Program Evaluation of a Trauma-Informed HIV Prevention and Vocational Development Intervention for African American Women, 7030

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Disclosures

Presenter(s) has no financial interest to disclose.

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Learning Objectives

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

1. Recognize the infusion of a trauma-informed framework in the design of the Common Threads intervention for African American women living with HIV.

2. Describe evidence-based results of a grounded theory program evaluation of the Common Threads intervention.

3. Identify key strategies and direction to improve the health and vocational development outcomes for African American women living with HIV.
Obtaining CME/CE Credit

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Acknowledgement

Women of Common Threads
Mark Misrok
Vanessa Johnson
Liza Conyers
Topics Covered

- Trauma and Women Living with HIV
- Trauma-Informed Services
- Program Overview
- Program Evaluation
  - Research Design
  - Results
- Discussions
- Implications
- Limitations
Trauma

“Individual trauma results from an event, series of events, or set of circumstances experienced by an individual as physically or emotionally harmful or life-threatening with lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.” – SAMHSA

Trauma and Women Living with HIV

<table>
<thead>
<tr>
<th>Categories</th>
<th>Number of studies</th>
<th>Pooled n</th>
<th>Prevalence&lt;sup&gt;a&lt;/sup&gt; (%)</th>
<th>95% confidence interval</th>
<th>Reference prevalence&lt;sup&gt;b&lt;/sup&gt; (%)</th>
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</thead>
<tbody>
<tr>
<td>Recent PTSD</td>
<td>6</td>
<td>499</td>
<td>30.0</td>
<td>18.8–42.7</td>
<td>5.2</td>
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<tr>
<td>Intimate partner violence</td>
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<td>2285</td>
<td>55.3</td>
<td>36.1–73.8</td>
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<td>Adult sexual abuse</td>
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<td>2237</td>
<td>35.2</td>
<td>20.1–51.4</td>
<td>–&lt;sup&gt;c&lt;/sup&gt;</td>
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<tr>
<td>Adult physical abuse</td>
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<td>1791</td>
<td>53.9</td>
<td>30.2–76.8</td>
<td>–&lt;sup&gt;c&lt;/sup&gt;</td>
</tr>
<tr>
<td>Adult abuse unspecified</td>
<td>2</td>
<td>532</td>
<td>65.0</td>
<td>58.9–70.8</td>
<td>–&lt;sup&gt;c&lt;/sup&gt;</td>
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<tr>
<td>Childhood sexual abuse</td>
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<td>3013</td>
<td>39.3</td>
<td>33.9–44.8</td>
<td>16.2</td>
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<td>1582</td>
<td>42.7</td>
<td>31.5–54.4</td>
<td>22.9</td>
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<tr>
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<td>232</td>
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<td>36.0–78.8</td>
<td>31.9</td>
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<tr>
<td>Lifetime sexual abuse</td>
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<td>61.1</td>
<td>47.7–73.8</td>
<td>12.0</td>
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<td>878</td>
<td>72.1</td>
<td>60.1–82.1</td>
<td>–&lt;sup&gt;c&lt;/sup&gt;</td>
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<td>6</td>
<td>1065</td>
<td>71.6</td>
<td>61.0–81.1</td>
<td>39.0</td>
</tr>
</tbody>
</table>

<sup>a</sup> Pooled prevalence from random-effects model (DerSimonian-Laird)

<sup>b</sup> National samples of US women (citations in text)

<sup>c</sup> Data from a national sample not available or national samples report conflicting rates


