



LOS ANGELES
FAMILY AIDS
NETWORK

A Journey Together

Confessions

Empowering Voices: Innovative Support
for Women with HIV
Using a docuseries podcast

November 14, 2024

2:10 - 2:55pm

Brought to you by UCLA Los Angeles Family AIDS Network



LOS ANGELES
FAMILY AIDS
NETWORK

A Journey Together

CONFLICT OF INTEREST

Speakers have nothing to disclose

LEARNING OBJECTIVES

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UCLA

Los Angeles Family AIDS Network



CHRISTIE'S PLACE

LOVE GROWS HERE






Introduction

Confessions Podcast was released in Honor of National Latino AIDS Awareness Day (October 15), where we shine a spotlight on the incredible stories of Latinas living with HIV. The Confessions Podcast aims to raise awareness, empower, and foster a sense of community among those affected by HIV/AIDS. Our aim is to break down stereotypes, eliminate stigma, and provide support and encouragement to women facing similar situations. Season 1 had 3 episodes in English and 3 in Spanish. In September 2024, we released Season 3, an all-Spanish Season of 7 new stories.

Introducción

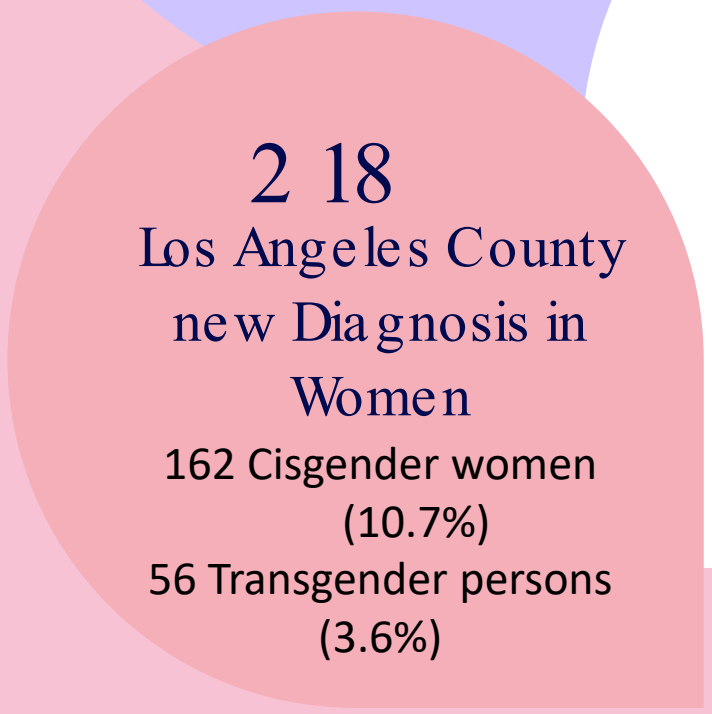
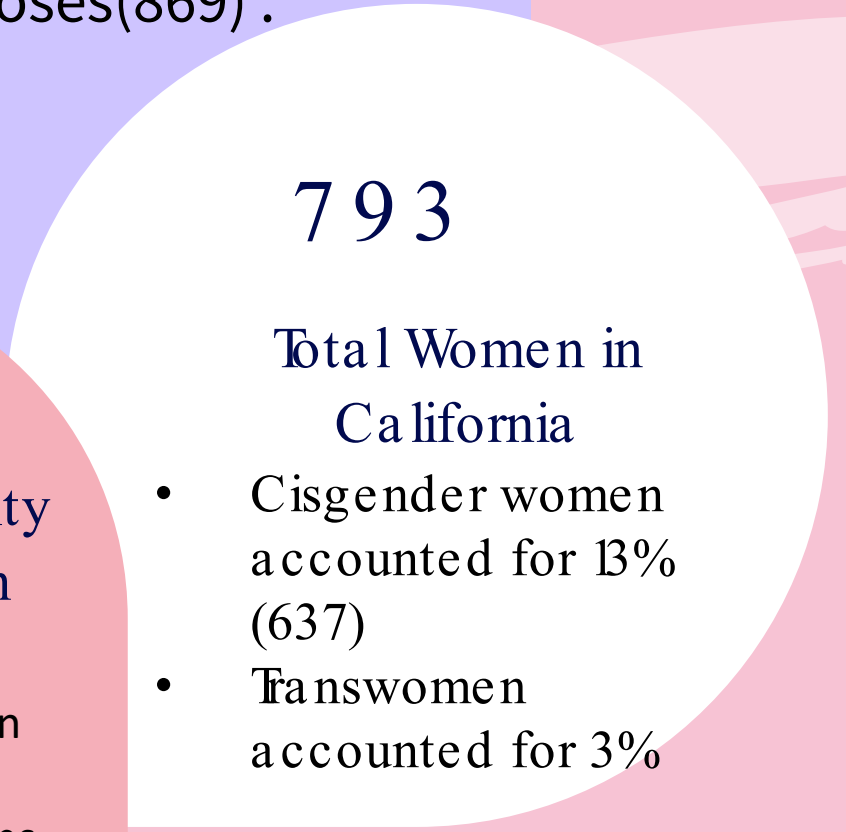
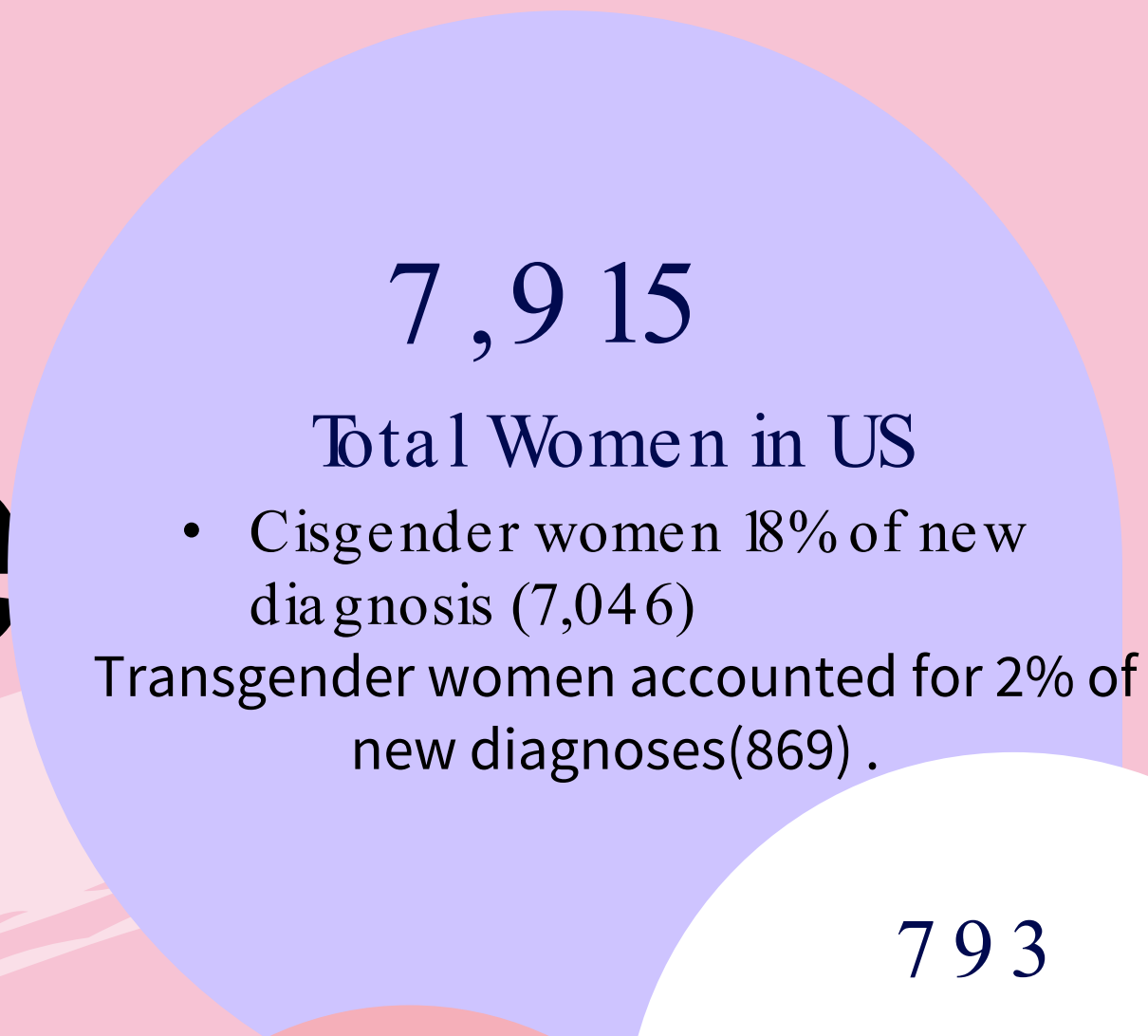
El podcast Confessions se lanzó en honor a la concientización nacional latina sobre el SIDA (15 de Octubre), donde destacamos las increíbles historias de Latinas que viven con VIH. El Podcast Confesiones tiene como objetivo crear conciencia, empoderar y fomentar un sentido de comunidad entre los afectados por el VIH/SIDA. Nuestro objetivo es romper estereotipos, eliminar el estigma y brindar apoyo y aliento a las mujeres que enfrentan situaciones similares. Temporada 1 tiene 3 episodios en inglés y 3 en español. En septiembre de 2024, lanzamos la Temporada 3, una temporada completamente en español con 7 nuevas historias.



