

May 07, 2021

Dear Everardo Alvizo,

The Long Beach Masterminds would like to present you with a final report regarding our project, *PrEPing and PEPing for the Future*. This report represents the culmination of the eight months during which we assessed and engaged the North Long Beach community and fostered a partnership with the Long Beach Department of Health and Human Services. The report outlines the development, implementation, and evaluation of the project.

The objective of the final report is to provide a reference for the creation and sustainment of HIV, PrEP, and PEP awareness promotion, particularly with service providers working with people of color. This task being in line with the City of Long Beach's policy goal of reducing HIV cases throughout the city. Additionally, the information provided can be used to replicate the *PrEPing and PEPing for the Future* North Long Beach workshop or for the creation of similar workshops, should the Long Beach Department of Health and Human Services choose to continue this particular strategy.

The Long Beach Masterminds would like to thank you for your time and dedication to the project.

Sincerely,

Long Beach Masterminds,

Karen Acosta
Marlene Garcia
Viany Mendez
Victor Yaquian Aldana



PrEPing and PEPing for the Future

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California State University, Long Beach

May 07, 2021

In partnership with:

The Long Beach Department of Health and Human Services



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Executive Summary

Abstract

The purpose of the intervention was to educate health providers (e.g. doctors, nurses, pharmacists) regarding PrEP and PEP and their accessibility. The intervention was specifically tailored to inform participants about the sociocultural and economic barriers people of color living in North Long Beach face accessing PrEP and PEP. A virtual workshop was developed and presented to provide education regarding the aforementioned HIV treatments and stimulate a discussion about internalized and environmental barriers to increase awareness. The post-test results demonstrated 100% of participants gained new or increased knowledge regarding PrEP/PEP. Additionally, results showed there was an increase in comfort level discussing sexual health and history with clients/patients. After the workshop, participants demonstrated an increase in knowledge, positive attitudes, and skills necessary to discuss sexual health and PrEP/PEP. If the Long Beach Health Department continues to expand its efforts to train service and healthcare providers on PrEP/PEP, particularly in communities considered sexual health deserts, an increase in referrals for HIV care will decrease HIV rates over time.

Statement of Need

Through an assessment of the assets and service needs of the North Long Beach (90805) community, a deficit in sexual health resources was identified. A scarcity of services that align with HIV prevention and care was of particular concern due to research, conducted by the Comprehensive HIV Planning Group, indicating the 90805 community has one of the highest rates of new HIV infections in the city of Long Beach.

Target Population

The target population for the intervention was healthcare providers in the 90805 zip code. The focus of the intervention aligned with one goal in the Long Beach Health and Human Services' HIV/STD Strategy 2019-2022: to increase the number of service and medical providers trained on PrEP and PEP. According to the HIV/STD Strategy 2019-2022, the 90805 community is regarded as a sexual health desert due to the scarcity of sites that provide HIV testing, STD screening, and other services that promote the sexual health of community members.

Partner Agency

The project's primary partner agency was the Long Beach Department of Health and Human Services: Comprehensive HIV Planning Group. Everardo Alvizo, the HIV/STD Strategic Implementation Specialist, was integral to the development and implementation of the project.

Program Diagram

PROGRAM GOAL

To increase awareness and accessibility of PrEP and PEP for people of color living in North Long Beach who are at risk of HIV infection

LONG-TERM OUTCOME OBJECTIVE

By 2022, 500 service and medical providers in the city of Long Beach will be trained in PrEP and PEP as evidenced by data from the Long Beach Comprehensive HIV Planning Group

INTERMEDIATE OUTCOME OBJECTIVE

By April 2021, 2-3 90805 service/medical providers will be trained on PrEP and PEP as evidenced by their attendance of the PrEP/PEP workshops hosted by the LB Comprehensive HIV Planning Group and LB Masterminds.

