



Trauma-Informed: Healing Pathways to Enhance HIV Services

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OUR AMAZING TEAM

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Research team members + collaborators
Research coordinators and assistants, Medical
10+ Directors, Executive Directors, and public health
researchers



Funding

- All Study Participants
- Investigators, Community Partners, and Research Team
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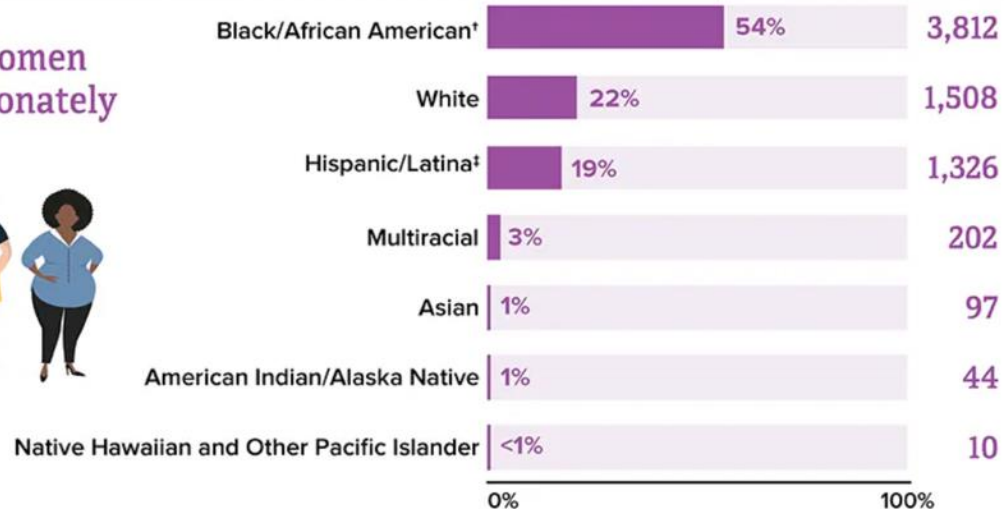
Outline

- I. Background
- II. Baltimore's C.H.A.R.M. Project
- III. The M.A.T.C.H. Study
- IV. Implications



New HIV Diagnoses among Women by Race/Ethnicity in the U.S., 2019

Black/African American women continue to be disproportionately affected by HIV.



* Based on sex assigned at birth and includes transgender people. For more information about transgender people, visit CDC's HIV and Transgender People web content.

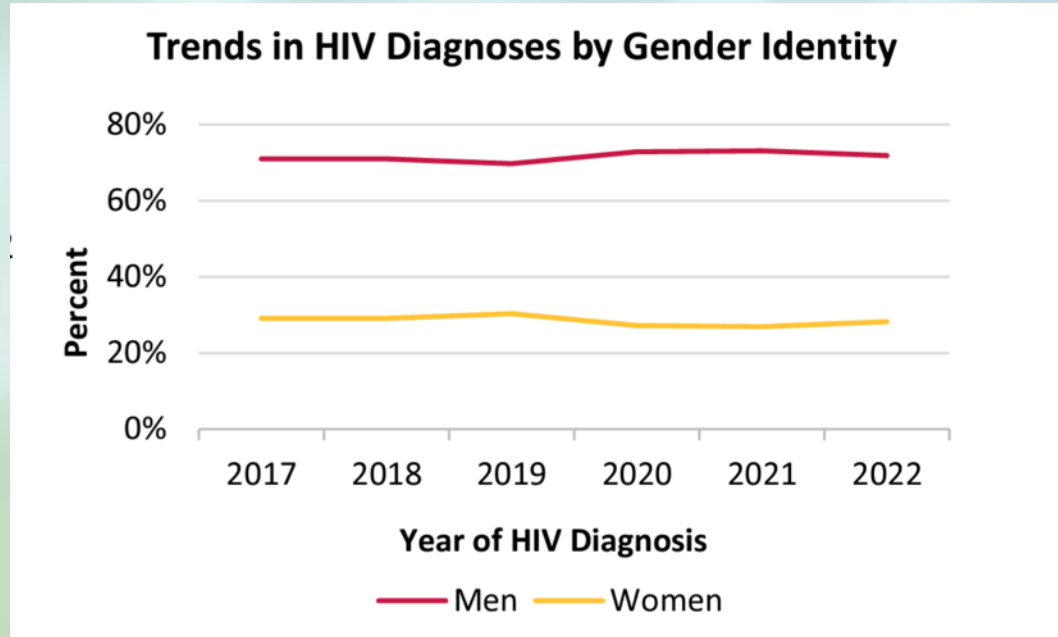
† Black refers to people having origins in any of the Black racial groups of Africa. African American is a term often used for people of African descent with ancestry in North America.

