

# HIV AND LINKAGE TO HIV CARE

Integrated National HIV prevention strategy  
for ACB People



**1LOVE  
1STOP**

# Land Acknowledgement

The image features a solid black background. In the upper right corner, there is a small, solid red circle. To its right, a larger red arc is visible, which is part of a larger circle extending off the edge of the frame. In the lower left corner, another red arc is visible, also part of a larger circle extending off the edge. The text 'Land Acknowledgement' is centered in the upper half of the image in a bold, white, sans-serif font.

# Basic rules to respect during the workshop

- Put phones on vibrate/silent and answer outside the room;
- Raise your hand to ask for the floor;
- Do not interrupt a person while they are speaking;
- Avoid prolonged and disruptive asides and whispers;
- Respect the opinions and views of others without passing judgment
- Listen to each other
- Please be punctual, especially on break times and start times

# **By the end of this workshop, participants will be able to know:**

- **Where to start when accessing healthcare services;**
- **The process of accessing HIV testing**
- **Treatment: when the person is diagnosed positive.**
- **Where to get Mental health support**
- **Community services supports**

# Overview of the presentation

**01.**

## **Target**

The target population

**02.**

## **What is HIV?**

HIV testing and diagnosis

**03.**

## **Access process**

(testing, access to Prep, etc.)

**04.**

## **Linkage to Care**

What is the linkage to care?



# Overview of the presentation

## 05. Resources

Resources available as  
pathways to linkage to care

## 07. Mental Health

Mental Health Support

## 09. Community

Community services Support

## 06. Treatment

HIV Treatment

## 08. Determinants

Social Determinants of  
Health





**Women**



**Youth**

**ACB women and Youth in Ottawa**

# Overview

## What is HIV?

“Human immunodeficiency virus (HIV) is an infection that attacks the body’s immune system, specifically the white blood cells called CD4 cells.” WHO (World Health Organization)

## How is HIV transmitted?

- Having sex without protection usually called unprotected sex
- Sharing drug injecting equipment for substance use
- Passing to baby during pregnancy or during delivery
- Through breast/ chest milk





# HIV testing and diagnosis



**Positive**



Early diagnosis and beginning treatment early, is better for long-term health.

**Negative**

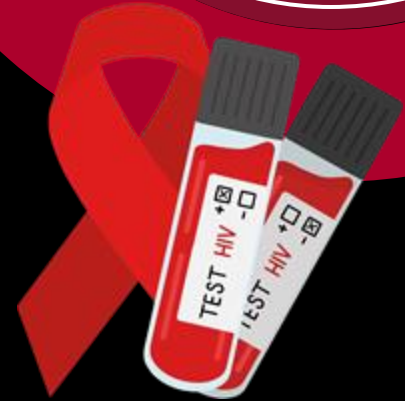


Practice and respect the protection rules

Every person who may be at risk of HIV should access testing and should seek comprehensive and effective HIV prevention, testing and treatment services.



# Access to HIV testing process



# Who has Access to HIV testing?



Anyone 14 years of age or older at risk of contracting, or believes they may have contracted, HIV/AIDS.



# In Ontario, there are five types of tests available



**Self -test**



**Point of Care  
test**



**Standard test**

**Anonymous  
test**

**Pre- natal test**



## What is linkage to care?

“Linkage to care is a transition from HIV Testing to HIV Medical Care and a crucial early step in successful HIV treatment and is typically defined as the completion of a first medical clinic visit after HIV diagnosis. Linkage to care plays a key role in the HIV care continuum—it is a necessary precursor to antiretroviral therapy initiation and viral suppression.”

*Source: National HIV Curriculum, AIDS Education and Training Center Program and led by the University of Washington, last updated 25th August 2020*

The background features a black field with several abstract red shapes. On the right, there is a large, semi-transparent red circle. On the left, a thick red arc curves upwards. In the bottom left, there are two smaller red circles of different sizes. On the right side, below the main text, there is a small, solid red circle.

**Resources available for the  
pathways to linkage to HIV Care in  
Ottawa**

# Some community health centers as examples

## 1- Centertown Community Health Center



420 Cooper St, Ottawa  
Phone: (613) 233-4443

*Anonymous, Free HIV testing*

## 2- Somerset West Community Health center



55 Eccles St, Ottawa  
Phone: (613) 238-8210

*Point of care anonymous HIV testing,  
Health Navigation*

## 3- Sandy Hill Community Health center



221 Rue Nelson St, Ottawa  
Phone: (613) 789-1500

*Anonymous, Free HIV testing*

#### 4- AIDS Committee of Ottawa



19 Main St, Ottawa  
Phone: (613) 238-5014

*Anonymous, Free HIV testing, Prep*

#### 5- Overbook community center



33 Quill Street Ottawa

#### 6- University of Ottawa (Student Health and Wellness Centre)



In-person: 801 King Edward, Room N203 (2nd floor)

By phone: 613-562-5498

*Anonymous, Free HIV testing*



## WHAT IS PrEP?

**PrEP (pre-exposure prophylaxis)** is medication that reduces your chances of getting HIV from sex or injection drug use. When taken as prescribed, PrEP is highly effective for preventing HIV.