New Diagnose in Cis Women

2022

- Rate of new diagnoses among Latina women (24%↑)
- Number of new diagnoses among women with IDU (8%↑)
- Rate of new diagnoses among Black women (-15%↓)



60% Non High Risk Heterosexual
Contact

Timeline





Season 1

1

Finding Joy - English

2

Los Pájaros Cantan - Español

3

Becoming Violeta - English

4

Árbol de la Vida - Español

4

El Viaje Hacia Mi Poder Interior - Español

6

A Daughter's Journey - English

6

Season One Finale - English

7

Fin de la Temporada 1 - Español



Violeta

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Mari

36 y/o woman, 1st generation, Mexican-American born and raised in San Fernando Valley, living with HIV 15+ years

Joy

38 y/o woman, Guatemala, living with HIV 10 years

Martha

55 y/o woman, Mexican, living with HIV

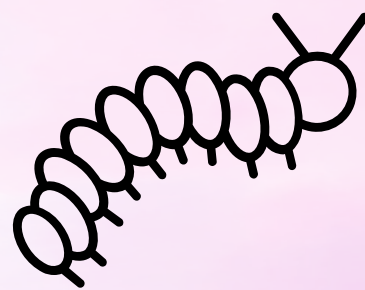
Lhql

57 y/o woman, Dominican, living with HIV 30+ years

Tiffany

18 y/o woman, El Salvador, living with HIV 4 years

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Season 2

- 0 Now and Jen
- 2 Surviving the Storm
- 3 Growing Up with more than Just Hope
- 4 Being Bridgette
- 5 Yoga, Sobriety and Motherhood
- 5 Breaking Barriers with PrEP



Jen

52-year-old Black woman from San Diego, CA. Received a positive HIV test after going to Planned Parenthood for a birth control appointment.

Rubin

39-year-old woman living with HIV since she was 15. She shares her experiences with addiction, the criminal justice system, and surviving Hurricane Katrina.

Good

A young black woman from Texas shares her story of being born with HIV and taking medications at a young age.

Bridgette

Diagnosed at 40 years old, Bridgette shares her story living with HIV for 11 years. She then turned to advocacy to destigmatize HIV and address misconceptions.

Faquêd

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Ashley

39-year-old woman from Atlanta, Georgia. She works as a sex educator on a mission to educate and empower other Black women to have safe and fun sex.