‡ Hispanic/Latina women can be of any race.

Source: CDC. Diagnoses of HIV infection in the United States and dependent areas, 2019. *HIV Surveillance Report* 2021:32.



Black women accounted for 80% of new HIV diagnoses among women in Baltimore, 2022





Pre-exposure prophylaxis (PrEP) is promising, but disparities exist





Despite being efficacious, PrEP is not reaching women, 2019





Despite being efficacious, PrEP is not reaching women nor Black Americans, 2019





Trauma and violence can hinder PrEP access for Black women

- Several factors contribute to low PrEP initiation among Black women
 - Low awareness and knowledge, HIV risk perception, medical mistrust
- Potentially traumatic experiences with intimate partners and healthcare providers are curbing PrEP initiation among Black women
 - Intimate partner violence (IPV) in romantic relationships
 - Gendered racism in healthcare encounters



Gendered Racism among U.S. Black women

- History of unethical medical practices and research reinforces discrimination in healthcare settings





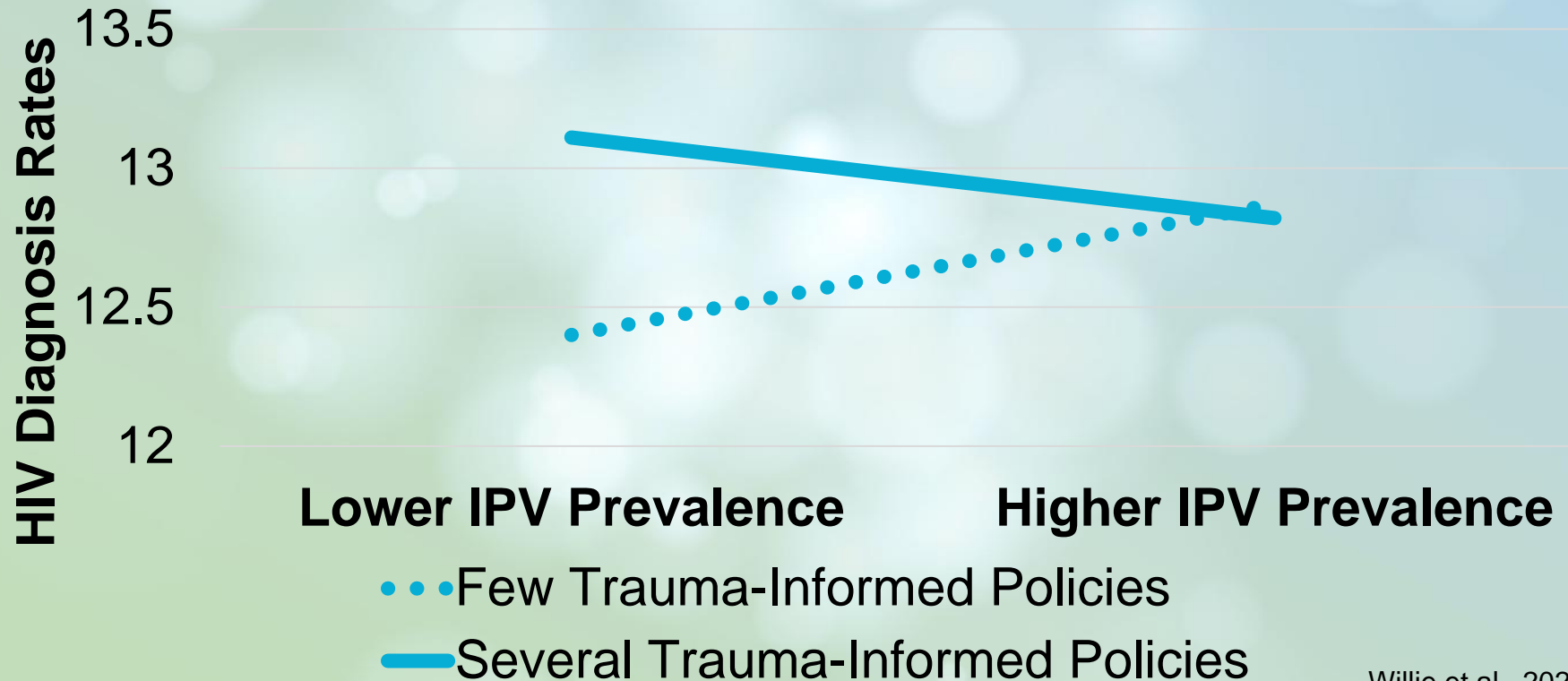
Intimate partner violence among U.S. Black women