# Access to PrEP



**Prescription**



**Providers**



PrEP does not need to be prescribed by an HIV specialist, but not all providers are knowledgeable about PrEP

# Prep coverage for women



are collecting

ODSP (Ontario Disability Support Program),  
OW (Ontario Works)

are collecting

in the Trillium Drug Program

are collecting

over 65 years old

# Prep coverage for Youth

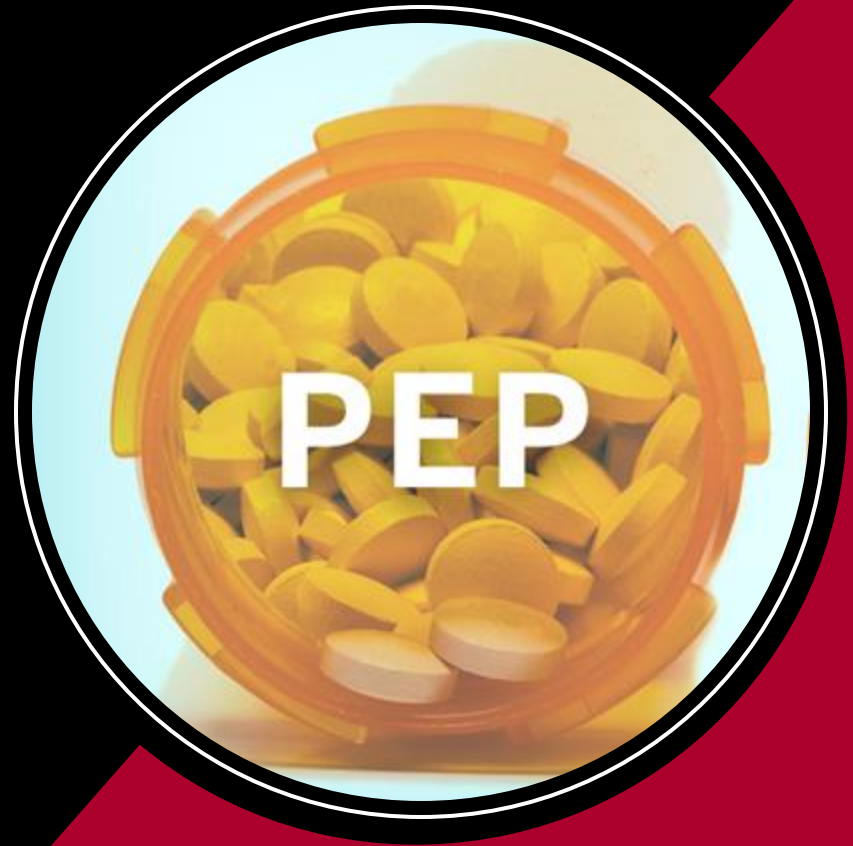


(ODB) program  
cover for drug costs

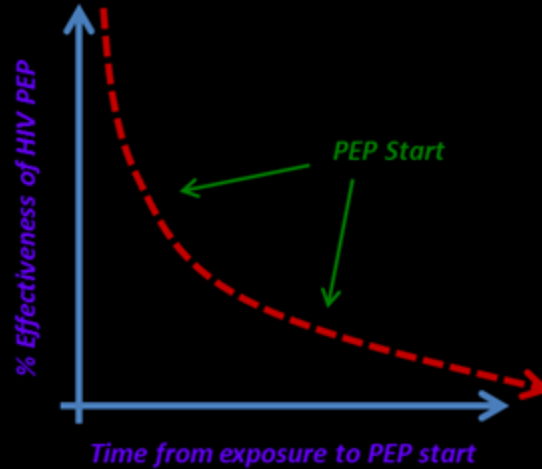
For those under 24 years of age who do not have private insurance but are on the OHIP+ program.

## WHAT IS PEP?

PEP (Post-exposure prophylaxis) helps prevent the transmission of HIV in an HIV-negative person who may have been recently exposed to the virus. It involves taking HIV medications as soon as possible after a potential exposure to HIV.



# How effective is PEP?



PEP is very effective but will not prevent 100% of HIV transmissions from occurring. It must be started within 72 hours of exposure to HIV. For PEP to be effective, a person must have high adherence to the full course of PEP drugs and should have no further exposures to HIV while taking PEP.