R d r m 2

- 1 Por Mí, Por Ellos: Salud, VIH y Esperanza
- 2 La Melodía de mi Vida
- 3 La Familia que yo Construí
- 4 Cruzando Montañas hacia la Vida
- 5 El Hilo Invisible
- 6 La Fuerza del Destino
- 6 La Selva: Un Mundo de Nadie

Particionado por la Administración de Recursos y Servicios de Salud (HRSA), Poner Fin a la Epidemia del VIH y el Condado de Los Ángeles, Departamento de Salud Pública, División de Programas Contra el VIH y ETS



Katherine

Luisa, de Michoacán, México, comparte su historia después de ser diagnosticada con VIH en el 2014.

Jacqueline

Jacqueline, hoy tiene 32 años. Jacqueline, hoy tiene 32 años. Jacqueline emigró sin documentos a los Estados Unidos en 2005 para sólo continuar con su desventura.

Esperanza

Esperanza tiene actualmente 51 años. Es de una rancharía muy pequeña del estado de Sinaloa en México donde a pesar de estrecheces económicas tuvo una infancia feliz.

María

María nació en Honduras y forma parte de una numerosa familia. Desde niña normalizó la violencia doméstica, ya que su padre golpeaba constantemente y sin motivo a su esposa, la madre de María.

Verónica

Verónica fue diagnosticada con VIH en febrero de 2016. Nació en San Diego, California, y pasó su infancia en Tijuana, México. Tiene 57 años.

Esme

Esme originaria de Lázaro Cárdenas, Michoacán, México. Actualmente vive en Phoenix, Arizona. Tiene 45 años y fue diagnosticada con VIH en el 2018.

Rosario

Rosario vive en Oakland, California y tiene 33 años. Nació en Perú en la región de la Selva Amazónica. Fue diagnosticada con VIH hace 13 años.



Theme: Recovery and Pregnancy

Funding provided by the Health Resources & Services Administration (HRSA) Ending the HIV Epidemic Grant and the County of Los Angeles, Department of Public Health, Division of HIV and STD Programs



Respekt für Gefühle

Determining Client's Readiness

Living Situation

Strength Based Approach

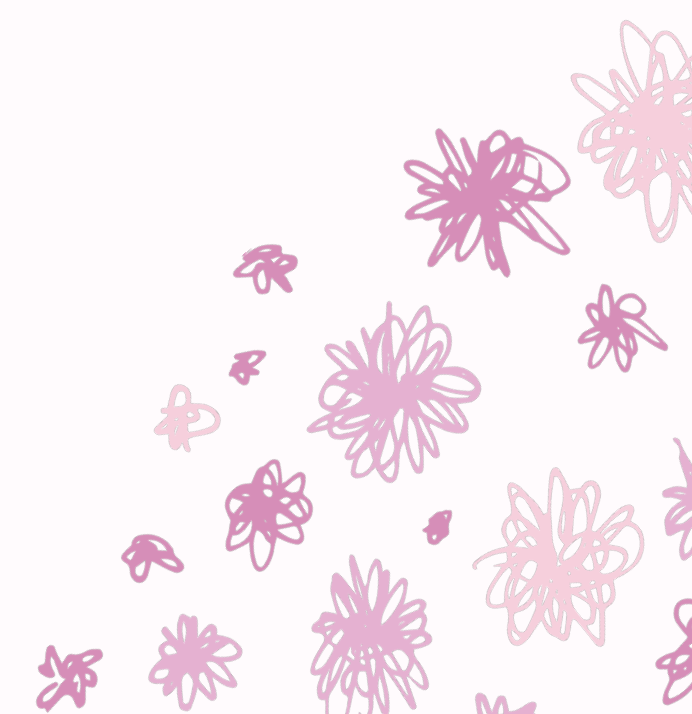
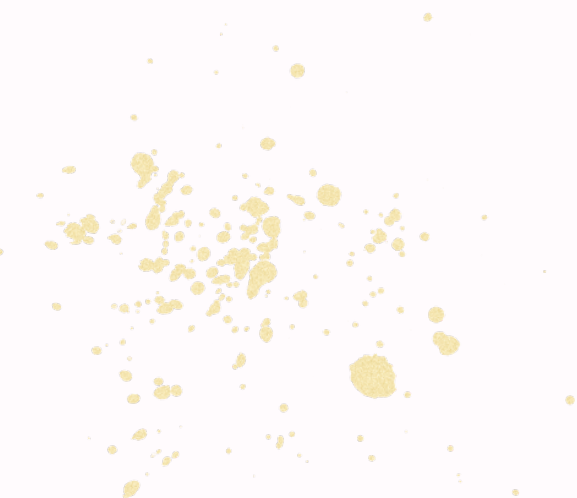
Building Trust

Emotional Support

Trauma - informed

Rapport

Body Connection



Using the Confessions Podcast with Clients

Examples:

