



# The Real Deal: Context from Listening Sessions with Black Women Living with HIV

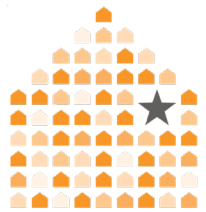
Positively Safe – National Network to End Domestic Violence  
Diane Granberry + Robin Pereira, Positively Safe Specialists

May 6, 2025

# ● Positively Safe

- Trainings
  - National
  - In-person
  - Virtually
- Technical Assistance
- Resource Development
- Podcast – Expanding the Continuum
  - Apple Podcasts
  - Spotify
  - Soundcloud

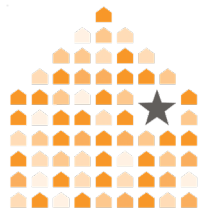
**How to reach us!**  
**[DVHIV@NNEDV.org](mailto:DVHIV@NNEDV.org)**

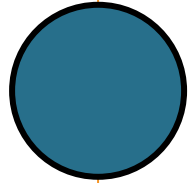


There is no expectation that DV advocates become experts in HIV.

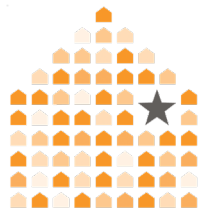
**After attending the session, attendees will be able to:**

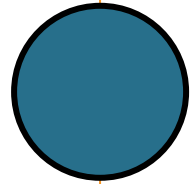
1. Understand how domestic violence impacts engagement in care and experiences of women living with HIV.
2. Discuss sexual health, prevention and stigma to better address the concerns of IPV survivors living with HIV and those who would benefit from HIV preventative care.
3. Identify areas where policies and practices can be more trauma-informed to best support survivors living with HIV and those who would benefit from HIV preventative care.



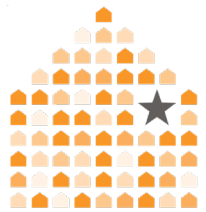


It's impossible to talk about HIV  
without talking about domestic and  
sexual violence.





# HIV Prevalence and Impact



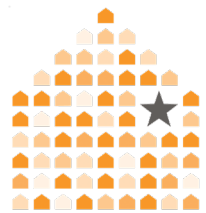
NNEDV

- HIV vs. AIDS

- - Human  
Immunodeficiency  
Virus



Acquired  
Immune  
Deficiency  
Syndrome



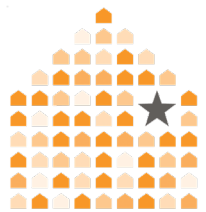
# ● HIV Progression

## ● Acute/Primary Infection

- Generally occurs 2-4 weeks after infection
- 70% of people will experience flu-like symptoms
- Virus reproducing, spreading quickly
- Attacking CD4 T-cells (call upon the immune system)
- Viral load is at it's highest = increased possibility of transmission

## Clinical Latency/No Symptoms

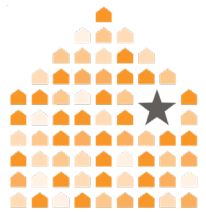
- People feel well with no signs/symptoms
- Can last 10+ years without medication or progress faster
- People on ART can never progress past this stage



# ● HIV Progression

## ● AIDS

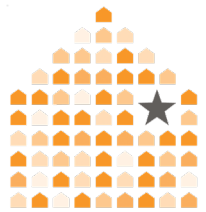
- CD4 count below 200
  - Even if CD4 rebounds, still have a diagnosis of AIDS
- Diagnosed with an opportunistic infection
  - Examples: Kaposi sarcoma, lymphoma, tuberculosis, pneumonia
  - Greater frequency and severity in PLHIV
  - Even if infection is successfully treated, still have an HIV diagnosis





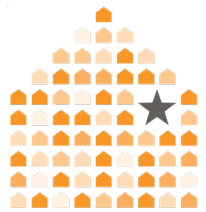
# ● HIV Transmission

- - Sexual Contact
  - Pregnancy, Childbirth, Breastfeeding
  - Injection Drug Use
  - Occupational Exposure
  - Blood Transfusion or Organ Transplant



# ● Antiretroviral Therapy (ART)

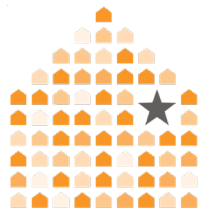
- - Daily Medication
  - Suppresses the virus
  - Side Effects
  - High Costs
    - AIDS Drug Assistance Programs
    - Pharmaceutical Company Support





U=U

Undetectable =  
Untransmittable



NNEDV

#StopHIVStigma

# BEING UNDETECTABLE

means people with HIV can  
lead long, healthy lives.



