

PLHIV SUPPORT GROUP MONTHLY MEETING

IMPLEMENTING ORGANIZATION

Integrated service for displaced people
(ISDP)

Support Group sessions

PLHIV Support Group monthly meeting should be given a choice of joining all-male/ all-female groups or mixed gender groups in each session
Should not exceed 20-25 participants' members in the regions such
Bossaso, Gardo, Galkaio, Garowe

Topic Discuss

All topics to discuss will be pre-planned and contain open ended questions followed by open discussions by choosing for the following selected topics

January | PLHIV Drug Abstinence

February | Access legal Support

March | PLHIV Rights

LOCATIONS

Bossaso, Garowe, Galkaio, Gardo

Summary

Support groups are a great way to provide a service to the people your organization or initiative works with, without a huge investment of time or money. Moreover, running a support group is a good way to reach out of people living with HIV/AIDS with initiative plan of PLHIV support group monthly meeting, It's also a way to give back to the community - improving or supporting a good public image for your group. Finally, it's just a good thing to do with relatively little effort and cost, a support group can make a significant impact in the lives of people dealing with a problem such as of people living with HIV/AIDS.

Different people and different institutions can provide some support group meeting, but it is important for people living with HIV/AIDS to come together and support one another. People living with HIV/AIDS would know better what their hopes, joys, anxieties, fears and needs are and they are the ones who should define how best they want to be understood and treated.

Support groups monthly meeting can only recruit people who agree to be members firstly its hard to understand the advantage or the meaning of PLHIV support monthly meeting but now it changed so many lives of people living with HIV/AIDS,

Support groups carry out a number of activities which include HIV and AIDS Education Outreach, Group and case management and ART doctors, included with ISDP representatives of the project implementation overseeing of PLHIV support group monthly meeting in all regions such as Bossaso, Gardo, Garowe, Galkaio. This program had changed lives of people living with HIV/AIDS since this meeting started last year a lot of people living with HIV/AIDS got more encouragement about this PLHIV monthly meeting specially was targeting and bringing of people self stigmatized of their HIV status but receiving a lot of consultation and frequently monthly meeting changed their lives.

Introduction

Stigma surrounding HIV and AIDS in the Somali context makes life extremely difficult for people living with HIV (PLHIV) and their families. Loneliness, anxiety, stress, confusion, bitterness and depression can make them more vulnerable to illnesses and impact their willingness and ability to adhere to their antiretroviral medications if they do not get any kind of support. People living with HIV need emotional, spiritual, psychological, social, and clinical and adherence support.

A PLHIV support group is a group of people living with HIV who come together to talk about the challenges, experiences and/or roles that they have in common within their society without being judged, blamed, stigmatised or isolated. Support groups often advocate for members' mutual goals and create awareness about shared challenges. This joint action leads to development and enactment of policies that better serve PLHIV and fosters supportive community environments in which group members can thrive.

Support Group sessions can be held once a month for each group and held in the ART centre or at the Network/NGO premises (depending on feasibility, accessibility). The area chosen for the meeting should be a place that the PLHIV feel comfortable. PLHIV Support Group Monthly meeting should be given a choice of joining all-male/ all-female groups or mixed gender groups of participants PLHIV Support Group monthly meeting in each sessions should not exceed 20-25 participants members of PLHIV but actually number we always reaches maximum by 20 participants in the regions such Bossaso, Galkaio, Garowe are more over populated of people living with HIV/AIDS.

Organizing PLHIV to join a support group and remain in the group requires the combined effort of all those involved in their support and care including ART staff, Case Managers and the PLHIV network,

Since we started of this G.F project of HIV Prevention and case management programme was highly supported of people living with HIV/AIDS living with the different regions in Puntland which is registered with regional ART Centres has changed their lives since we conduct of PLHIV support group monthly meeting.

Purpose

PLHIV support group monthly meeting provides guidance on group formation, management, activities and monitoring and evaluation. Among others goals, to support and helps people living with HIV (PLHIV) to get organized into support groups in each month get information on relevant topics that promote the selected topic discussions on this quarter one 2022 January, February, March such as ***Drug abstinences, Access legal support, and PLHIV rights***, PLHIV support group promotes meaningful and active participation in every month of arrangement and simplifying with regional ART doctors and either counselors to held on within the monthly support group, and mobilize resources for the operations of the support group. PLHIV support group meeting can also help groups track access to important health products and services and advocate for more support where needed.

Objectives

The objectives of the formation of PLHIV support groups for the following,

- PLHIV can mutual peer support to share their hopes, joys, anxieties, fears and needs, defining how best they want to be understood and treated and to provide specific support to adhere to their antiretroviral medications and treatment plan.
- ART adherence and retention
- Health and medical supplies and skilled medical services.
- Counselling to reduce isolation and promote acceptance.
- Community support groups to provide a safe place where feelings and advice can be shared.
- Social acceptance to help people living with HIV/AIDS feels welcome by visiting them and treating them like friends.
- Nutritional help so that families improve their diets using cheap and available foods.
- Accurate information about HIV/AIDS.