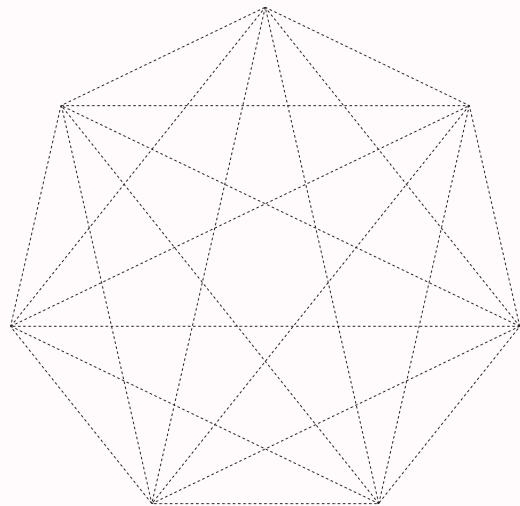
New Mothers

Involvement of youth

Community



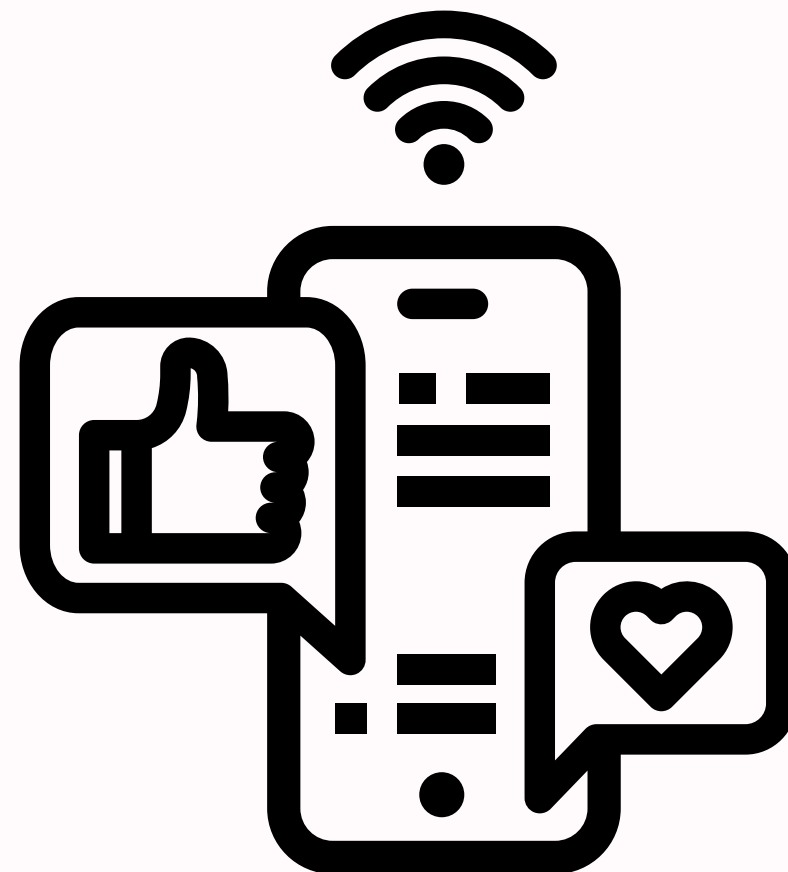
Podcast



Social Media

Normalization

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Empoderamiento



Advantages of having podcast as a tool:

- Introduction
- Informative
- Social Connection
- Educational
- Emotional support
- Meet-up

Respect

Statements of their experiences

**WOMEN
LIFT UP
WOMEN
Empowerment**



Listening Session



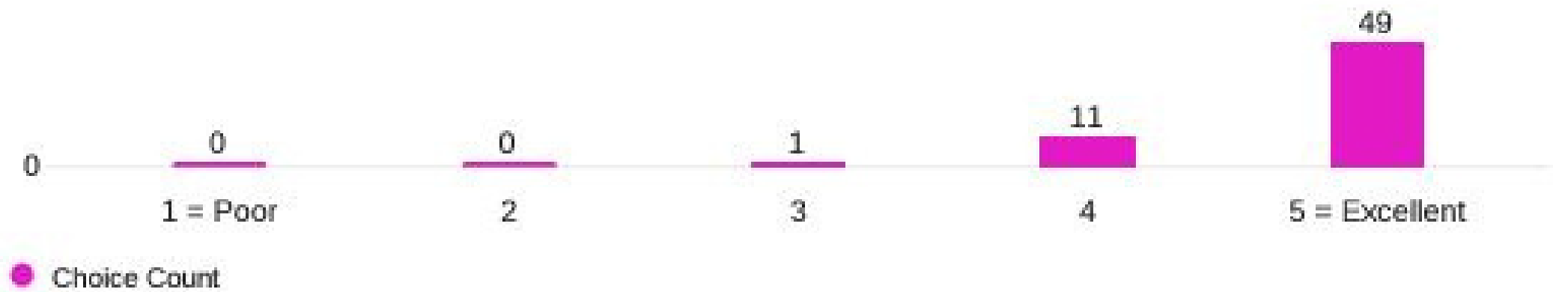
61 providers surveyed

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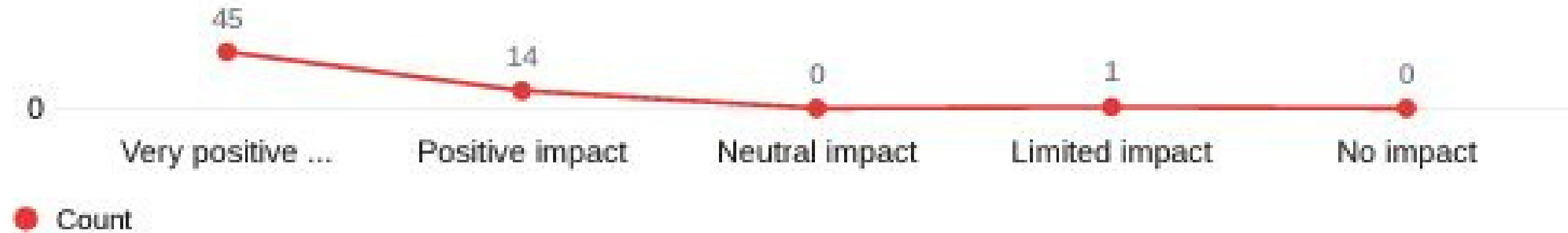
Q1 - On a scale from 1 to 5, how would you rate the overall quality of our podcast? (1 = Poor, 5 = Excellent)



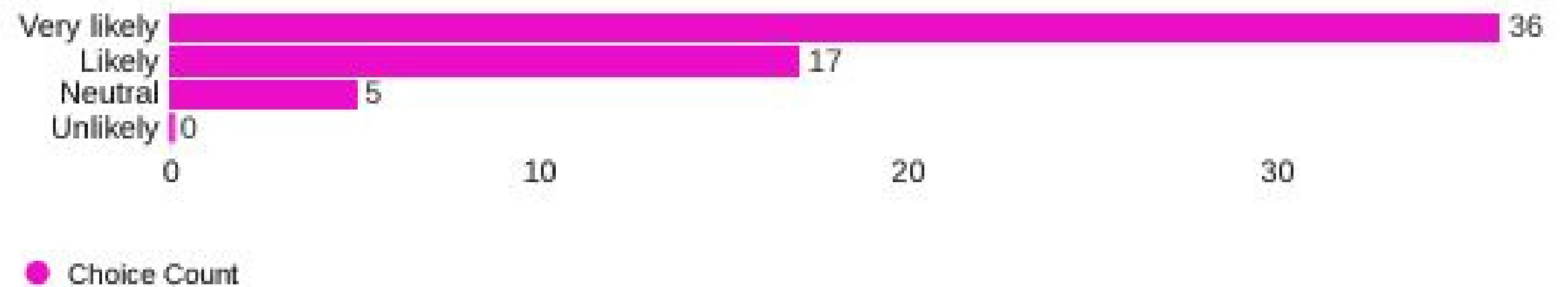
Q2 - Have you gained new perspectives on the lives of women with HIV from listening to our podcast?