# HIV in the United States

In 2021, the Centers for Disease Control & Prevention found

---

**36,136**

Received an  
HIV diagnosis

---

**1.2 M**

Estimated to  
be living with  
HIV

---

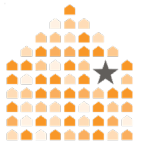
**87%**

Of those, knew  
they had HIV

---

**67%**

Of all new HIV  
diagnoses  
through male-  
to-male sexual  
contact



# HIV in the United States

In 2019, the Centers for Disease Control & Prevention found

---

**19%**

Of new  
diagnoses were  
in women

---

**84%**

Of those new  
diagnoses were  
through  
heterosexual  
contact

---

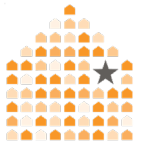
**54%**

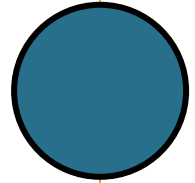
Of new  
diagnoses in  
women were in  
Black/African  
American women

---

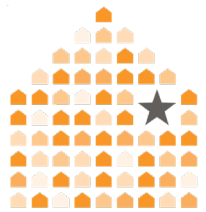
**51%**

Of new  
diagnoses in  
women were in  
women ages 25-  
44





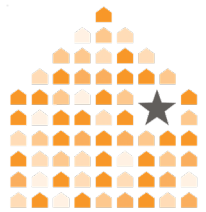
# Preventing HIV & Supporting Survivors



NNEDV

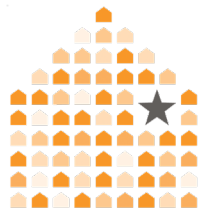
# ● What is PEP?

- - Post-Exposure Prophylaxis (PEP)
  - Prevent HIV after exposure
  - Must be started within 72 hours
    - The sooner you begin the regimen the better
  - 28 day course of ART
  - Reduces chance of acquiring HIV by 80%
  - Side effects
    - Nausea, cramps, bloating, headaches



# ● What is PrEP?

- - On the market since 2012
  - 99% effective in preventing HIV through sex
  - Must be HIV negative before starting and while on regimen
  - Requires blood tests every 3 months
  - 3 FDA Approved Options





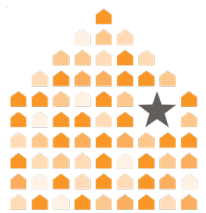
# ● How is PrEP Taken?

## ● Pill

- Truvada – generic available
- Descovy
  - Not approved for people assigned female at birth
- Taken once daily

## Injectable

- Apretude
- Newest form of PrEP (2021)
- 2 initial injections administered 1 month apart, and then every 2 months thereafter



# ● Accessing PrEP

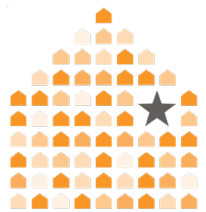
## ● Ready, Set, PrEP – Federal Program

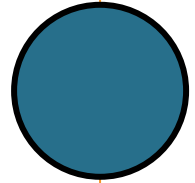
- *ReadySetPrEP.HIV.gov*
- Need a prescription from a medical provider.
- Must be uninsured or have health insurance that does not cover prescription drugs
- Taken an HIV test and received a negative result.

### Co-pay assistance programs

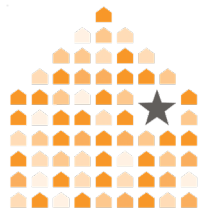
### State PrEP Assistance Programs

- <https://nastad.org/prepcost-resources/prep-assistance-programs>



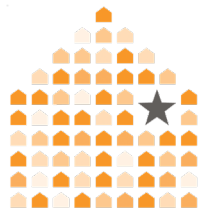


# Intimate Partner Violence and the Intersection with HIV



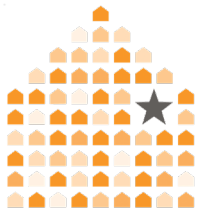
## ● The Issue

- - 55% of women living with HIV have experienced IPV, for men it was found 20% have experienced IPV (Machtinger EL, et al. 2012).
  - Women experiencing IPV have a 4x greater chance of acquiring STIs, including HIV (CDC, [Intersection of Intimate Partner Violence and HIV in Women](#), February 2014.)



