Peer Health Rep Program

CCPHE
THE COLLABORATING CENTRE FOR PRISON HEALTH & EDUCATION

Program Summary and Impact

Mission Medium Institution (Aug 2019 - Feb 2020)

The Collaborating Centre for Prison Health and Education (CCPHE) trained incarcerated individuals to form a team of Peer Health Reps (PHR) at Mission Medium Institution. PHR provide support, education, and resources for their peers around the prevention of HIV, hepatitis C (HCV), and sexually transmitted blood borne infections (STBBI).

8 PEER HEALTH REPS

6 Employed by CSC

2 Volunteering

DUTIES

Provide one-on-one peer support	
Distribute health education resources	
Develop and deliver Myth Busting 101: Prevention Skills Workshops	
Attend weekly team meetings	
Contribute to program development	

PEER SUPPORT

PHR provide confidential one-on-one peer support, answer health-related questions, and distribute educational resources regarding HIV, HCV, STBBI prevention and harm reduction strategies.

One-on-One Peer Support

PHR complete a Monthly Client Record to document the number of client visits, topics discussed, and other duties they did to support the PHR program during the month.

PHR each recorded an average of 12 new clients a month (range 4-20) and 41 returning clients (range 17-83) per month (Aug 2019 - Feb 2020).

Health Education Resources

PHR have a selection of pamphlets and resources available to give their peers. The materials are supplied by CCPHE and ordered from Community AIDS Treatment Information Exchange (CATIE).

Communication

PHR designed posters describing their role and listing their names and living units. The posters are displayed throughout the institution and published in the Monthly Mallard, a newsletter written by and for people who are incarcerated at Mission Medium Institution.

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PREVENTION SKILLS WORKSHOPS

PHR and CCPHE teams deliver a series of interactive Myth Busting 101: Prevention Skills Workshops to other incarcerated individuals. The workshops provide practical information about how individuals can prevent HIV, HCV, and STI transmission and protect their health.

Workshops

PHR and CCPHE teams worked together to develop, advertise, deliver, and evaluate the workshops. To-date, two Myth Busting 101: Prevention Skills Workshops have been delivered. PHR were involved in all aspects of the workshop delivery, including facilitating the workshops and assisting

with the administration of the surveys. After the workshops ended, PHR and CCPHE teams were available to answer questions and provide health education resources for participants to take with them.

Evaluation

All participants completed a pre- and post-workshop survey.

HIV Myth Busting: 60% of participants demonstrated an increase in knowledge about HIV prevention and testing. STI Jeopardy: 72% of participants demonstrated an increase in knowledge about STI transmission and risks.

WORKSHOP	# of Participants	% Who Increased Knowledge
HIV MYTH BUSTING JAN 2020	15	60%
STI JEOPARDY FEB 2020	11	72%

90% **of workshop participants planned to apply what they learned**

52%	plan to get tested
57%	plan to talk with current or future sexual partner(s) about prevention
57%	plan to apply what they learned with sexual partners (e.g. use condoms, lube)
48%	plan to talk to someone other than a partner (e.g. friends or family) about prevention
24%	other

TEAM MEETINGS

PHR and CCPHE teams meet on Tuesdays from 1:15 – 3:15 pm in the Multipurpose Room. Between August 2019 and February 2020, PHR have contributed approximately 50 hours of their time to build on their core training and to contribute to program development.

Support

PHR attend regular team meetings to debrief, share information, problem-solve and/or attend supplemental training sessions. Training topics have included critical

incident stress management, HIV medication, monitoring, and cure research, mental health, and the Prison Needle Exchange Program.

Program Development

Team meetings are also important for the ongoing development of the PHR program, including workshops, evaluation, and teaching tools. PHR participated in several focus group discussions to offer their feedback on how to improve the program.