

In Our House (IOH): An African Story

A Cognitive-Behavioral Intervention to
Reduce HIV Stigma
Among Sub-Saharan African (SSA)
Immigrants and Refugees

Presented by:

Chioma Nnaji

Program Director

Multicultural AIDS Coalition (MAC)



Objectives

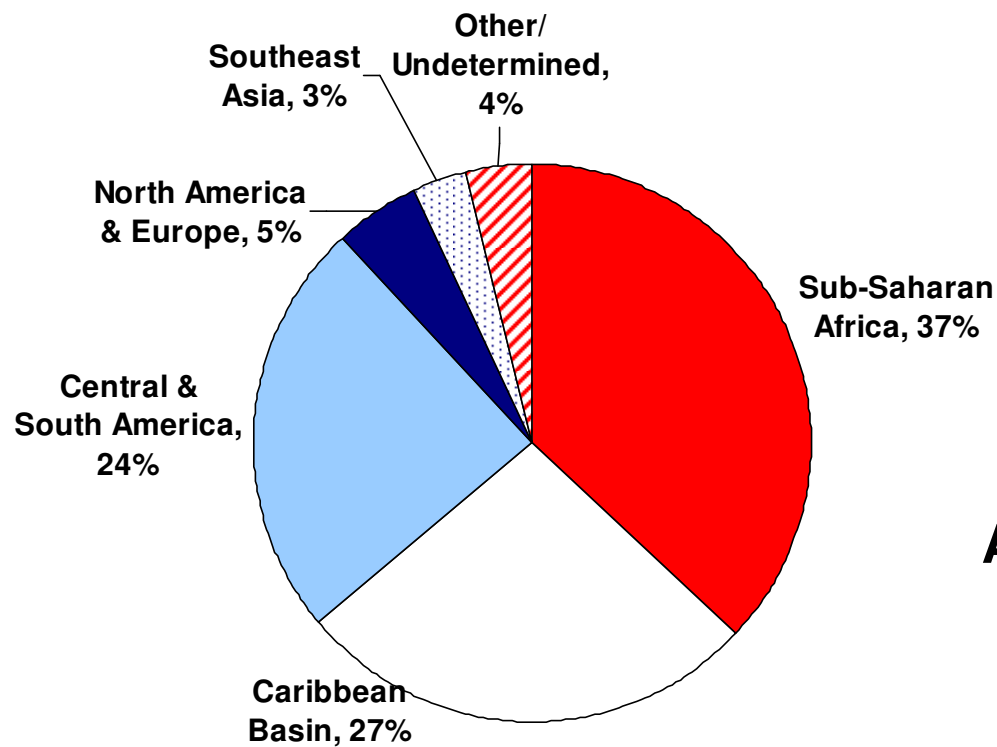
1. Using local and national data, define the increasing HIV epidemic among Sub-Saharan African immigrants & refugees
2. Review the social determinants of HIV disparities for African immigrants
3. Define stigma and its impact on Sub-Saharan African immigrants and refugees
4. Increase understanding of the In Our House: An African Story Video and Curriculum.

National Data

Areas	Total HIV Diagnoses			Total Black HIV Diagnoses		
	Total #	African Born		Total #	African Born	
		# of ALWH	% of ALWH		# of ALWH	% of ALWH
California	8741	113	1.2	1666	108	6.5
Georgia	5604	103	1.8	4149	102	2.5
King County, Washington	770	69	9.0	175	67	38.3
Massachusetts	1740	206	11.8	557	182	32.7
Minnesota	583	118	20.2	227	113	49.8
New Jersey	3519	92	2.6	2039	89	4.4
New York City	7634	326	4.3	4058	318	7.8
Virginia-DC	639	81	12.7	322	81	25.2
Total	29230	1108	3.8	13193	1060	8.0

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People Born Outside the US and Diagnosed with HIV Infection in Massachusetts Within the Years 2004 to 2006 by World Region of Origin



In Massachusetts, 58% of Blacks diagnosed with HIV are non-US born (immigrants) persons born in Sub-Saharan Africa are 37% of Black immigrants diagnosed with HIV.