Q3 - Overall, how would you rate the impact of Confessions: HIV+ Women podcast on your understanding and experiences related to women and HIV?



Q8 - How likely are you to recommend our Confessions: HIV+ Women podcast to others?

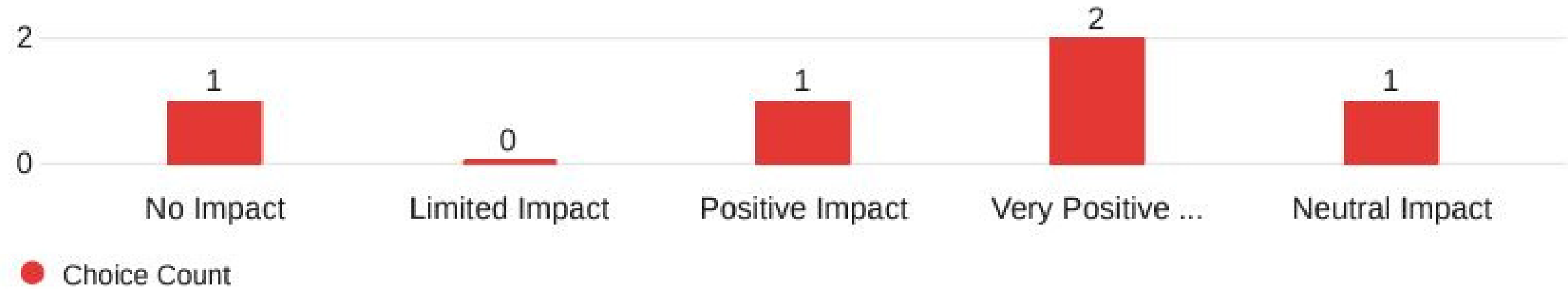


6 clients surveyed

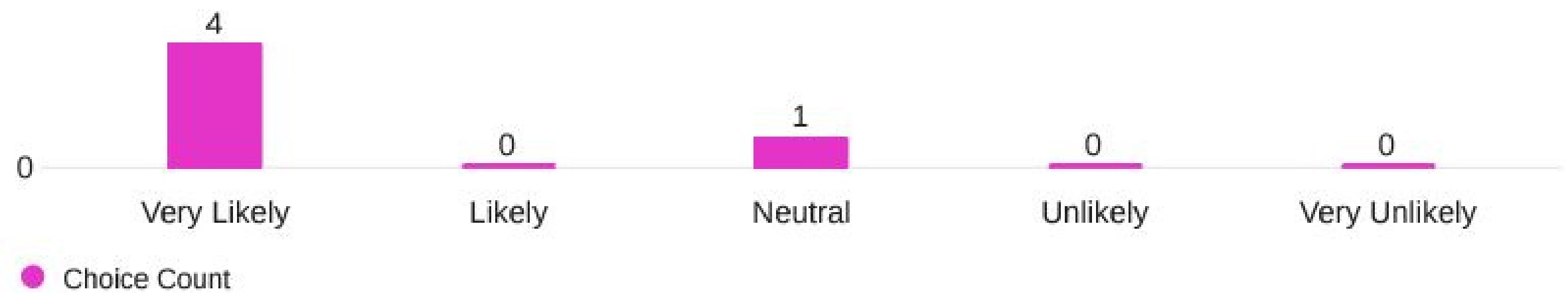
Administered after support group listening session

Client Evaluation

Overall, how would you rate the impact of the Women and HIV podcast on your understanding and experiences related to HIV?



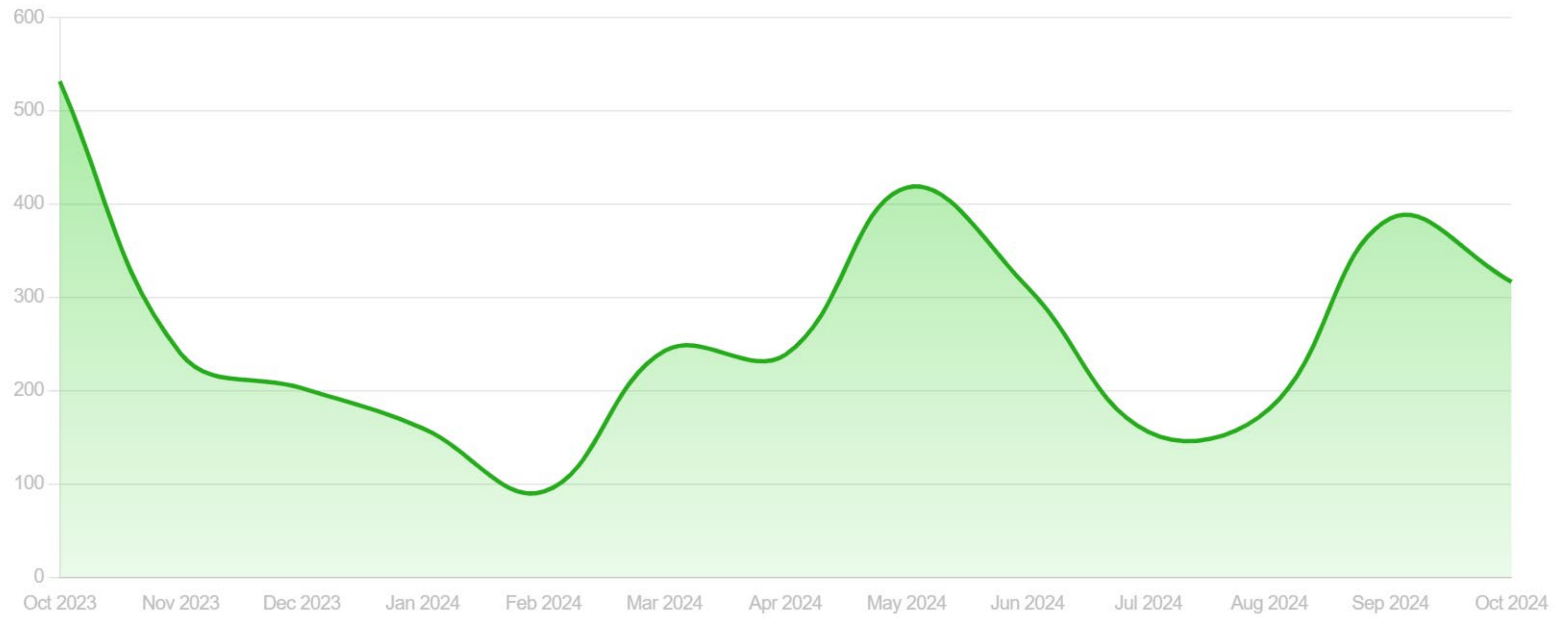
How likely are you to recommend our Confessions: HIV+ Women podcast to others?