# HIV treatment



# When Should I start treatment?

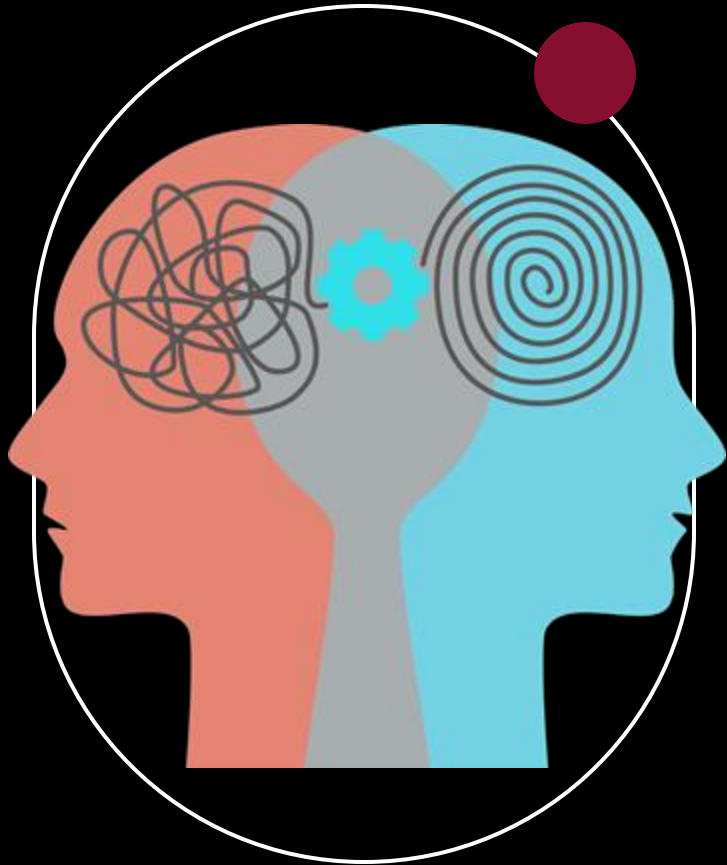
Start treatment as soon as possible after diagnosis.

HIV medicine is recommended for all people living with HIV; regardless of how long they have had the virus or how healthy they are.





# HIV & Mental health



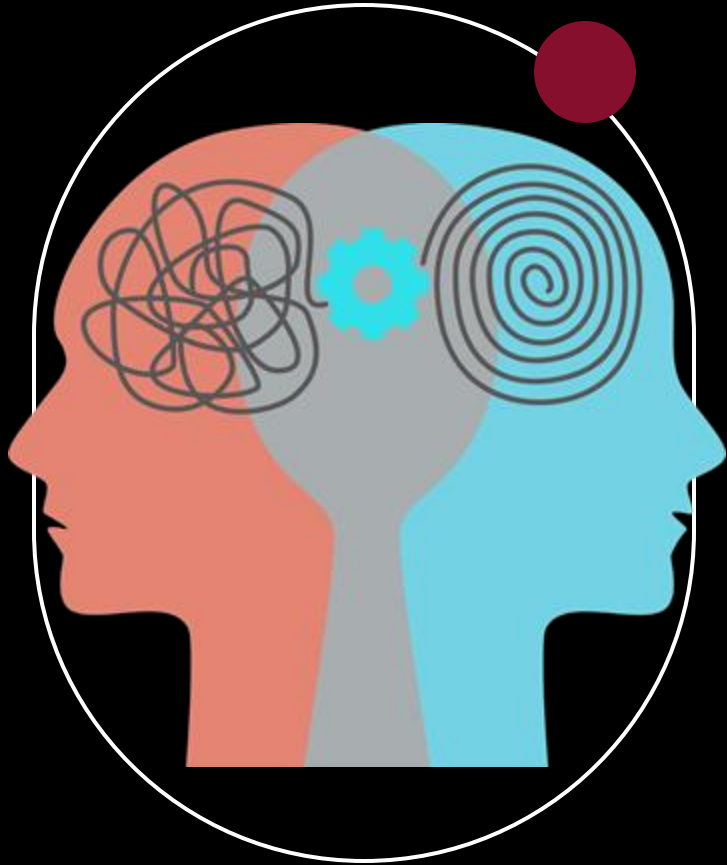
People living with HIV/AIDS (PHA) are at a higher risk to develop mental health issues.

It can include depression, Post-Traumatic Stress Disorder, anxiety etc...

PHAs are seven times more likely to commit suicide than people who are HIV negative.

ASKING  
FOR HELP IS  
OK

# Mental health support



To address mental health disorders associated with HIV/AIDS effective mental health support are necessary :

Why are effective resources and support very important?

