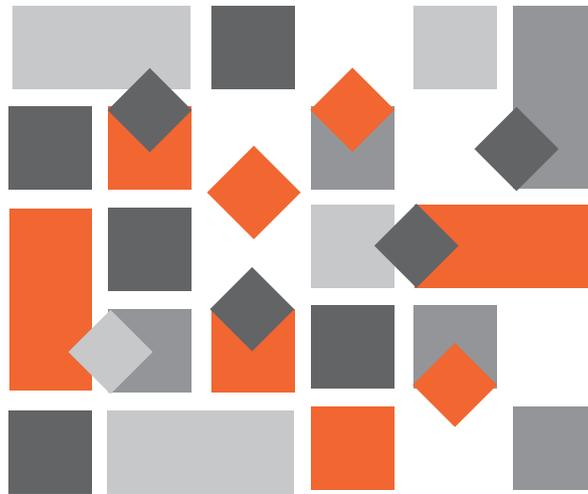


POSITIVE YOUTH INSTITUTE 2007



CLEVELAND, OH • 23 & 24 AUGUST 2007



NATIONAL ASSOCIATION OF
PEOPLE WITH AIDS

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I thoroughly enjoyed the experience and I was able to make connections through networking that I've been seeking to make for quite some time. I feel as though the youth really enjoyed themselves and gained tremendously through education, advocacy and empowerment giving them a sense of belonging. You should be very proud of the youth institute...

– Chelsea

Why a Positive Youth Institute?

The National Association of People with AIDS (NAPWA) finds that HIV-positive young people in the US face a unique combination of issues, having to do with both their sero-status and age.

Most HIV prevention efforts are based in education and screening, discounting those who already have an HIV-positive diagnosis. In addition, clinical services are comprehensive, but limited in range. Medical care alone does not address integral familial, social, community, and personal issues. Social support, access to community and treatment, and developmental issues are complicated by:

- HIV transmission route (e.g. perinatal or behavioral),
- time since diagnosis,
- family medical and social histories,
- geographic location, and
- age and other demographics.

HIV-positive youth often enter the HIV field from clinical services. They may have limited experience in other job or service markets. They do have to deal with their own growing treatment needs alongside competing interests for open and qualified youth workers in HIV prevention and AIDS services. After decades of HIV prevention services, community-based organizations, AIDS-service organizations, and community planning groups still struggle to identify and recruit qualified HIV-positive youth for a variety of positions.

Goals & Objectives:

The Positive Youth Institute will engage the youth participants in both self-expression and personal development.

Positive Youth Institute participants will report increased:

- comfort and ability in self-expression (including but not limited to disclosure),
- knowledge in health care access,
- participation in local, regional, or national HIV activities, and
- usage of social networks for health-seeking behaviors.

Social Learning Theory (or Social Cognitive Learning Theory) posits that individuals learn by observation, as well as through experience. Therefore, environment and cognition can play vital roles in educational processes. In Social Learning Theory, three factors affect behaviors: self-efficacy, goals, and outcome expectancies. The Positive Youth Institute will incorporate basic knowledge and expectations across a variety of health behaviors with activities meant to actively role model, improve self-efficacy, expand outcome expectations, and reinforce behaviors. Through this multi-dimensional approach, Positive Youth Institute learning goals are achieved.

Fidelity Criteria

Faculty: Due to the unique composition of the participants, faculty should be flexible and

experienced educators with a proven track record in their discipline. Faculty should have comfort with the topics of: HIV disease, sex, family, social isolation and support, substance use, medication, stigma, and disclosure. In addition, faculty should be aware of the sensitive nature of the information, as well as demonstrate competence with the particular cultural, social, medical, and developmental needs of the participants. Finally, faculty must maintain a professional relationship with participants and refrain from inappropriate or unethical relations.

Participants: To be eligible for the Positive Youth Institute, individuals must be: 14 to 25 years old and have an HIV-positive diagnosis. Scholarship recipients will also, as much as possible, include regional, gender, and racial diversity. For minors, legal guardians must be present with signed custodial and insurance liability information.

Location: The Positive Youth Institute requires a central meeting room large enough for everyone, an adequate number of rooms for break-out sessions, nearby restroom facilities, and a room for meals. In addition, the Institute should be located in a place where young people can feel comfortable – including concerns for confidentiality and staff sensitivity. Also, the Institute must be near the housing facilities, as well as appropriate recreational activities.