Specific objectives

- People living HIV/AIDS should take COVID-19 vaccine.
- To provide emotional support and coping mechanisms to those people who are undergoing a difficult time in their lives, and are willing to be part of a support group.
- To provide information for its members so that they can understand the disease and be able to educate their family members, friends, colleagues, neighbours about the disease.
- To draw strength from other members experiences.
- To share information around treatment, care and healing.
- To educate people about antiretroviral medication and to encourage people to keep taking their medication.
- To build a social network of people with similar problems.
- To improve the quality of life of people living with HIV/AIDS and their families.
- To ensure that a person living with HIV/AIDS can live a positive and productive life.
- To empower members with knowledge about HIV/AIDS and help they develop skills.
- To create networking opportunities for those involved in the support group.
- To reduce isolation and discrimination while encouraging acceptance around HIV/AIDS.
- To expose the disease and promote de-stigmatization and community acceptance of people living with HIV/AIDS and their families.
- To strengthen HIV prevention messages by encouraging the community to have contact with people living with HIV/AIDS.

PLHIV support group monthly meeting receive counseling

- Support groups improve disclosure with potential prevention benefits but the impact on ongoing transmission is uncertain.
- Realising that they are not alone in their situation.
- Receiving first-hand advice and the approaches that they learn come from peers who are coping with very similar circumstances, sharing problems and concerns, brainstorm solutions, give each other advice and form friendships.
- Receiving guidance that is not theoretical, but practical, personal and relevant.
- Receiving counseling support to handle HIV-related stigma, increased HIV disclosure, safer sexual behaviours and ART adherence.
- Referral support for legal aid, social protection, healthcare.

Topic Discussions

All topics to discuss will be pre-planned per quarter and contain open ended questions followed by open discussions by choosing of the topic discussion per monthly based in every regional ART centre. doctors and regional case managers prepare by the PLHIV clients with registered ART centre as regional,

Discussions on the following topics may help PLHIV including:

- Positive Living
- Disclosure to family and co-workers
- Dealing with stigma and discrimination
- HCT for partners and children
- ART adherence
- Preventing OIs and HIV re-infection
- Nutrition
- Good hygiene
- ✓ **Drug abstinence**
- ✓ **PLHIV rights**
- ✓ **Accessing Legal support**
- PMTCT
- Care for children living with HIV
- Family planning and dual protection
- Planning family's future
- Skill development
- Employment opportunities

Overview of support group activities

PLHIV SUPPORT GROUP MONTHLY MEETING IN ALL 4 REGIONS BOSSASO,GARDO,GAROWE,GALKAIO PUNTLAND,SOMALIA

| Regions | JUNUARY 2022 | FEBUARY 2022 | MARCH 2022 | Total |
|--------------|--------------|--------------|------------|------------|
| 1-Bossaso | 25 | 25 | 20 | 70 |
| 2-Gardo | 15 | 15 | 15 | 45 |
| 3-Garowe | 25 | 25 | 20 | 70 |
| 4-Galkaio | 25 | 25 | 20 | 70 |
| TOTAL | 90 | 90 | 75 | 255 |

| REGIONS | # Female | # Male | TOTAL |
|----------------------|------------|-----------|------------|
| 1-Bossaso | 42 | 28 | 70 |
| 2-Gardo | 31 | 14 | 45 |
| 3-Garowe | 54 | 16 | 70 |
| 4-Galkaio | 41 | 29 | 70 |
| TOTAL REACHED | 168 | 87 | 255 |

Closing meeting

Most support group meetings last between an hour and two hours. If the group is caught up in a particularly intense discussion or in helping a member solve a problem, you might go a few extra minutes, but generally it's best to stop before everyone is tired and eager to leave. When the discussion is winding down or when a previously agreed-upon ending time has arrived, wrap things up. Here are some ways you can close the meeting:

Conclusions

Support groups can potentially advance implementation while improving nutrition care and support, psychosocial wellbeing, and adherence to ART. Such a comprehensive approach does provide the much-needed support to implementation. This mutual partnership can be replicated in similar contexts in furthering implementation research.

Further research is warranted to determine preferred format and timing of peer support groups, optimum number of support group members and other allied health care practitioners that can be included in the multi-disciplinary model.

Implementing PLHIV Support Group Monthly meeting as an intervention is expected to have a high impact on morbidity and retention in care and a moderate impact on mortality and quality of life of PLHIV.

Recommendations

- Nutritional support borage from WFP is not enough gram we recommend to be increase the poshine/gram getting per in each person of malnutrition
- Nutritional support should not be only considered malnutrition people also should be given both of them.
- Priority measures to increase adherence to ART should aim to intensify counseling and comprehensive interventions,
- guidance for PLHIV on medication self-management skills, tailoring the regimen to the PLHIV life style.
- Improving adherence monitoring and health care service