Data Source: MDPH HIV/AIDS Surveillance Program, Data as of 1/1/08

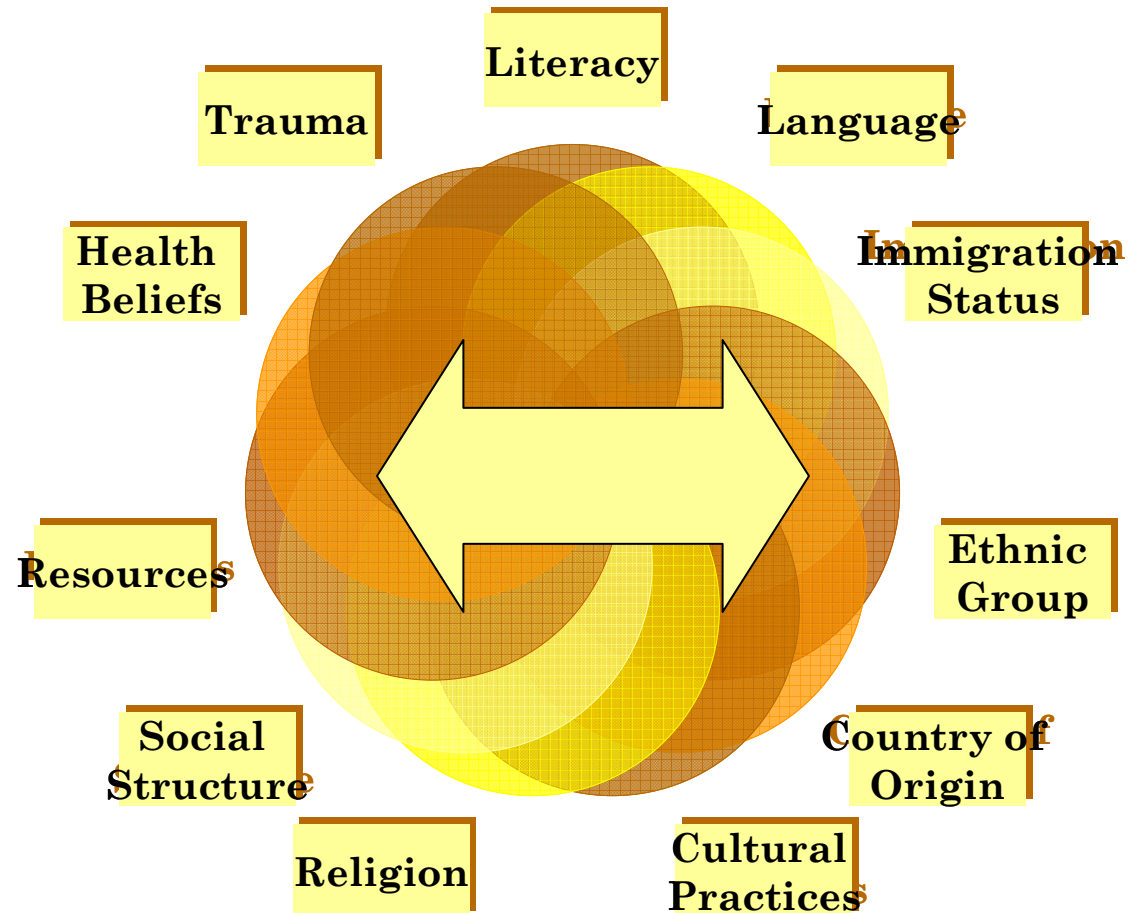


Demographics of Africans Living with HIV/AIDS

Mostly affecting African Women.

**Main mode of transmission is
Heterosexual Sex.**

Barriers & Challenges





STIGMA

HIV/AIDS

HIV/AIDS stigma refers to unfavorable attitudes, beliefs, and behaviors directed toward people perceived to have HIV/AIDS as well as their loved ones and community.