Impact of Trauma
# Impact of Trauma

<table>
<thead>
<tr>
<th>Health Outcome</th>
<th>History</th>
<th>No History¹</th>
<th>p value²</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asthma</td>
<td>23.7</td>
<td>14.3</td>
<td>&lt;.001</td>
</tr>
<tr>
<td>Irritable Bowel Syndrome</td>
<td>12.4</td>
<td>6.9</td>
<td>&lt;.001</td>
</tr>
<tr>
<td>Diabetes</td>
<td>12.6</td>
<td>10.2</td>
<td>&lt;.001</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>27.3</td>
<td>27.5</td>
<td>n.s.³</td>
</tr>
<tr>
<td>Frequent Headaches</td>
<td>28.7</td>
<td>16.5</td>
<td>&lt;.001</td>
</tr>
<tr>
<td>Chronic Pain</td>
<td>29.8</td>
<td>16.5</td>
<td>&lt;.001</td>
</tr>
<tr>
<td>Difficulty Sleeping</td>
<td>37.7</td>
<td>21.0</td>
<td>&lt;.001</td>
</tr>
<tr>
<td>Activity Limitations</td>
<td>35.0</td>
<td>19.7</td>
<td>&lt;.001</td>
</tr>
<tr>
<td>Poor Physical Health</td>
<td>6.4</td>
<td>2.4</td>
<td>&lt;.001</td>
</tr>
<tr>
<td>Poor Mental Health</td>
<td>3.4</td>
<td>1.1</td>
<td>&lt;.001</td>
</tr>
</tbody>
</table>

¹ No history of rape, stalking, or intimate partner physical violence
² p-value determined using chi-square test of independence in SUDAAN™
³ Non-significant difference

Impact of Trauma

HIV-Related Outcomes

- HIV Risks
- Poor linkage to care
- Mortality
- ART Failure
- Treatment failure


Trauma-Informed Framework

A strength-based framework that emphasizes the pervasiveness of trauma and it advocates service delivery utilizes the concept to identify, prevent, or intervene traumatic events.

**Recognize**

**Respond**

**Recover**

**Safety** **Trustworthiness** **Choice** **Collaboration** **Empowerment**


“Common Threads is a peer-led HIV training that addresses social determinants of health as an integrated prevention, trauma-informed and vocational development training.”

Common Threads

- HIV Infection
- HIV Vulnerability
- HIV Risks
Common Threads

Program Structure

Four-days HIV Prevention Training*
  - Female trainers (i.e., a licensed professional counselor, a group facilitator, and two HIV peer specialists)
  - Cultural Strength: Storytelling (i.e., Trauma Timeline and Family trees)
  - Interactive Discussions

Microenterprise
  - Economic intervention to increase financial stability and self-sufficiency

Civic Engagement
  - Increase participation on community services, representation on decision making bodies, consultation and employment
Common Threads

Timeline
Pilot Program Evaluation

1. Engaging Stakeholders
2. Determine Qualitative Design Strategies
3. Data Collection
4. Data Analysis
5. Justify the Findings

Flow: Engaging Stakeholders → Determine Qualitative Design Strategies → Data Collection → Data Analysis → Justify the Findings → Engaging Stakeholders
# Satisfaction (n=31)

<table>
<thead>
<tr>
<th>Question</th>
<th>Agree</th>
<th>4</th>
<th>3</th>
<th>2</th>
<th>Disagree</th>
<th>Mean</th>
<th>Median</th>
</tr>
</thead>
<tbody>
<tr>
<td>Training met my expectation</td>
<td>84.2%</td>
<td>10.5%</td>
<td>0%</td>
<td>0%</td>
<td>5.3%</td>
<td>4.68</td>
<td>5.0</td>
</tr>
<tr>
<td>The training was an effective use of my time</td>
<td>89.5%</td>
<td>5.3%</td>
<td>0%</td>
<td>0%</td>
<td>5.3%</td>
<td>4.74</td>
<td>5.0</td>
</tr>
<tr>
<td>The lodging was satisfactory</td>
<td>57.9%</td>
<td>26.3%</td>
<td>10.5%</td>
<td>0%</td>
<td>0%</td>
<td>4.67</td>
<td>5.0</td>
</tr>
<tr>
<td>The training space was satisfactory</td>
<td>63.2%</td>
<td>31.6%</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>4.89</td>
<td>5.0</td>
</tr>
<tr>
<td>Meals</td>
<td>42.1%</td>
<td>26.3%</td>
<td>15.8%</td>
<td>5.3%</td>
<td>5.3%</td>
<td>4.0</td>
<td>4.0</td>
</tr>
</tbody>
</table>