Number of downloads

3,477 downloads since published.

LAST 7 DAYS LAST 30 DAYS LAST 90 DAYS **ALL TIME** CUSTOM



OVER TIME CUMULATIVE

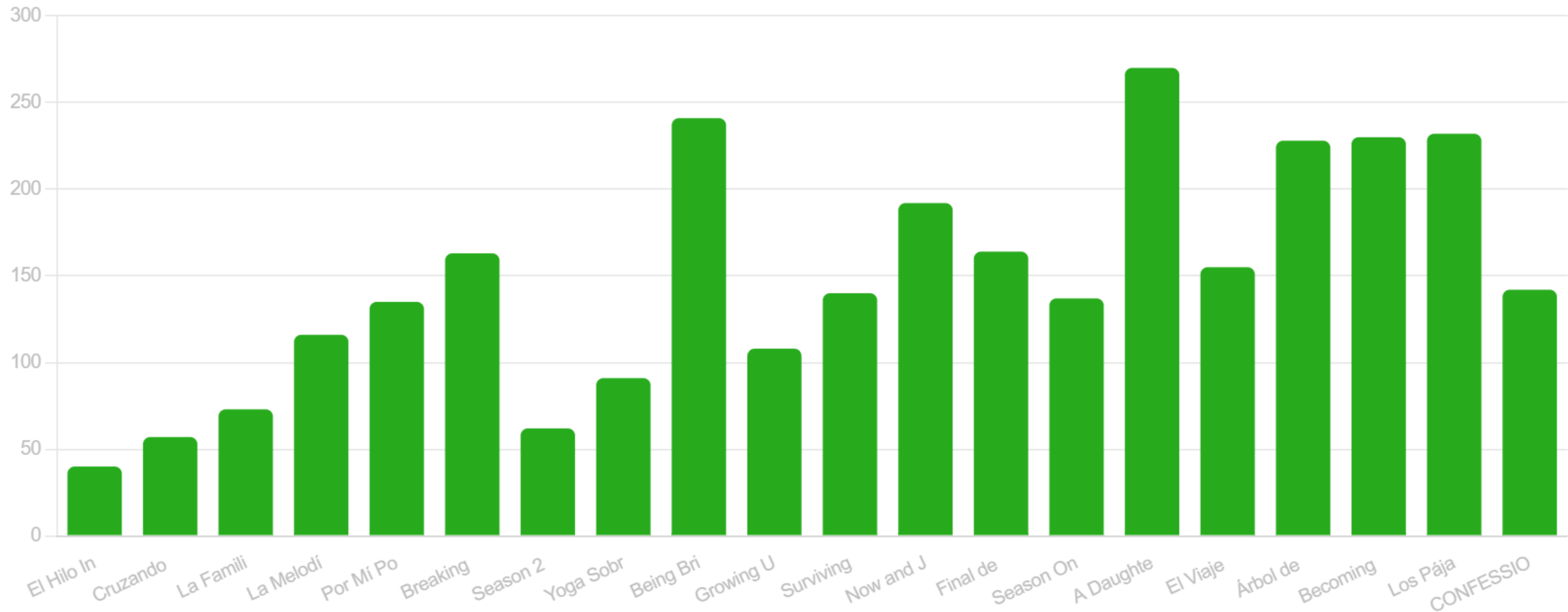
All time of the last 20 episodes.