- Intimate partner violence escalates heterosexual transmission of HIV among women



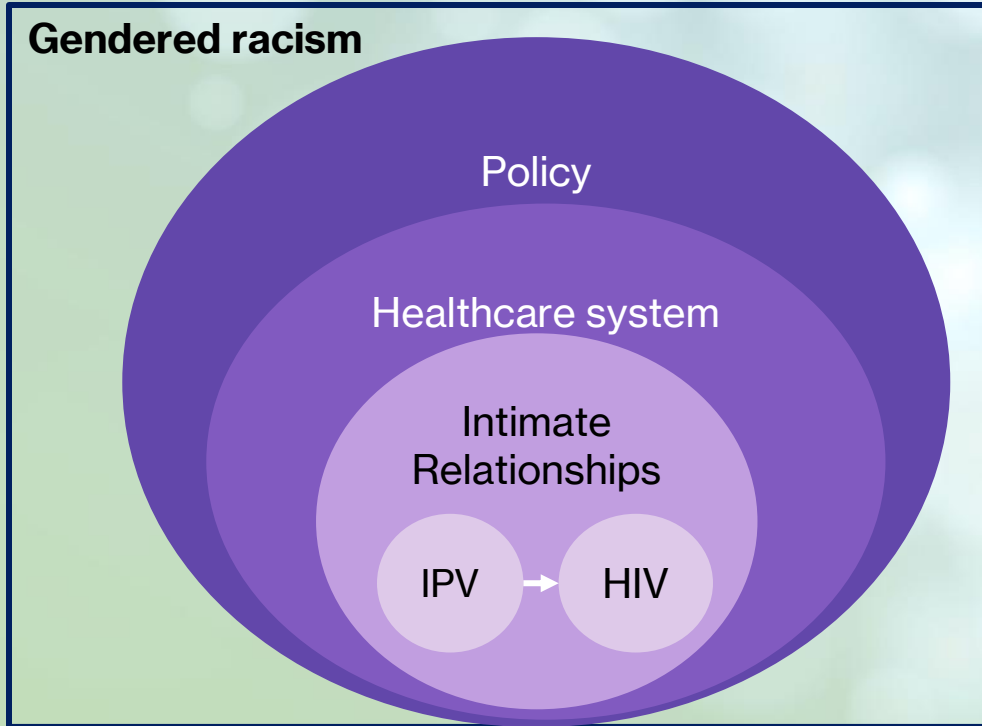


Trauma-informed policies could make a difference





Trauma-informed, Multilevel Interventions



Trauma-Informed Approach

- 1) *Realize* impacts of trauma
- 2) *Recognize* signs of trauma
- 3) *Respond* to trauma
- 4) *Resist* re-traumatization