Understanding how to live with HIV and knowing the resources available may make it easier to manage mental health and well-being.

# What are the social determinants of health?



Social determinants of health are the non-medical factors that impact our overall health.

Accounts for nearly 80% of a person's health

And...



**Which social services are available to give support to community**



# Community Centre

## **Vanier Community Service Centre**

*Offers counselling, legal services, employment, and family services, such as recreational and cultural activities for youth aged 13 to 17 years old, in French and English.*

(613) 744-2892

<http://www.cscvanier.com/en/home>

## **Lowertown community Resource Centre**

*Offers Counselling, emergency support and services for adults. Provides school supplies for Lowertown Youth (Kindergarten to 8th Grade)*

(613) 789-3930

<http://www.crcbv.ca>

## **Millenium learning centres**

*Free access to computers, printers, photocopiers and internet  
Mondays through Fridays, 9-12PM and 1-4PM  
By appointment only at this time*

Call (613) 562-2925

<https://www.mlc-cam.ca>

### **Somali Centre for Family Services**

*Offers support services, one-on-one orientation & information on settlement counselling, language skills development, employment services , youth programs etc*

(613) 526-2075

<https://www.somalifamilyservices.org>

### **Ottawa Community Immigrant Services Organization (OCISO)**

*Provides Settlement programs, counselling, English classes, youth services etc. ,*

<https://www.ociso.org>

613-725-0202

### **Catholic centre for immigrants (CCI)**

*Helps with Settlement services, career transitions, community connections programs, Language( French and English), Activities for the Youth etc.*

(613) 232-9634

<https://www.cciottawa.ca>

### **Sandy Hill Community Centre**

*Youth Programs such as gymnastics, dance etc..*

(613) 564-1062

<https://ottawa.ca/en/recreation-and-parks/recreation-facilities/facility-listing/sandy-hill-community-centre>

# Other Resources

## Legal services

**Legal Aid Ontario**

[www.legalaid.on.ca](http://www.legalaid.on.ca) || +1(800) 668-8258

## Education (English as second Language)

**YMCA**

<https://www.ymcaywca-larc.ca> || (613) 788-5000

**St Patrick Adult School**

[www.eslottawa.com](http://www.eslottawa.com) || (613)-594-5773

**Ecole de langues la Cite**

<https://ecolelacite.com> || (613) 569-6260

**Algonquin College**

<https://www.algonquincollege.com/languages> || (613)-727-4723

**University of Ottawa**

<https://www.uottawa.ca> || (613)-562-5743

# Ottawa food bank

The Ottawa Food Bank provides fresh and non-perishable food, as well as supplies such as diapers, toiletries, and cleaning supplies to its network of over 100 emergency food programs across the city.

Depending on where you live, find an agency serving you :

[www.ottawafoodbank.ca/how-we-help/distribute-food/](http://www.ottawafoodbank.ca/how-we-help/distribute-food/) || (613) 745-7001

## Housing

### **The registry**

<https://www.housingregistry.ca> || ( 613) 526-2088

### **Ottawa Community Housing**

<https://www.och-lco.ca> || (613) 731-1182

### **Bruce house**

<https://brucehouse.ca> || (613) 729-0911

## Social assistance

### **Ontario Works**

<https://www.ontario.ca/page/social-assistance> || (613) 580-2400



# Reference:

1. Coalition of community health and resource centres of Ottawa: <http://www.coalitionottawa.ca/en/find-your-chrc.aspx>
1. WHAI (Women & HIV/AIDS initiative): <https://whai.ca/women-hiv-ontario/testing-for-hiv/>
1. Centretown community health centre: <https://www.centretownchc.org/programs/hiv-point-of-care-testing>
1. AIDS committee of Ottawa: <http://aco-cso.ca/>
1. Somerset west community health centre: <https://www.swchc.on.ca/>
1. Sandy Hill community health centre: <https://www.sandyhillchc.on.ca/>
1. Clinic finder – Ontario PrEP clinic <https://ontarioprep.ca/clinic-finder/>
1. Mental Health & Substance Use <https://obmhc.ca/mental-health-and-substance-use/>
1. Black Ottawa connect <https://www.blackottawacconnect.ca/community-organizations>
1. Black health alliance <https://blackhealthalliance.ca/resources/community/>
1. Black Coalition for AIDS prevention <https://blackcap.ca/>
1. Action positive <http://www.actionpositive.ca/en/services/>
1. National Institute of Mental Health <https://www.nimh.nih.gov/health/topics/hiv-aids>
1. <https://www.canada.ca/en/public-health/services/hiv-aids/hiv-screening-testing-guide.html>

# Thanks!

Do you have any questions?

youremail@----.com

telephone

yourcompany.com