FIRST 7 DAYS

FIRST 30 DAYS

FIRST 90 DAYS

ALL TIME

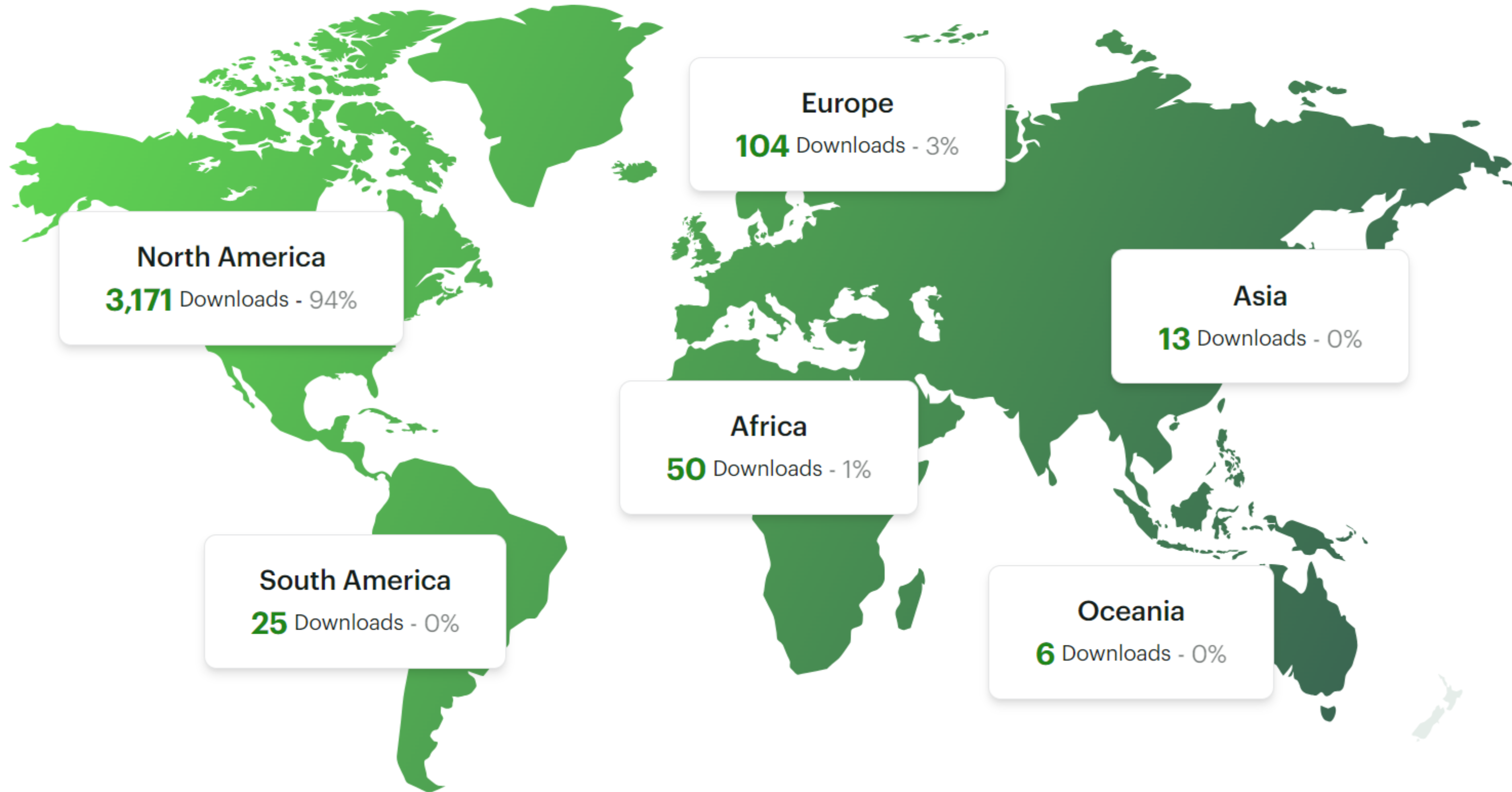


LAST EPISODE

LAST 5 EPISODES

LAST 10 EPISODES

ALL EPISODES



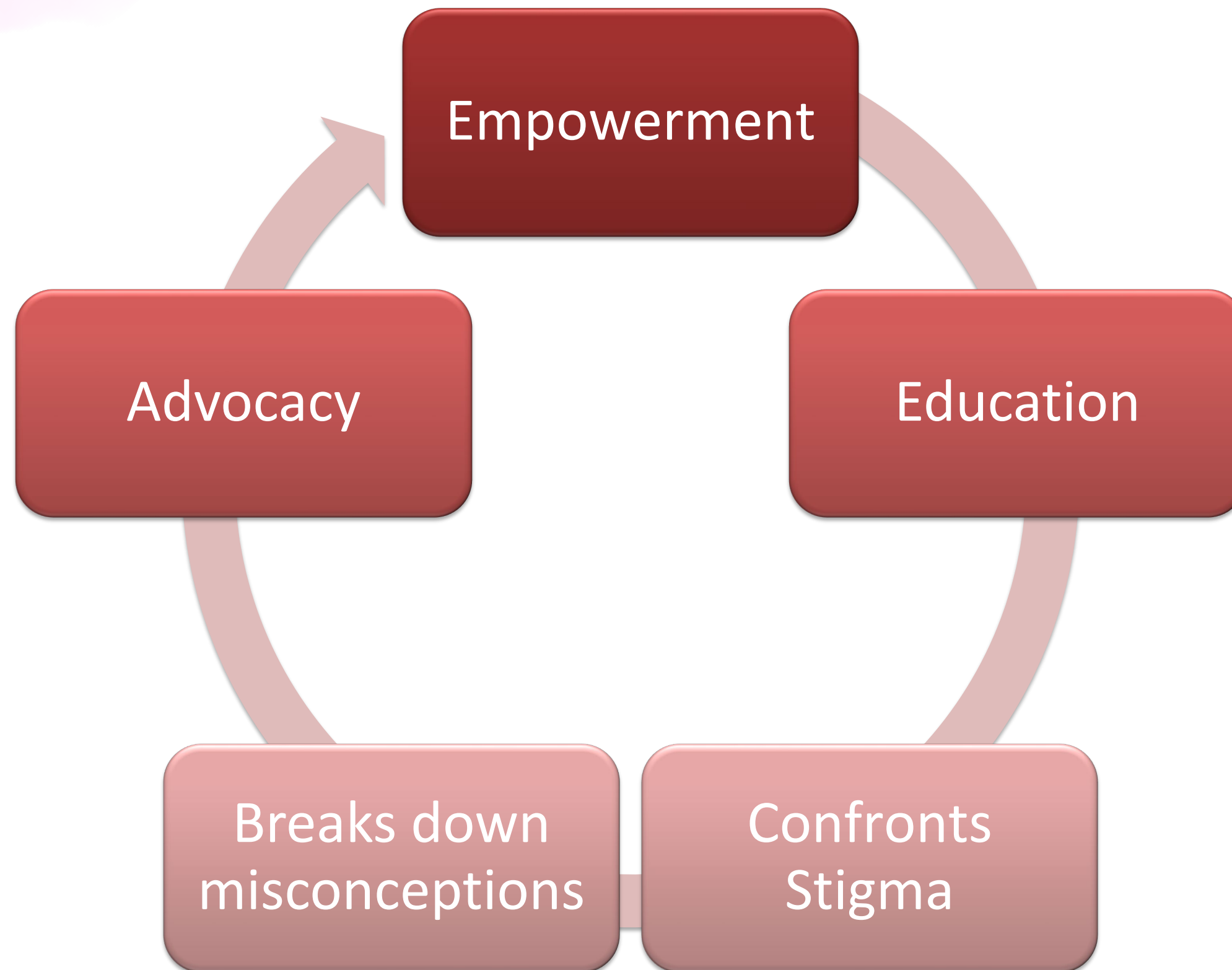
Countries / Territories (38 Total)