## ● The Issue

- - 45% of women living with HIV have experienced physical abuse as a direct consequence of disclosing their HIV status (AIDS United, 2014)
  - There are higher rates of **ART failure** for cisgender and transgender women experiencing DV (Machtinger, 2012)

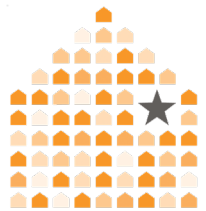


# ● The Impact on Black Women

- Black women, compared to white women, are 7.8 times more likely to be diagnosed with HIV, have 15 times the AIDS rate, and have three times the rate of DV-related homicide.
- Approximately 41% of Black women have experienced physical violence by an intimate partner during their lifetime compared to 31% of white women.

<https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=21>

Petrosky E, Blair JM, Betz CJ, Fowler KA, Jack SP, Lyons BH. Racial and Ethnic Differences in Homicides of Adult Women and the Role of Intimate Partner Violence — United States, 2003–2014. MMWR Morb Mortal Wkly Rep 2017;66:741–746. DOI: <http://dx.doi.org/10.15585/mmwr.mm6628a1External>  
<https://ujimacommunity.org/wp-content/uploads/2018/12/Intimate-Partner-Violence-IPV-v9.4.pdf>

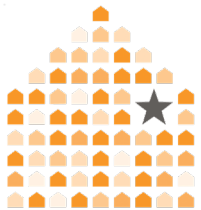


# ● Power and Control Activity

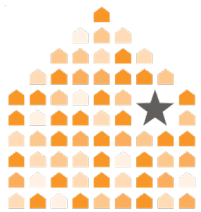
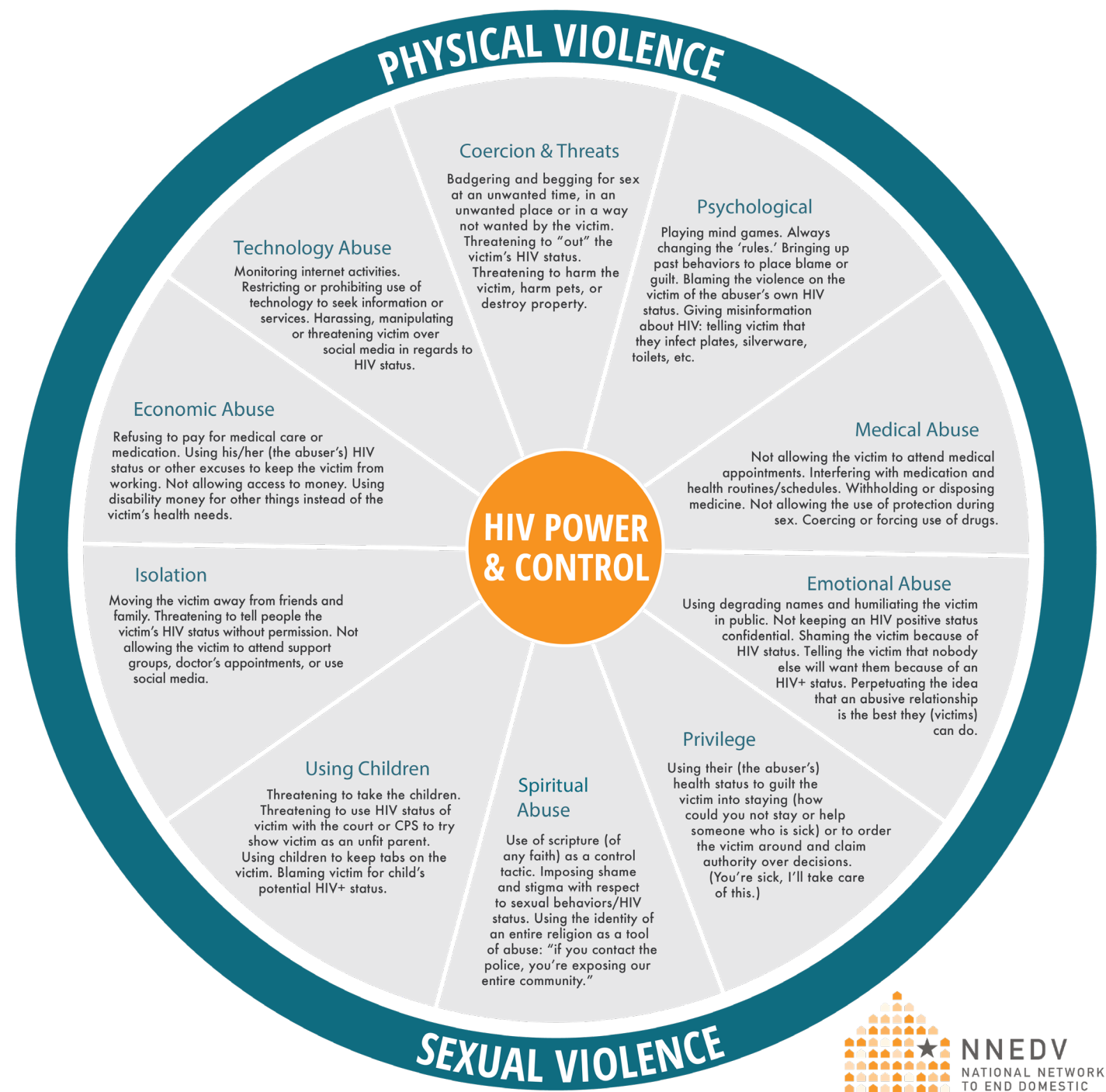
● Activity: Think of tactics related to HIV an abusive individual may use as they relate to these categories.