Overall, I found the conference to be very beneficial and an unforgettable experience, which I can build upon and continue to grow personally, professionally, and as it relates to my mental and physical health. To have the opportunity to interact with other positive individuals especially adolescents and young adults, develop relationships, and learn from each others' experiences and knowledge was absolutely great and memorable.

– Reggie

Program Summary

The Positive Youth Institute consisted of two (2) days of training. Participants went through eight (8) workshops over the course of the Institute. Days began with icebreakers, and lunch and breaks were provided appropriately. NAPWA Executive Director Frank Oldham, Jr. and VH-1's I Love New York star Tango welcomed the youth on the first day, and discussed the issues of stigma and community building.

DAY 1 Workshops

Performance

Faculty: *Catron Booker, MFA*

Youth are in a socialization process where behaviors and norms are being internalized. Faculty will present various tools to understand movement and interaction through improvisational exercises. Participants will gain greater understanding of their own physicality and a better capacity to express themselves in person.

Key Workshop Questions:

- How does each participant express emotion?
- How does each participant experience their body?

Evaluations:

Over half of respondents (58%) reported an increase in skills in the session topic.
68% of respondents ranked the presented "Excellent".
84% of respondents considered the materials presented "Good" (21%) or "Excellent" (63%).
89% of respondents rated the workshop "Good" (26%) or "Excellent" (63%).

Visual Self-Expression

Faculty: *Brandon Jones*

Youth have increasing visual literacy rates, yet few outlets to practice and understand the visual expression. In this workshop, faculty will instruct participants in ways to express themselves using canvas and color, and then to transfer the images to t-shirts.

Key Workshop Questions:

- What does each participant want to express publicly?
- What are the barriers to expressing that self?

Evaluations:

73% of respondents indicated an increase in skills in the session topic.
93% of respondents ranked the session materials "Good" (33%) or "Excellent" (60%).
100% of respondents rated the presenter "Good" (20%) or "Excellent" (80%).
100% of respondents considered the materials relevant and applicable to people of diverse backgrounds.

Photography & Image-Making

Faculty: *Luna Ortiz*

Body Image has been a problem for young individuals. To attain an idealized body image is certainly not possible. Faculty will present basics of creating images using photography and other tools. Participants will gain a greater capacity to express themselves through visual media.

Key Workshop Questions:

- How does each participant envision their life?
- How do they share it with others?

Evaluations:

88% of respondents felt that their skill level increased in the session topic.
93% of respondents said session materials and information met their professional needs.
94% of respondents rated the overall information in the workshop as "Good" (56%) or "Excellent" (38%).
100% of respondents ranked the trainer as "Good" (38%) or "Excellent" (62%).

Public Presentation & Interviewing

Faculty: *Adrian Krishnasamy, PhD*

Oral communication along with presentation skills is vital component among young adults. Faculty will identify the importance of building good communication and presentation skills. In addition, participants will learn how to conduct themselves in interviews and speak professionally.

Key Workshop Questions:

- What are the basic public speaking skills of the participants?
- What is each participant comfortable disclosing publicly?

Evaluations:

85% of respondents ranked the overall usefulness of materials and information in the session as "Good" (22%) or "Excellent" (63%).
93% of respondents rated the quality of materials and information in the session as "Good" (30%) or "Excellent" (63%).
95% of respondents reported an increase in skill level in the session topic.
96% of respondents considered the trainer "Good" (37%) or "Excellent" (59%).

Demographics

Approximately sixty (60) HIV-positive young people from across the United States attended. The majority of the youth were between 18-25 years old, with a few younger than 18. Participants came from a broad range of places, including: Boston, MA; New York City, NY; Detroit, MI; Miami and Tampa, FL; Chicago, IL; Columbus, OH; Atlanta, GA; Boulder, CO; Philadelphia, PA; Newark, NJ; Houston, TX; Washington, DC; Montgomery, AL; and Charlotte, NC.

- 32% of participants identify female, 66% male, and 2% transgendered.
- 87% identify as African American; 4% Latino; 2% Asian Pacific Islander; and 7% European American.
- 34% were infected through perinatal transmission; 66% through behavioral transmission.