Factors of Stigma

BELIEFs

- Stereotype
- Prejudice

FEARs

- Homophobia
- Addictophobia
- Xenophobia

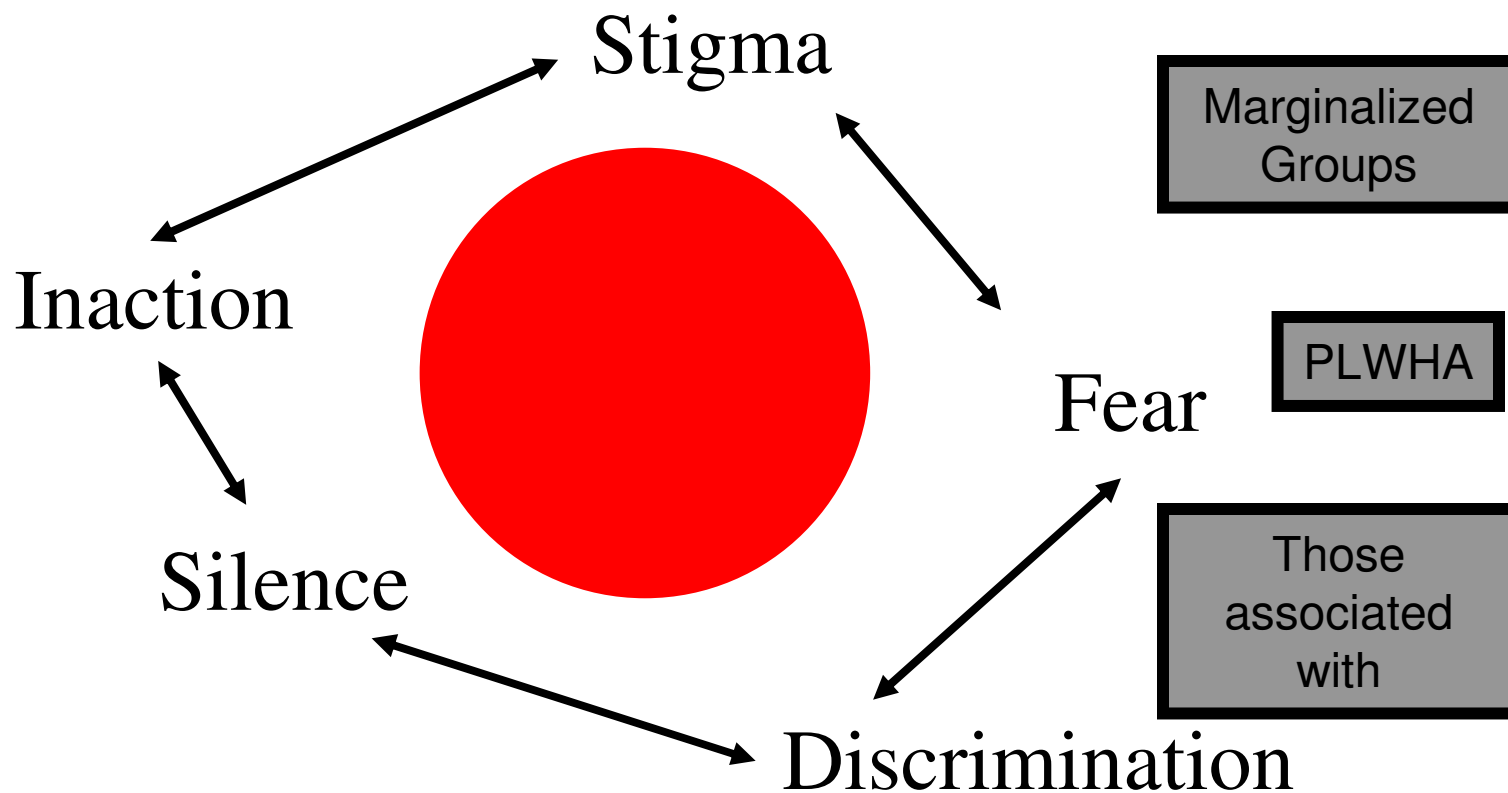
ACTIONs

- Discrimination
- Sexism
- Racism



STIGMA

Vicious Cycle of Stigma





Overall Goal:

Reduce HIV-related Stigma Among
SSA Immigrants and Refugees

Main Objectives:

- Increase basic knowledge about HIV transmission & prevention
- Increase HIV testing
- Increase utilization of healthcare system

Historical Background

- In 2000, MAC, funded through CDC, included the SSA task force as part of the Black HIV/AIDS Coalition
 - In 2001, funded by OMH, created In Our House: An African Story Video
 - Funded by CDC to created a discussion guide with the video
- In 2003, MDPH funded the first program to provide HIV prevention services targeting SSAs ... Africans For Improved Access (AFIA) Program
 - Incorporated the IOH video and discussion guide into AFIA's programming
- In 2007, funded by MDPH to expand the discussion guide to a curriculum and update the video
- In 2008, held focus groups with African men, women, and youth to evaluate the IOH video and curriculum
 - NOW ... waiting to EVALUATE!

Components

Video (20-25 minutes)

newly immigrated African family that is trying to cope with challenges in a difficult situation – their survival depends on how well they handle delicate issues relating to culture, relationships, and health

Curriculum

Step-by-step instruction on implementation for successful cognitive-behavioral change



Behavior Change Theory

Health Belief Model (HBM)

It recognizes that an individual's perception of her/his own health behavior is influenced not only by internal factors, but also by external factors such as culture, and how those circumstances influence an individual's actions.

IOH Framework

Strength-Based Approach: ... fosters individual and communal responsibility to addressing HIV/AIDS ...requires individuals to build on the strengths of the community and normalize the problem by actively participating in an achievable solution.

- Strength Exercise
- Trouble in the House
- Tree of Life



Cultural and Individual Differences

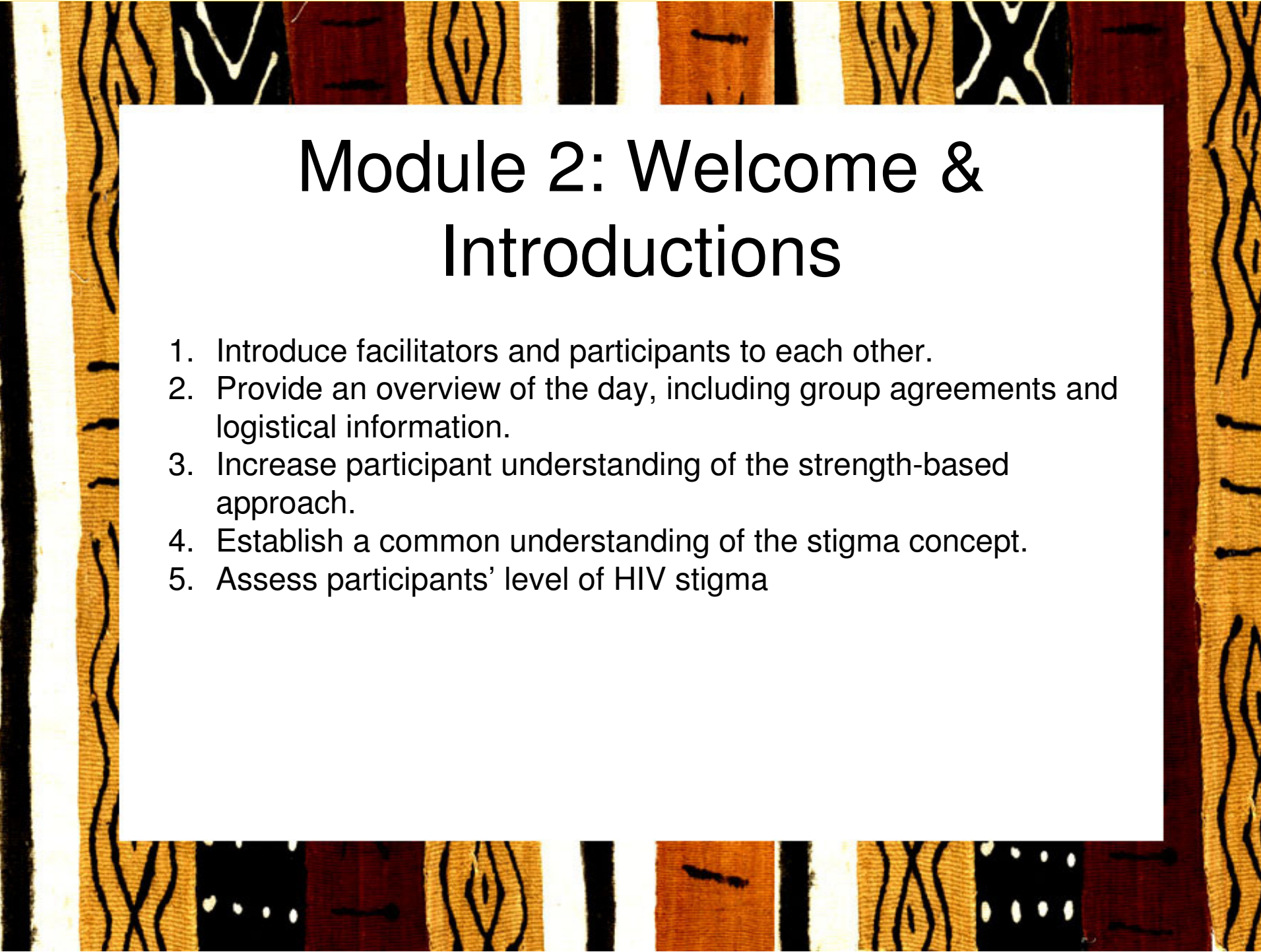
Design to adhere to the cultural ways of communicating, teaching, and learning.