<i>US</i> United States	89 %	2,879
<i>MX</i> Mexico	2 %	93
<i>DE</i> Germany	1 %	45
<i>UG</i> Uganda	0 %	32
<i>PR</i> Puerto Rico	0 %	28
<i>EC</i> Ecuador	0 %	11
<i>CA</i> Canada	0 %	10
<i>SE</i> Sweden	0 %	9
<i>ES</i> Spain	0 %	9
<i>GB</i> United Kingdom	0 %	8
<i>BO</i> Bolivia	0 %	7
<i>FR</i> France	0 %	7
<i>GH</i> Ghana	0 %	6

Cities (384 Total)

Los Angeles, California	22 %	671
Pacoima, California	3 %	95
Pasadena, California	2 %	77
North Hollywood, California	2 %	76
San Diego, California	2 %	63
Houston, Texas	2 %	61
Reseda, California	1 %	56
Sylmar, California	1 %	49
Frankfurt am Main, Hesse	1 %	45
Chula Vista, California	1 %	40
Riverside, California	1 %	37
Altadena, California	1 %	33
Lynwood, California	1 %	30

Bold and Transformative



Transformative Platform



Amplifies

- A Collection of Women Stories
- Shares experiences, challenges, and triumphs in their own words
- Intersectionality-gender, race, sexuality, etc.
- Healing for participant and the listeners

Content


- Available in English and Spanish
- Uses Audio
- Increases Visibility through Content that is available for and by women living with HIV
- Utilizes Social Media

Accessibility

- Convenience of listening on their phones, computers, and now YOUTUBE
- Reaches People Beyond 1 Agency
- Global Reach
- Share by text, WhatsApp, social media
- Subscribe to be Notified of New Episodes

Scãh mhr . Scãh mhr

Podcast Participant



“Since taking part of the podcast I feel like I have found my voice. I feel empowered and want to help others dealing with their diagnosis. ”

“Desde que participé en el podcast siento que he encontrado mi voz. Me siento empoderado y quiero ayudar a otros a lidiar con su diagnóstico. ”



Community HIV Provider

“The podcast was super impactful. It allowed me to hear a perspective that is often not given the spotlight.”

“El podcast fue muy impactante. Me permitió escuchar una perspectiva a la que a menudo no se le presta atención”.



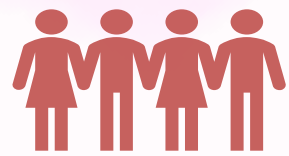
Podcast Listener

“Hearing that I am not the only woman, wife, daughter and mother who lives with HIV helped me see that I can fight and win against every bad diagnosis I have in my health.”

“Escuchar que no soy la única mujer esposa hija y madre que vive con VIH me ayudo a ver que si se puede luchar y nadar contra todo mal diagnóstico que tenga en mi salud. ”



Call to Action to End HIV



Call to Action: Amplify Peer Support and Storytelling as a Tool for HIV Care

This not only helps reduce stigma but fosters peer-led empowerment, which is a critical tool in addressing the emotional and psychological challenges of living with HIV.



Call to Action: Provide support and resources to create platforms—through podcasts, support groups, or social media spaces—where individuals living with HIV can share their stories.



Call to Action: Advocate for policies and programs that ensure comprehensive, trauma-informed and accessible healthcare for women living with HIV, including mental health services, family housing, financial assistance, and substance use recovery support.

Funding for additional episodes / Financiamiento por otros episodios más



¿Qué historias te gustaría escuchar?

¿De qué población quieres saber?

¿Qué tema o temas te gustaría ver en futuros episodios?

¿Cómo incorporarías esto en tu trabajo?

¿Existe algún cliente, grupo, capacitación o reunión de personal con quien pueda compartir el podcast? ¿Tienes una sesión de escucha?

The background is a soft watercolor wash in shades of pink and red, with scattered green dots. The right side of the image features a cluster of detailed watercolor flowers in various shades of pink and red, with some yellow centers. The overall style is delicate and artistic.

Questions?
Preguntas



Scan to listen





Follow us on
Instagram

@LAFAMILYAIDSNETWORK





Sg`nj Xnt . F q`b`r

To the 19 women who have shared their stories in Seasons 1-3

A las 19 mujeres quienes han compartido sus historias en las temporadas 1-3

To all our Listeners and Supporters!

A todos quienes nos escuchan y apoyan!

Xavier Mejia and Mejia.tv-Producer Season 1 & 2

Kavich-Reynolds Productions Season 3 & 4



Enseñanza Tr. Bilingüe



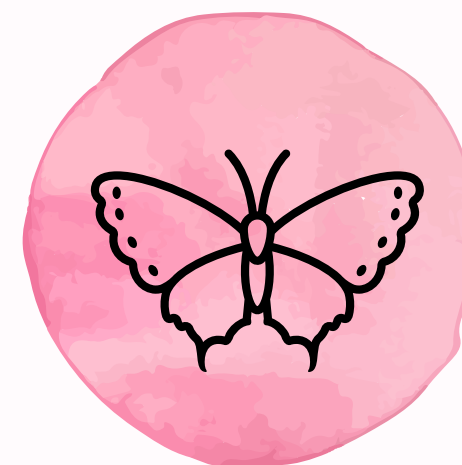
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Thank You/Gracias