Schedule – Day 1 (Thursday August 23, 2007)

Time	Topic
10:00-10:30	Welcome Building Community & Fighting Stigma Faculty Introductions <i>Frank Oldham, Jr., Tango</i> <i>Kali Lindsey, Catron Booker</i>
10:30 – 11:00	Icebreaker Review Day Get Expectations Assign Group Numbers <i>Catron Booker</i>
11:00-12:00	Workshop Session 1 <i>FACULTY</i>
12:00 – 1:00	Lunch on-site
1:00 – 2:00	Workshop Session 2 <i>FACULTY</i>
2:00 – 3:00	Workshop Session 3 <i>FACULTY</i>
3:00 – 3:30	BREAK
3:30 – 4:30	Workshop Session 4 <i>FACULTY</i>
4:30 – 5:00	Closure Review Day 2 <i>Kali Lindsey</i>

DAY 2 Workshops

The World of Media

Faculty: *Marvelyn Brown, Tango & Chelsea Guilden*

This workshop focuses on the role media can play in reducing or promoting stigma. In this session, the various kinds of accessible media will be introduced. Faculty will also present their personal and professional experiences with reality television, press, and public relations. Participants will learn about the role of various media (radio, press, television, online), image ownership, and how to best utilize media outlets.

Key Workshop Questions:

- Do the participants understand their potential as spokespeople?
- Do the participants have knowledge about their image as product?

Evaluations:

66% of respondents reported an increase in knowledge on the session topic.

86% rated the trainers' presentation as "Good" (14%) or "Excellent" (72%).

89% of respondents considered the quality of the information and materials as "Good" (17%) or "Excellent" (72%).

96% of respondents ranked the overall usefulness of this session as "Good" (31%) or "Excellent" (65%).

Healthy Living

Faculty: *Steve Bromer, MD*

Living with HIV has particular concerns. Faculty will present about various concerns with treatment, including: talking with your medical provider; selecting the right treatment option for you; and the importance of medical and holistic treatment in complete health planning. Participants will gain information about treatment options and skills in negotiating with a medical provider.

Key Workshop Questions:

- How do participants engage their health care provider?
- Are there successful models for engaging health care systems?

Evaluations:

84% of respondents rated the trainer "Good" (7%) or "Excellent" (77%).

86% of respondents reported an increase in their skills in the session topic.

100% of respondents considered the session materials and information relevant and applicable to people of diverse backgrounds.

100% of respondents felt that the session met their professional needs.

Working in the non-profit and HIV sector

Faculty: *Kali Lindsey*

HIV-positive youth are often recruited for work in the non-profit sector with little relevant job experience or education. Faculty will identify common job titles and responsibilities in the non-profit world. In addition, participants will learn how to translate skills they may already possess into the HIV field.

Key Workshop Questions:

- What are participant job and career goals?
- What skills, experiences, and interests do participants bring to non-profit sector?

Evaluations:

82% of respondents rated the overall usefulness of the session "Good" (35%) or "Excellent" (57%).

89% of respondents considered the session materials and information as meeting their professional needs.

96% of respondents ranked the session information and materials "Good" (14%) or "Excellent" (82%).

100% of respondents rated the overall expertise of the trainer as "Good" (29%) or "Excellent" (71%).

Creative Writing

Faculty: *Andrew Spieldenner, MA*

This workshop will tap into students' creativity and encourage them to think critically about topics with focused writing activities. These resources promote writing across subject areas and cover everything from grammar basics to fantasy-writing inspiration. Participants will gain a greater capacity to express themselves in writing.

Key Workshop Questions:

- How comfortable are participants in expressing them self in written media?
- How comfortable are participants in presenting their work to others?

Evaluations:

90% of respondents rated the overall quality of session materials and information "Good" (15%) or "Excellent" (75%).

95% of respondents considered the overall usefulness of the session "Good" (35%) or "Excellent" (60%).

95% of the respondents ranked the session trainer "Good" (25%) or "Excellent" (70%).

95% of respondents felt that the session information and materials were relevant and applicable to people from diverse backgrounds.

Schedule – Day 2 (Friday August 24, 2007)

Time	Topic
10:15 – 11:00	Check – In Review Day Set-up <i>Andrew Spieldenner, Catron Booker</i>
11:00 – 12:00	Workshop Session 1 <i>FACULTY</i>
12:00 – 1:00	Lunch on-your-own
1:00 – 2:00	Workshop Session 2 <i>FACULTY</i>
2:00 – 3:00	Workshop Session 3 <i>FACULTY</i>
3:00 – 3:30	BREAK
3:30 – 4:30	Workshop Session 4 <i>FACULTY</i>
4:30 – 5:00	Closure Review Staying Alive Schedule <i>Andrew Spieldenner</i>



Young Adults living with HIV need the opportunity to Network and build relationships with one another and they need to be presented with tangible relevant information in a way that they will remember it.

I am proud of this new direction NAPWA has taken in Young Adult Programming and hope to be a part of the process as it continues to evolve.