- Use of African proverbs
- Social activities
- Media tools (i.e. video)
- Community focused –vs- Individual focused



Module 1: Building Community

1. Establish rapport among the participants and facilitators



Module 2: Welcome & Introductions

1. Introduce facilitators and participants to each other.
2. Provide an overview of the day, including group agreements and logistical information.
3. Increase participant understanding of the strength-based approach.
4. Establish a common understanding of the stigma concept.
5. Assess participants' level of HIV stigma



Module 3: Honoring Culture

1. Identify strengths within African culture
2. Identify some acculturation challenges facing African immigrants and refugees



Module 4: Building Courage

1. Identify strengths, problems, and solutions
2. Articulate individual and community fears and assumptions of HIV/AIDS
3. Recognize the negative impact of stigma on the individual, their loved ones, and community



Module 5: Being An African Men and Women

1. Identify strengths, problems, and solutions related to gender dynamics and same sex behaviors.
2. Discuss the roles of men and women in the African context
3. Reduce stigma related to the gender dynamics.
4. Reduce stigma associated with sexual relationships between men



Module 6: Taking Care of Yourself

1. Talk openly about sex
2. Address commonly held myths about HIV
3. Provide basic information about HIV and STDs transmission and prevention
4. Normalize carrying condoms and condom use
5. Emphasize effectiveness of condoms



Module 7: Keeping Family Secrets

1. Develop empathy for PLWH
2. Understand the value with getting tested for HIV



Module 8: Know Your Status

1. Demystify the testing process



Module 9: Acceptance

1. Continue to develop deeper empathy for Africans living with HIV
2. Understand what life may look like after an HIV diagnosis



