



Progress & Development of the Peer Program

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○ Acknowledgements



Brief description of the Peer-to-Peer Program

Describe the importance of practicing
GIPA/ MEPA principles

Overview and exploration of CATIE's *National
Practice Guidelines in Peer Health Navigation for
People Living with HIV*

Recommendations to improve and build upon
peer programs in Saskatchewan



Peer-to-Peer Program

Peer Mentors

Purpose of the
Program

Goals

• Peer Mentors

- Lived experience
- Provide holistic support
- Educate and advocate
- Model self-care
- Training
- Program planning

• Purpose of Peer-to-Peer Program

- Unique link for PLWHIV who are newly diagnosed, who are admitted to hospital, and those requiring tailored support
- HIV care, prevention, & treatment
- Improve and maintain overall health and well being

• Goals

○ Supporting people living with HIV to:

- Seek health care earlier and more often
- Improve and maintain physical, emotional, mental, and spiritual well being
- Reduce spread of HIV infection
- Reduce stigma and discrimination



GIPA = Greater Involvement &
Meaningful Engagement of Persons
Living with HIV/ AIDS

MEPA = Meaningful Engagement of
Persons Living with HIV/ ADS



- GIPA/ MEPA should be practiced and implemented in meaningful ways
- PLWHIV have the right to self-determination
- PLWHIV have valuable lived experience

● What are the benefits of GIPA/ MEPA?

○ Organizations

- Policies and programs become relevant
- Assist with engaging clients
- Contributions as a member of the team

Peer Mentors

- Increased confidence and capacity
- Reduce stigma
- Opportunities within the workforce
- Larger support network
- Improve overall health and well-being

Mentees

- Building of trust
- Connected to care and community resources
- Concerns and fears are heard
- Stronger voice

● *CATIE's National Practice Guidelines in Peer Health Navigation for People Living with HIV*

○ What are they?

- Evidence-based recommendations for how to do the work of peer health navigation in HIV in an effective and wise way.
- Resource for service providers

● 11 Chapters

1. Infrastructure assessment
2. Navigator roles/ responsibilities
3. Ethical considerations
4. Recruitment/ selection of navigators
5. Compensation
6. Supervision
7. Training
8. Evaluation of the program
9. Integrating peers into community-based settings
10. Integrating peers into healthcare settings
11. Community engagement

• Defining Peer Health Navigation

○ Peer

◦ “Peer”?

▫ a person living with HIV who also has lived experienced and an intimate understanding of the circumstances in which many clients live their lives

◦ “Health navigation”?


▫ a person-centered approach to guide, connect, refer, educate, and accompany people living with HIV through systems of care.

- Purpose of the Guidelines

- 1. Improve the quality and consistency of peer health navigation programs
 2. Improve the effectiveness of peer health navigation programs to positively impact the health and wellness of people living with HIV
 3. Build on existing program models and materials



**What does this document mean for
Saskatchewan?**



EVALUATION OF SASKATCHEWAN'S HIV PEER-TO-PEER PROGRAMS: DETERMINING ALIGNMENT WITH BEST PRACTICES AND IDENTIFYING STRENGTHS AND GAPS TO SUPPORTING AND RETAINING PEER MENTORS

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● Recommendations

- The SK MOH to consider adopting CATIE best practice guidelines when released.
- Each peer-to-peer program to review policies on compensation for peer mentors.
- The SK MOH and community leaders continue to address HIV stigma in communities and focus on educating family members on HIV.
- Peer-to-peer programs continue to facilitate transportation for peer mentors in rural communities (i.e. to attend training, seminars or meetings).

● Recommendations

- The SK MOH to guide the development of a provincial training manual which includes core training for peer mentors.
- Peer-to-peer programs explore connecting peers to a variety of training opportunities such as webinars and/or connecting peer mentors to community based organizations training.
- Peer-to-peer programs to strengthen their liaison with external community organizations to facilitate the peer mentors connection to services offered by these organizations.

● Recommendations

- In order to further support GIPA/ MEPA principles and connect peer mentors to mentees, peer-to-peer programs to strengthen engagement with health care teams.
- Where possible, the peer-to-peer programs should provide a dedicated working space for peer mentors that will enable clients to easily access mentor services and assure confidentiality.
- Peer-to-peer programs continue to create and maintain strong support and supervision for peer mentors.

- Looking forward to the future

- Continue to practice meaningful GIPA/ MEPA principles

- Build upon programs and their policies using:

- CATIE's *National Practice Guidelines in Peer Health Navigation for People Living with HIV*

- Recommendations from the Evaluation of Saskatchewan's HIV Peer-to-Peer Programs

Resources

- CATIE (2017). *National Practice Guidelines in Peer Health Navigation for People Living with HIV*.
- Njoroge, M. (August 2017). Evaluation of Saskatchewan's HIV Peer-to-Peer Programs: *Determining alignment with best practices and identifying strengths to gaps to supporting and retaining peer mentors*. Saskatchewan Ministry of Health, Regina. Unpublished.

Thank You!

ANY QUESTIONS?

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