– Tyler

Faculty Bios

Catron Booker, MFA recently co-directed HABLAMOS, an HIV/AIDS public service announcement in collaboration with Asociación de Salud Integral in Guatemala City and UNESCO. Acting credits include the film Triangle of Need (Metro Pictures, 2008) and Days of Our Lives. She has taught performance workshops at UCLA, the Los Angeles and Chicago Public Schools and the Cook County Juvenile Detention Center. She is a graduate of the MFA Acting program at University of California in Los Angeles.

Steven Bromer, MD graduated from Harvard Medicine and is board certified in Family Medicine. Active in HIV planning groups and non-profit work, Dr. Bromer maintains his practice at the Russian River Health Center in Guerneville, CA. Dr. Bromer is Medical Director of West County Health Centers.

Marvelyn Brown, a 23-year-old native Tennessean, has moved both live and television audiences around the United States with her compelling personal story— some highlights include The Oprah Winfrey Show, America's Next Top Model, BET's 106th & Park, MTV, The Tavis Smiley Show and The Tyra Banks Show. In addition, she has been featured in Newsweek, Fortune 500, Ebony, Real Health and she appeared on the January 2006 cover of POZ and the winter issue of The AVE. She is the founder and CEO of Marvelous Connections where she works as an HIV Consultant and is writing her highly anticipated autobiography, A Marvelous Life (forthcoming HarperCollins Press).

Chelsea Guilden is Adolescent Care Coordinator for Metrolina AIDS Project in Charlotte, NC. She has been active in the HIV community in health care policy and service delivery since being diagnosed with HIV in 2003 at 21 years old. She has been featured in POZ magazine and local media.

Brandon Jones is a fashion designer and visual artist based in Philadelphia, PA. He designs for Miskeen Originals, and freelances for Cartoon Network, Ryankenney, and others. His work has appeared in numerous media outlets including The Source and TRL.

Adrian Krishnasamy, PhD is Assistant Professor of Communications at Bowie State University. A graduate of Howard University, Dr. Krishnasamy's research interests include gender studies, sexuality studies, public speaking, and organizational communication.

Kali Lindsey is currently Capacity Building Program Manager at the National Association of People with AIDS whose responsibilities include the Positive African American Network. He has worked at a variety of private industry and non-profit agencies as a manager, health educator, and community organizer. He completed his B.S. in Psychology at Eastern Michigan University.

Luna Ortiz is an award-winning photographer, artist, filmmaker, model, AIDS activist, and actor living in New York City. A graduate and former teacher at the Hetrick-Martin Institute, he is currently at Gay Men's Health Crisis. He is highly active in the House community.

Andrew Spieldenner is Director of Programs at the National Association of People with AIDS, managing a variety of capacity-building and community organizing initiatives, including National HIV Testing Day. His fiction and essays have appeared in multiple anthologies, and he has degrees in Theater from University of California at Los Angeles and Ethnic Studies from University of California at Berkeley. Currently, he is in the Communication & Culture doctorate program at Howard University, specializing in Health Communication.

Tango is an American rapper that currently resides in Tampa, FL. Tango has performed and recorded with several well-know artists such as: Busta Rhymes, Wu-Tang Clan, Fat Joe, Naughty By Nature, Trick Daddy and his good friend and mentor "Shock-G" front man of the group Digital Underground. In 2007, he made his first TV appearance as Tango on VH1's #1 rated show, I Love New York. On the show he claimed to "care about New York a lot" and almost was in love with her. He also feuded with another contestant frequently called "Whiteboy".



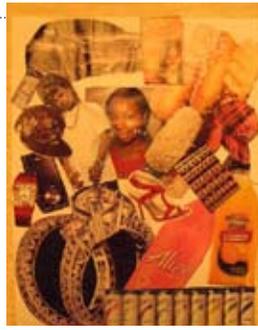
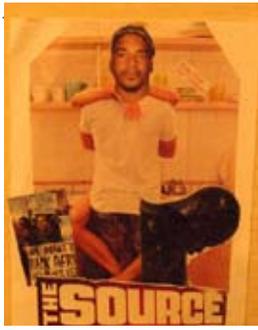
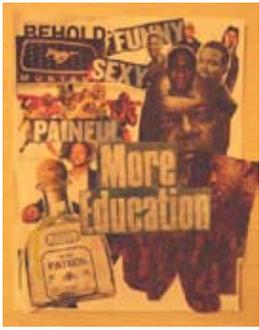
The information I gained for the conference help me make a better decision on what I want to become in life.