NOTE: The abusive individual may be living with HIV, the victim may be living with HIV, or BOTH may be living with HIV

- Coercion and threats
- Emotional
- Psychological
- Medical Abuse
- Isolation
- Economic
- Spiritual
- Using children
- Sexual/reproductive
- Technology

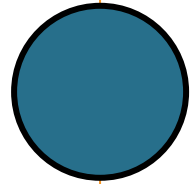


# HIV Power & Control Wheel

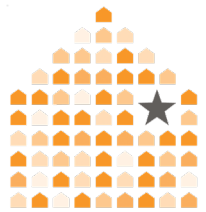


NNEDV





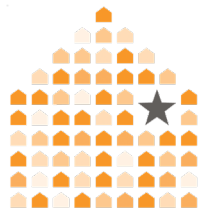
# Impact of Trauma



NNEDV

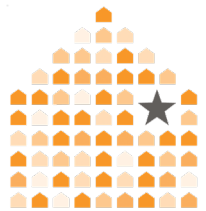
# What is trauma?

- Trauma is the unique individual experience of an event or enduring conditions, in which:
  - The individual's ability to integrate their emotional experiences is overwhelmed, or
  - The individual experiences, subjectively, a threat to life, bodily integrity, or sanity.



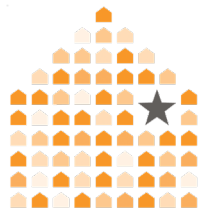
# Compounded Trauma

- May experience multiple traumatic events
  - A majority of women living with HIV are survivors of multiple forms of abuse. Rates of PTSD, childhood sexual abuse, and IPV are particularly high among women living with HIV. *(Machtinger EL, Wilson TC, Haberer JE, Weiss DS, 2012)*
- Trauma based on identity
- Trauma inflicted by services/programs
  - Power and control by advocates
  - Discrimination by service providers



# ● Trauma + HIV

- - Diagnosis
  - Acquired
  - Survivor
  - Discrimination

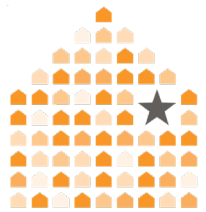




**TRAUMA OFTEN  
SHIFTS OUR  
UNDERSTANDING  
OF THE WORLD  
AROUND US.**

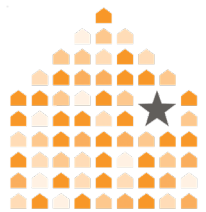
# Impact of trauma

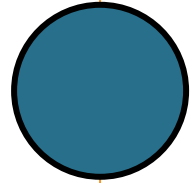
- Severe depression
- Anxiety
- PTSD
- Guilt
- Flashbacks & Nightmares
- Difficulty Sleeping
- Memory Problems
- Lack of Interest
- Mood Swings



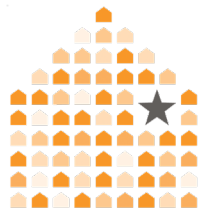
# Trauma & Women Living with HIV

- **61.1%** have experienced sexual assault during their lifetime.
- **55.3%** have experienced intimate partner violence (IPV)
- **39%** have experienced childhood sexual abuse (CSA) and **42%** experienced childhood physical abuse.
- The estimated rate of lifetime abuse (type unspecified) is **71.6%**.