(Madondo & Johnson, 2012)
Disclosure status (n=29)

<table>
<thead>
<tr>
<th>Variables</th>
<th>Frequencies</th>
<th>Percentages</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td></td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Print Media</td>
<td>13</td>
<td>16</td>
</tr>
<tr>
<td>Television</td>
<td>12</td>
<td>17</td>
</tr>
<tr>
<td>Internet</td>
<td>16</td>
<td>13</td>
</tr>
</tbody>
</table>

Changes in Storytelling techniques

(Madondo & Johnson, 2012)
Methods

Purpose
Understanding the Perceived Impact of African American Women in Common Threads program

Data Collection: Engaging Participants
Snowball Sampling
Interview

Data Analysis: Grounded Theory Approach
Transcribe Data
Levels of Coding
Triangulation

Results
Generate Themes
Integrate Findings
Coding Example

I had no idea that all those things shaped, what I thought, what I perceived, what I believed in, and it [Timeline] was just power to me, that I had something now I could draw on, because for so long I thought it was me, it was my fault, I should have been more careful, it never dawned on me that any of those things played a part. It was powerful.
I had no idea that all those things shaped, what I thought, what I perceived, what I believed in, and it [Timeline] was just power to me, that I had something now I could draw on, because for so long I thought it was me, it was my fault, I should have been more careful, it never dawned on me that any of those things played a part. It was powerful.
## Results

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>N=10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (range)</td>
<td>45-64</td>
</tr>
<tr>
<td>Age of HIV Diagnosis</td>
<td></td>
</tr>
<tr>
<td>15-24</td>
<td>1</td>
</tr>
<tr>
<td>24-34</td>
<td>2</td>
</tr>
<tr>
<td>35-44</td>
<td>4</td>
</tr>
<tr>
<td>45-54</td>
<td>3</td>
</tr>
<tr>
<td>Expose to HIV</td>
<td></td>
</tr>
<tr>
<td>Heterosexual contact</td>
<td>9</td>
</tr>
<tr>
<td>Unsure</td>
<td>1</td>
</tr>
<tr>
<td>Education</td>
<td></td>
</tr>
<tr>
<td>High School</td>
<td>2</td>
</tr>
<tr>
<td>Some College</td>
<td>6</td>
</tr>
<tr>
<td>Bachelor’s degree</td>
<td>2</td>
</tr>
<tr>
<td>Household Income</td>
<td></td>
</tr>
<tr>
<td>Less than $24,999</td>
<td>6</td>
</tr>
<tr>
<td>$25,000 to $49,999</td>
<td>2</td>
</tr>
<tr>
<td>$50,000 to $99,999</td>
<td>2</td>
</tr>
</tbody>
</table>
Change of Employment Status

- **Past Employment**
  - Not Applicable
  - Yes: 7
  - No: 2

- **Employment after Dx**
  - Yes: 8
  - No: 2
## Consider Employment

<table>
<thead>
<tr>
<th>Question</th>
<th>Mean</th>
<th>Median</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have carefully considered the impact of working on all parts of my life</td>
<td>4.4</td>
<td>5.0</td>
</tr>
<tr>
<td>I know how to achieve my vocational goals</td>
<td>4.7</td>
<td>5.0</td>
</tr>
<tr>
<td>I know what I want to do vocationally</td>
<td>4.7</td>
<td>5.0</td>
</tr>
<tr>
<td>I am determined to get a job despite the obstacles</td>
<td>4.1</td>
<td>5.0</td>
</tr>
<tr>
<td>I need to learn more about laws and supports that can help me to work</td>
<td>4.3</td>
<td>4.0</td>
</tr>
</tbody>
</table>
Results

Group Dynamic

Safety  Trust  Openness  Accountability  Hope

Mental Health  HIV-Related Health  Societal  Vocational

Perceived Program Outcomes
Results

Group Dynamic

Safety  Trust  Openness  Accountability  Hope

Mental Health  HIV-Related Health  Societal  Vocational

Perceived Program Outcomes
Safety

• Gender-specific
  • **Trauma History:** “My trauma was all male oriented. If there had been any man in Common Threads I wouldn’t have gone. I would not have gone.