— Greg

Towards the Future

The Positive Youth Institute is a unique educational opportunity. Unlike other events, the Positive Youth Institute focuses on a comprehensive view of needs – not limited by prevention, treatment, or community mobilization. NAPWA believes that HIV-positive young people still need a safe place where they can network, increase their knowledge and skills in key areas, and discuss critical issues in disclosure, education, and health services. NAPWA intends to continue the Positive Youth Institute in 2008.

For more information to attend or sponsor the Positive Youth Institute 2008, please contact NAPWA at www.napwa.org.



From the Workshops

To Whom It May Concern:

With this being war time, I need you to know that... I am gasping for air and longing for a temporary reprieve from my entrapment...the thoughts I am dutifully trying to ignore always seem to flood my brain...I walk outside hoping the cool breeze on this pleasant autumn evening would help ease my troubled mind...I sit on the ground in dust and dirt, where luscious green grass once grew, looking through the metal gates that now protect the outside world from me...I long for my freedom...surrounded by many, yet I am still alone...drowning... time wiles away...

I wish at times I would not have forgotten to cry. Maybe grieving the fact that I had contracted HIV would have helped me deal with this surreal experience. Each day that I am held captive in this four ring circus of brick and metal, I am losing a part of myself. I am dying, because of a lack of food and meds...a lack of love?

Love...someone felt that way about me once, but they stopped. Perhaps it was not love... it was probably just lust, an infatuation that would not loose me because I wanted whatever love is. A daydream...a figment of my imagination...now I will probably never know what love really is. I guess I really missed out, huh?

I lie here cold and numb watching the big puffy white clouds I used to enjoy go by, much like I used to in the outside world...except then I would be unfeeling and warm, wrapped up in my blanket with my favorite pillow and teddy bear...I would also be on my comfortable bed instead of icy cement...sometimes crying like I do now, and yet just like back then I do not know what the tears are for. I believe I was, am missing something, but I am not quite sure what that is...I will probably never figure that out, what do you think?

That is the one thing that has not changed since I have arrived here. The emptiness I feel... I have always felt. Nothing was, is ever enough to fill that void...

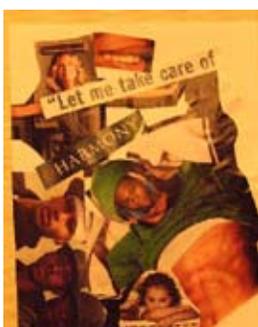
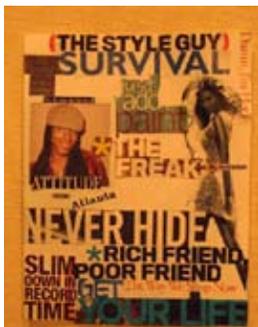
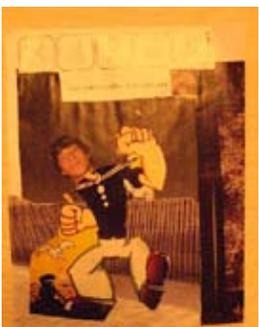
What happened to me? I dared to dream big...I wanted to accomplish greatness...I desired love and happiness and a family. I just wanted to be okay...I just wanted to be content... Maybe God forgot about me.

If you really are concerned...hug me, kiss me, hold me...pray that after I fall asleep tonight, I do not wake up in the morning...

My biggest fear was dying alone, and it is a reality now.

If you really are concerned, forget me not...

- Christopher



Positive Youth Institute 2007 Sponsors



NATIONAL ASSOCIATION OF PEOPLE WITH AIDS

The National Association of People with AIDS (NAPWA) represents the over one million Americans living with HIV today. NAPWA is committed to quality and accessible services for those infected and affected with HIV/AIDS. NAPWA believes health care is a basic and fundamental right of all without regard to race/ethnicity, gender, age, economic status, nationality, or sexual orientation. We strive for increased access to HIV care and treatment and work to advance the interests of people with and at risk for HIV. Our programs incorporate the self-respect, dignity, leadership and independence our constituents need to live longer, healthier quality lives.



The Centers for Disease Control and Prevention (CDC) Division of Adolescent and School Health (DASH) seeks to prevent the most serious health risk behaviors among children, adolescents and young adults. To accomplish this mission DASH implements four strategies: identify and monitor priority health risk behaviors; synthesize and apply research; enable constituents; and evaluate.

CDC's Capacity Building Branch is focused on improving the performance of the HIV prevention workforce by increasing the knowledge, skills, technology, and infrastructure to implement and sustain science-based, culturally appropriate interventions and HIV prevention strategies. To accomplish its mission, CBB provides national leadership, capacity building assistance, and funds capacity building partnerships.