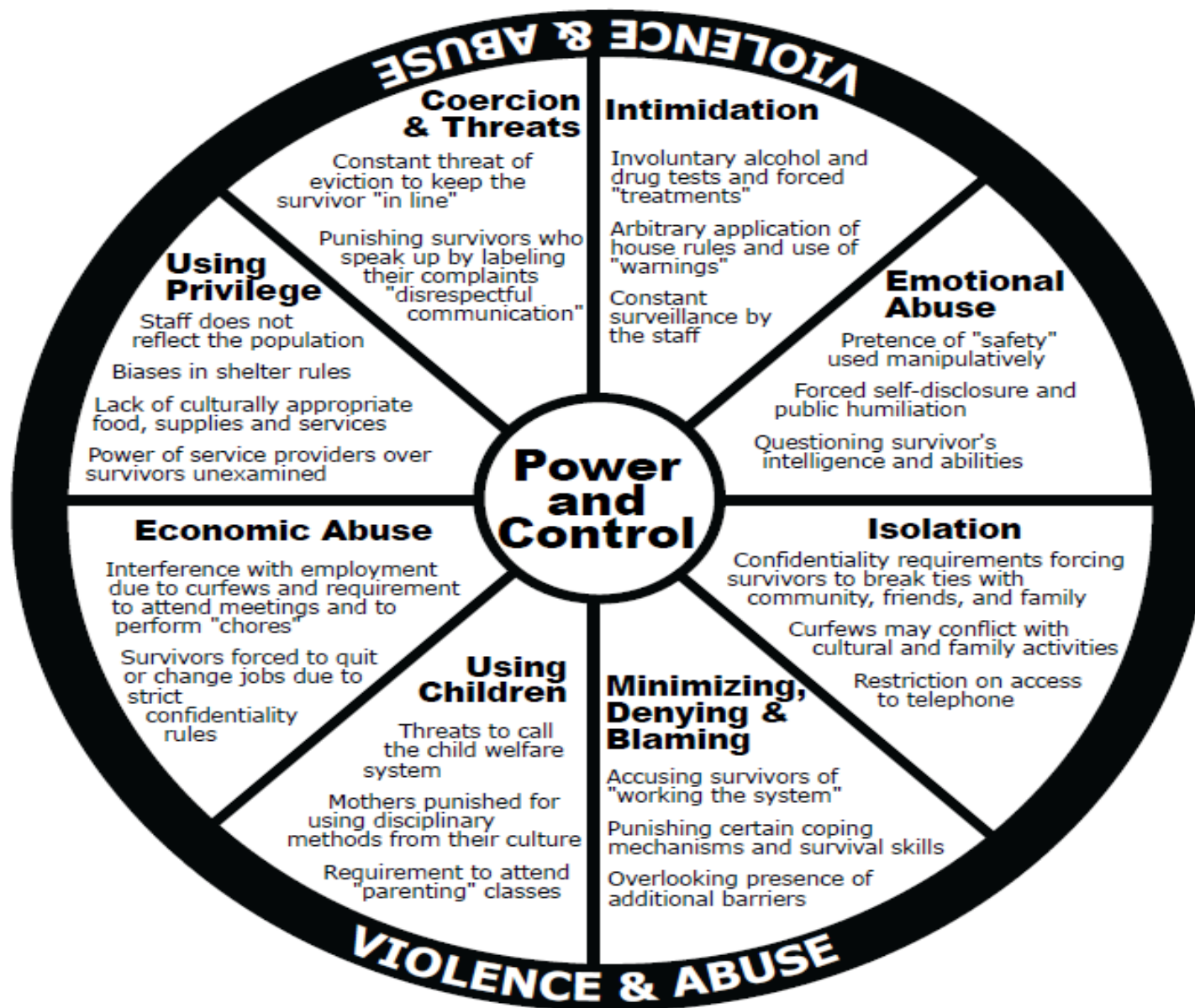
How as service providers can we  
cause trauma?



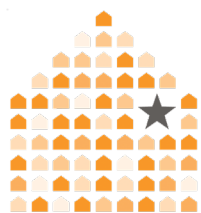
NNEDV



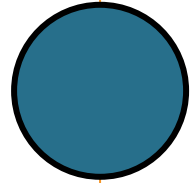
# Abusive Power and Control within the Domestic Violence Shelter



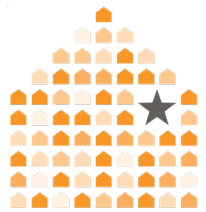
© 2002 Emi Koyama & Lauren Martin



NNEDV



# What We Heard from Black Women Survivors Living with HIV



NNEDV

# Listening session comprised of Black women survivors living with HIV....

Because you would seclude my kids, they could not invite their friends over.