• Culturally sensitive
  • **Shared culture and language:** “[Being in a group of AA women] we didn’t have to tippy toe around what we said, how we said it because we were all black, I didn’t have to walk around on egg shells...We get it because we were all black, we get it.”

• Training Location
  • **Privacy:**
    “You don’t have to feel like you have to look a certain way.”
    “Everybody is not disclosing their status publicly, so it was important to feel safe and secure and comfortable in a setting.”
Results

Group Dynamic

Safety  Trust  Openness  Accountability  Hope

Mental Health  HIV-Related Health  Societal  Vocational

Perceived Program Outcomes
Trust

• I’ve got your back: “You are free to just scream, to cry or to say this really what I have been holding in for so long and I am just gonna let it go right there. And there is a sister right there, I understand, I’ve got your back.”
Results

Group Dynamic

- Safety
- Trust
- Openness
- Accountability
- Hope

Perceived Program Outcomes

- Mental Health
- HIV-Related Health
- Societal
- Vocational
Openness

• Honesty
  • “Not only were they honest, they didn’t sugar coat nothing for me. But when I hurt, they held my hand. When I cried they gave me a tissue. They never told me “don’t cry”, for the first time they never told me don’t cry.”

• Transparency
  • “She [The trainer] is the first disclosed to us, the history of her family that dynamics [of abuse and addiction]. I could still identify with her.”
  • “They [other women] were transparent and open enough to share with me that they were HIV positive, that help me to be more comfortable [to share] and I felt less judgement”
Results

Group Dynamic

Safety  Trust  Openness  Accountability  Hope

Mental Health  HIV-Related Health  Societal  Vocational

Perceived Program Outcomes
Accountability

• Responsibility
  • To others: “When you hear a life story it perhaps opens up the idea that it is okay at this moment to let someone else know this and maybe just let it go, or share ideas, because other women were like, I’ve never thought of something like that.

• To self: “I promised myself looking in the mirror at other me that I would nurture you, take care of you and I would love you and I would never ever let anybody hurt you ever again, it was life changing for me.”
Results

Group Dynamic

Safety  Trust  Openness  Accountability  Hope

Mental Health  HIV-Related Health  Societal  Vocational

Perceived Program Outcomes
Hope

• Seeing progress
  • [i.e., trauma timeline] just let me know how much I processed and progressed myself up more than I you thought I did.”

• Peer modeling
  • “Seeing all these women and strong and years of living with HIV, I am two years in. I am not where they are, but...if I can talk about it, I can talk about it here. Or I can talk about it to anybody or anywhere else. So I think that’s how I was able to talk now.”
Results

Group Dynamic

Safety  Trust  Openness  Accountability  Hope

Mental Health  HIV-Related Health  Societal  Vocational

Perceived Program Outcomes
Results

Group Dynamic

- Safety
- Trust
- Openness
- Accountability
- Hope

Perceived Program Outcomes

- Mental Health
- HIV-Related Health
- Societal
- Vocational
Mental Health Outcomes

• Self-esteem and Courage
  • It [Common Threads] was the first time I realized that as much as I had been through, I was important in this world. That I mattered, that I mattered to me and other people.
  • That greater confidence came from the other women that was in that group that was out there more than I was, and seeing them and hearing them do what their doing, made me want to do that you know.

