV responded they were **"somewhat" or "much" more likely to:**



**72%**

Eat healthy foods



**71%**

Accept only respectful, caring behavior from partners, family, and/or friends



**69%**

Try to get enough/good rest



**67%**

Seek out care for mental/emotional/behavioral health issues



**66%**

Seek out support for past or current violence or trauma



**65%**

Exercise or move regularly



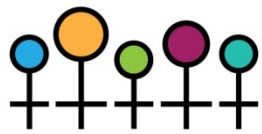
**64%**

Practice safer sex



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## Poll Question

**What do you do for self-care?**

Make sure to get enough sleep

Exercise

Eat healthy foods

Seek mental health support

Read or write

Garden

Art

Spend time with friends, family, or partner

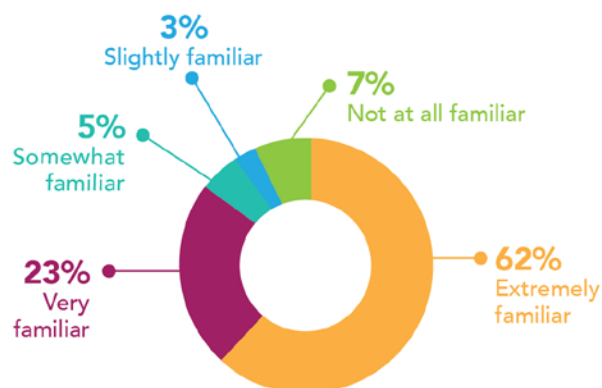
Other

[www.thewellproject.org](http://www.thewellproject.org)

## Awareness and Impact of U=U

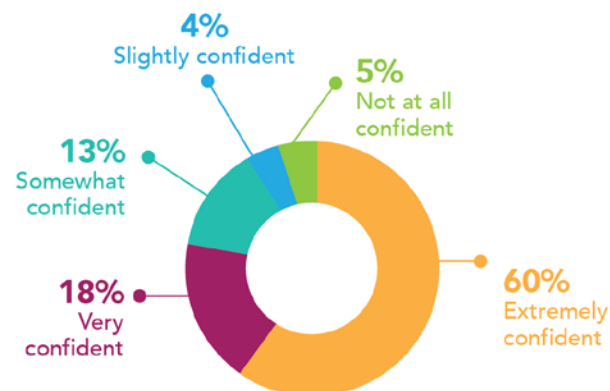
Women living with HIV respondents reported the following:

### Familiarity with U=U

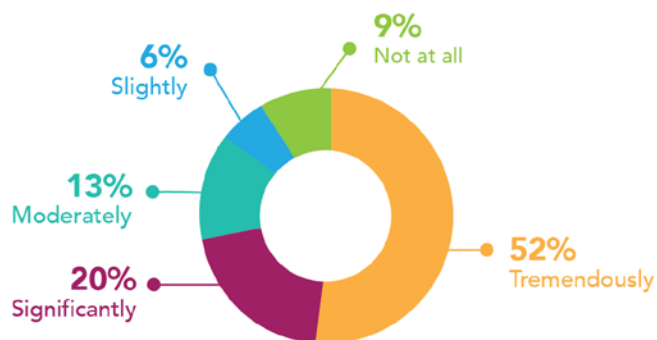


### Confidence in U=U Message

(HIV cannot be sexually transmitted with an undetectable viral load)



### U=U's Positive Impact on Their Lives

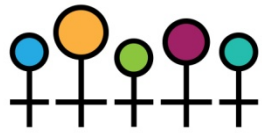


### Heard about U=U from Healthcare Provider



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## Poll Question

**Has your healthcare provider spoken  
to you about U=U?**

Yes

No

I don't recall

N/A

## EXPERIENCES REPORTED BY WOMEN LIVING WITH HIV RESPONDENTS

### Key Issues Facing Women Living with HIV

**69%** experienced stigma in their personal lives and **61%** in healthcare settings

**60%** experienced self-stigma

**56%** said mental health issues made it harder to address their HIV-related needs

**80%** said they had experienced some form of violence or trauma

**65%** said they were dealing with comorbidities

### Impact of The Well Project's Resources on Women Living with HIV

**72%** were less likely to experience stigma from others

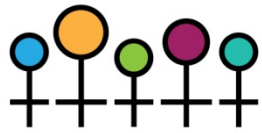
**74%** were less likely to experience self-stigma

**67%** said they were more likely to seek care for mental health issues

**66%** said they were more likely to seek support for current or past violence or trauma

**65%** increased their knowledge about HIV and aging and other comorbidities

From The Well Project 2018-2019 Survey Report – [www.thewellproject.org](http://www.thewellproject.org)



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# Learn More!

- For information, details, and links to resources:
  - Read the [survey](#)!
  - Check out our survey [press release](#)
- For more fact sheets and to connect to our community of women living with HIV, visit:
  - [www.thewellproject.org](http://www.thewellproject.org)
  - [www.facebook.com/thewellproject](http://www.facebook.com/thewellproject)
  - [www.twitter.com/thewellproject](http://www.twitter.com/thewellproject)
  - [www.instagram.com/thewellprojecthiv](http://www.instagram.com/thewellprojecthiv)
  - [www.youtube.com/thewellprojecthiv](http://www.youtube.com/thewellprojecthiv)

# Thank You!



## Questions & Answers

*The Q & A will come from the questions submitted to the presenters through the chat box during the webinar session.*