You are living with other people and their unruly kids




You don't have the feeling that the place you're staying is your.

# Listening session of Black women survivors living with HIV....

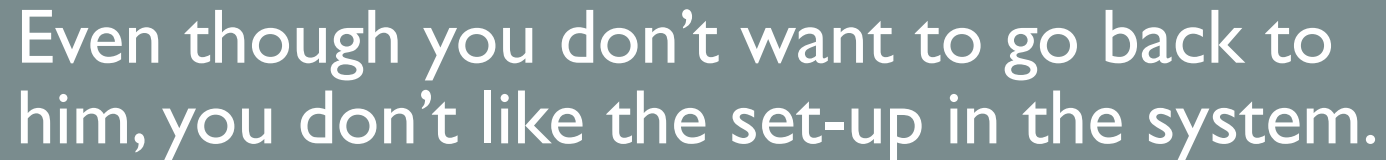
Afraid of having to disclose their HIV status



I don't have anywhere to go; shelters are always filled. No help to go nowhere.



Even though you don't want to go back to him, you don't like the set-up in the system.



# Listening session of Black women survivors living with HIV....

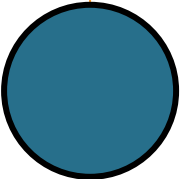
It's like an institution, you want to live in your own space.



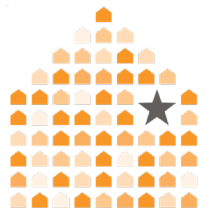
Shelter programs and services lack creating a more inclusive environment for women of color.

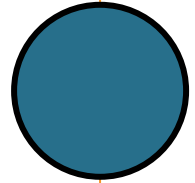


Medical mistrust and lack of best practices.

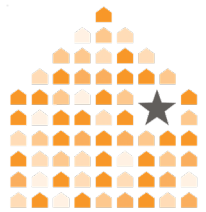


What are some ways we can  
create a more inclusive  
environment for women of color  
and survivors living with HIV?





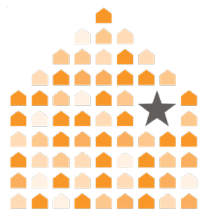
# Implementing Trauma Informed Care



NNEDV

# ● Trauma Informed Care

- - What is traumatic for one person may not be traumatic for another.
  - We must, therefore, consider carefully not only the EVENT but the individual's PERCEPTION of the event.
  - Shifts the question from 'WHAT'S WRONG WITH YOU?' to 'WHAT HAPPENED TO YOU?'

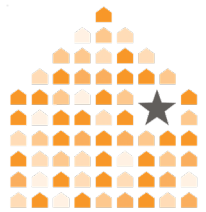




# ● TIC Principles

- - Empowerment – choices & autonomy
  - Collaboration – internal, external
  - Trust & Relationships
  - Transparency
  - Cultural/Historical/Gender Issues
  - Safety

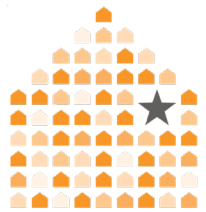
\*\*Address Barriers to Care



# ● Implementing TIC

- - Review
  - Evaluate
  - Feedback
  - Knowledge
  - Engage
  - Practice!

**Be ok with being uncomfortable!**



# ● Creating Affirming Spaces

## ● Paperwork/Materials

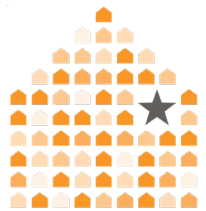
- Asking for pronouns?
- Does it reflect that you serve everyone regardless of gender identity or sexual orientation?
- Who is displayed in organizational materials?

## Language

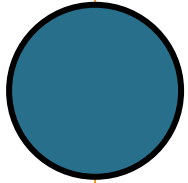
- Do you have bilingual staff?
- Do you have access to an interpretation line?
- Materials in multiple languages?
- Do staff know your language access policy?

## Physical Space

- Is it inviting?
- How are your bathrooms labeled? Private bathrooms?
- Accessible?



# Questions?



Diane Granberry + Robin Pereira – [dvhiv@nnedv.org](mailto:dvhiv@nnedv.org)

- To Learn More: [nnedv.org/dvhiv](http://nnedv.org/dvhiv)
- Expanding the Continuum Podcast – Spotify, Apple Podcasts, SoundCloud