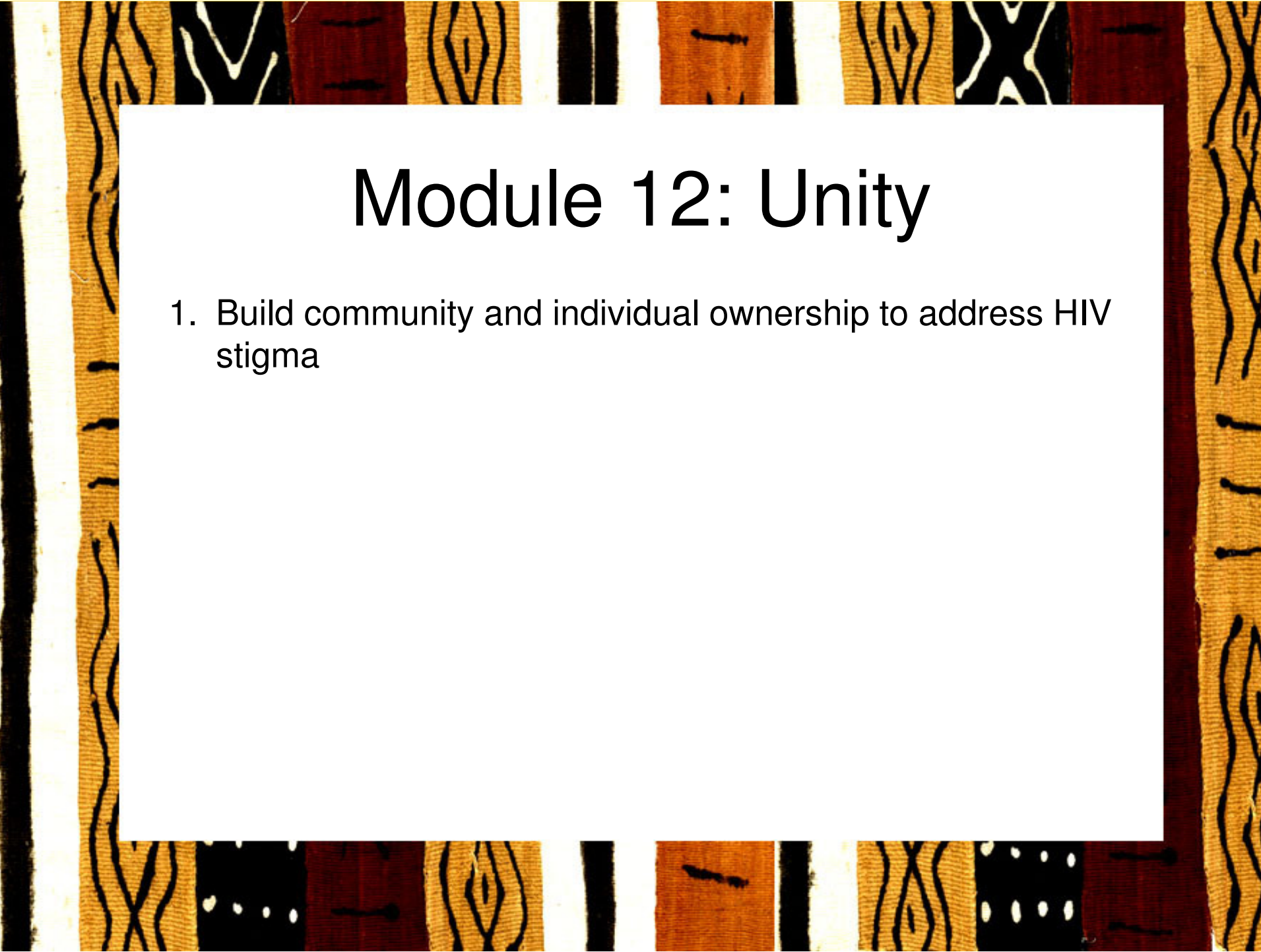
Module 10: Knowledge is Power

1. Increase knowledge of services available to Sub-Saharan Africans living with HIV
2. Demystify Case Management Services
3. Reduce stigma associated with seeking help and accessing services



Module 11: Overcoming Stigma

1. Build communication skills to address stigma in their community



Module 12: Unity

1. Build community and individual ownership to address HIV stigma

Contact Information

Chioma Nnaji, Program
Director

Multicultural AIDS Coalition

Tel: 617.238.2421

Email: cnnaji@mac-boston.org