Baltimore's C.H.A.R.M Project

- Adapt and implement a trauma-informed pre-exposure prophylaxis (PrEP) Implementation Toolkit
- Implementation science project
 - Focus: Strategy Feasibility
 - Consolidated Framework for Implementation Research
- 4 Clinical Partners in Baltimore





Unique Implementation Context of Baltimore

20 semi-structured interviews with PrEP-eligible, Black women clients



18 semi-structured interviews with clinical staff involved in HIV services





Toolkit Recommendations

Toolkit Content

The Four Rs of Trauma-Informed Care



This figure is adapted from: Substance Abuse and Mental Health Services Administration. (2014). SAMHSA's concept of trauma and Guidance for a trauma-informed approach. HHS publication no. (SMA) 14-4884. Rockville, MD: Substance Abuse and Mental Health Services Administration.

Toolkit Implementation





Toolkit Needs to Realize the Impacts of Trauma

“Sometimes you literally can’t have a white coat on. As someone that has white coat syndrome, their blood pressure goes up when they see a white coat. It’s hard as a healthcare professional to come into what is traditionally a belittling experience for Black women in a healthcare setting and come in and then ask a question about partner violence because it’s like, where is this coming from? Why are you asking me this?”

- Anna, 30-year old Black woman patient



Toolkit Needs to **Recognize** the Signs of Trauma

“One thing is how to recognize mental, physical, emotional abuse. That’s the first thing. You need to know how to recognize when you are in either [form of IPV]. The second thing is knowing when to get out and knowing when to play it safe.”

- Leslie, 10+ years as an Infectious Disease Physician

Toolkit Needs to Respond to Trauma

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“I feel like as long as a Black woman knows that what she's saying is not going to immediately result in a negative consequence for her or her family. This could possibly be her child's father and she doesn't wanna see him go to jail. I think that would probably encourage her to be more likely to disclose that information. Making sure that they know the information will be kept confidential...”

- Maya, 25-year old Black woman patient



Toolkit Needs to Resist Re-traumatization

“Having some type of information specific to trauma-informed care for Black women who are receiving PrEP would be helpful, just so I could know what it is...You may not know that someone has had intimate partner violence, or has had a sexual assault...there are certain words you just don’t say while you’re performing the exam, just going through the motions.”

-Mark, 5+ years Nurse Practitioner



Toolkit Recommendations

Toolkit Content

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Toolkit Implementation





Physical Toolkit Binder will Assist with Fidelity

“[Medical Director] has protocols set up for everything. We have a whole binder in the provider room that has protocols like how to refer someone to this, to do that... It was easy for me to find resources because [the Medical Director] had set it up for us and it was an arm’s length away. I think that incorporating that into the system we already have would be easy for us to do.”

- Hannah, 10+ years as a Nurse Practitioner



Screen and Disclose IPV Discreetly

“A lot of times, with women that are in domestic violence situations, their abuser doesn't let them go anywhere by themselves. A lot of times, their abuser is in the room with them. There has to be a way for the doctors to ask because—you can't come out and say, "Do you feel safe in your relationship," with the person sitting right there.”

-Raina, 35-year old Black woman patient



The M.A.T.C.H. Study

- Adapt a trauma-informed peer navigation intervention
- Implement a multilevel intervention of:
 - Toolkit in clinics
 - Peer navigation with Black women clients
- Assess adoption, acceptability, and sustainability





Toolkit implementation in clinics

- Stepped wedge design randomized trial
 - Clinics are randomized in "waves" on a staggered schedule

Site 1	UC	Toolkit	Toolkit	Toolkit	Toolkit
Site 2	UC	UC	Toolkit	Toolkit	Toolkit
Site 3	UC	UC	UC	Toolkit	Toolkit
Site 4	UC	UC	UC	UC	Toolkit

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Interviews & Community Advisory Coalition






THANK YOU

FOR YOUR ATTENTION!

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