• On-going support
  • When I’m going through a bad time, I can pick up the phone and call somebody...I’d continue to feel empowered and when I get really, really tired I get out my bubble bath and I look in the mirror I always feel Sam [peer’s name] and I’d see her face and I’d know that all is well.
Results

Group Dynamic

Safety  Trust  Openness  Accountability  Hope

Mental Health  HIV-Related Health  Societal  Vocational

Perceived Program Outcomes
HIV-Related Health Outcomes

Health Monitoring

• **Medication adherence**
  • “[I take medication regularly because] I’m accountable for me, my health is important to me, and if its important to me, than I need to do what I need to do, to stay above ground.”
  • “We all go back and forth with this, but the motivation if I keep making building my body and keep it healthy, I can continue to do these good things, with other people who are producing.”

• **Self-care**
Results

Group Dynamic

Safety
Trust
Openness
Accountability
Hope

Mental Health
HIV-Related Health
Societal
Vocational

Perceived Program Outcomes
Societal Outcomes

• Womanhood
• Common Threader

Embrace vulnerability, Powerful, Assertive, Collaborative WLHIV

• “I’m one of them [WLHIV]. I’m one of the ladies that believe in you can be self-sufficient motivated to do something.”

• “They said; “Cathy you can do it, you have a voice,” and from Common Threads to now that’s how I wrote the book and everyone started learning about the book.”

• “When I think I am being abused, or looks like abuse, I will be able to say, well there will be breaks, I learned the power of saying, “no, I am not doing it. Doesn’t feel good, no.” And learned that saying, “no,” it’s okay to say.”

• “I am a Common Threader, I own it. We all locked arms and made an agreement that this is what we were going to do.”
Societal Outcomes

• Networking
  • “We have a real collaborations [in the market place], thread connection as common threads did do to give women the opportunity to go out there and feel life”

  • “Once I got with them [i.e., Common Threads] and there was more organizations that found out then I started reaching out to different organizations that will give me more tools to work”
Results

Group Dynamic

Safety  Trust  Openness  Accountability  Hope

Mental Health  HIV-Related Health  Societal  Vocational

Perceived Program Outcomes
Vocational Outcomes

• Improved communication/Interpersonal skills
  • “You have to learn how to take the positive feedback; constructive criticism...some people can’t accept criticism but if you explain yourself why than that makes a difference.”

• Lessened financial burden
  • “It [Microenterprise/Marketing] gives you the opportunities to have a little bit more moneys available.”
Vocational Outcomes

• Considered different vocational opportunities
  • “Once I left Common Threads, I felt different, I felt that I can do this, I do belong here, I have some skills that are marketable. So I went to another one, when an opportunity came up for a training, I said can I go to that. I told my husband I’m going to go to other trainings so I can facilitate other HIV intervention group.”

• Advanced education
• Microenterprise: Start your own business
• Peer-specialist
Discussion

• The participants reported positive changes in mental health, HIV-related health, social and vocational functioning

• Positive impacts of Common Threads provided an ongoing support to the participants even after they completed the training.

• Each outcomes are not independent from each other. Development of HIV and vocational intervention should consider aspects that are highlighted.
Implications

• Trauma-informed HIV prevention and vocational development intervention can lead to positive experiences for women living with HIV.
• It also enhance motivation to explore different vocational opportunities.
• Through recognizing vulnerabilities, participants are able to find their voice that empowered them to make change.
• HIV interventions should be established upon these five key trauma-informed elements: Safety, Trust, Openness, Accountability and Hope.
• Highlighted group dynamic factors maybe key components to support gender-specific and culturally responsive HIV and vocational interventions.
Limitations

• Need to examine HIV prevention and vocational intervention programs that used similar framework

• May be interesting to examine long-term outcomes of the Common Threads

• The initial analysis is a pilot study, for the ongoing research, more in-depth interview.
Challenge Question

How do we set the groundwork for programs, such as Common Threads, to be well known?
Questions & Discussions
Thank you!
Contact Information

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