<p>Initial outcome objective #1: By April 2021, service/medical providers will increase awareness of the prevalence of HIV infections in LB and about PrEP/PEP by 90%, as indicated by the pre- and post-surveys.</p>	<p>Initial outcome objective #2: By April 2021, service/medical providers will have an increase in 10% in skills to engage in culturally affirming discussions with patients regarding HIV, PrEP, and PEP as indicated by pre- and post-surveys.</p>	<p>Initial outcome objective #3: By April 2021, service/medical providers will increase perceptions of the transition to a culturally affirming approach when discussing sexual health with patients, as indicated by pre- and post-surveys.</p>
<p>Process objective #1: By mid-March 2021, a PrEP/PEP workshop for service/medical providers will be developed as documented by the creation of slides.</p>	<p>Process objective #2: By late March 2021, a measure will be available to collect data on the effectiveness of PrEP/PEP workshop through creation of pre- and post-surveys</p>	<p>Process objective #3: By April 2021, PrEP/PEP workshops will be delivered to 2-3 service sites and their staff as indicated by attendance recorded via Zoom participant list.</p>

Recommendations

The project would benefit from a more vigorous effort to promote the event on social media platforms, like Facebook, Instagram, and the Long Beach Health Department website. Additionally, fostering relationships with clinics and hospitals months before the workshop date would be beneficial to gaining a larger and more specific audience (service and healthcare providers). If the workshop takes place outside North Long Beach, tailoring statistics to the appropriate geographical area would be necessary for service and healthcare providers to understand the impact HIV is having on the communities they serve. Furthermore, having more guest speakers, like doctors who are currently prescribing PrEP/PEP and pharmacists, would convey valuable specialized information to workshop participants. Lastly, including narratives from individuals who have benefited or currently benefit from PrEP/PEP would provide a personal perspective that solidifies the benefits of PrEP/PEP.

Project Background

Social Problem Demographics and Prevalence

Elevated rates of HIV infection among the Latinx and Black population are present throughout the county of Los Angeles and the United States. Both at the county level and the national level, the rates of new HIV diagnoses were the highest for Blacks and second highest for Latinxs (County of Los Angeles Public Health, 2020; Centers for Disease Control and Prevention [CDC], 2020). According to data from the CDC, Black gay and bisexual men experienced the highest number of new HIV diagnoses in 2018 (CDC, 2020). The rate of HIV infection among Latinxs was 16.4 per 100,000 in the population that same year (CDC, 2020). Most of the new infections were among men who have sex with men (MSM), and the most prominent point of transmission was from male-to-male sexual contact (85%) (CDC, 2020). These trends are also reflected in the North Long Beach community. The city of Long Beach has over 4,500 individuals diagnosed with HIV as of 2017 (Long Beach Department of Health and Human Services [LBDHHS], 2019). Of those 4,500, 41% are Latinxs and the majority of those Latinxs are MSM (LBDHHS, 2019). Furthermore, as of 2018, 25% of persons newly diagnosed with HIV are Black. An estimated 730 Long Beach residents likely live with HIV but are undiagnosed.

Several factors contribute to the high infection rates in Black and Latinx populations. At the micro level, experienced HIV-related stigma and racial/ethnic discrimination, which may be enacted at the mezzo and macro level, deter both groups from accessing testing and treatment. This creates a racial healthcare gap related to essential services required for the reduction of HIV infections (Molina & Ramirez-Valles, 2013). At the mezzo level, relevant literature identifies a scarcity of healthcare resources in communities of color (Vaughan, Rosenberg, & Sullivan, 2014). This relates to the 90805 community since it has a sizable percentage of Latinx and Black residents

and scarce sexual healthcare resources (LBHHSD, 2019). At the macro level, federal policies may impact the accessibility of health insurance for Latinx and Black communities, in particular Latinx and Black migrants. These policies include The Personal Responsibility and Work Opportunity Reconciliation Act of 1996 and the Affordable Care Act of 2010, which require insurance applicants to attain proper legal status (Gaulecia & Hirsch, 2016).

Relevance to 90805

North Long Beach residents recognized there is an unequal distribution of resources in Long Beach that affects the 90805 community. As a result, North Long Beach was characterized by community members as lacking localized resources. This deficit was especially highlighted by the scarcity of local sexual health resources, leading the community to be described as a sexual health desert (LBHHSD, 2019). The scarcity of sites that offer HIV prevention and treatment services is of particular concern for North Long Beach since it has one of the highest numbers of HIV cases in all of Long Beach (LBHHSD, 2019).

Several demographic characteristics lead to the 90805 community being at an increased risk for new HIV infections. To begin, it is made up primarily of a racial minority population with 58% of residents identifying as Latinx and 20% as Black. Furthermore, in 2018, the median household income was \$45,878, and nearly 25% of community members were experiencing poverty (Long Beach Development Services, 2018). According to the Long Beach HIV/STD Strategy 2019-2022, low-income communities and communities made up primarily of Latinx and Black populations maintain the highest rates of HIV infections in the city.

Gaps in Services

As mentioned previously, North Long Beach severely lacks local HIV prevention services. Therefore, to promote community-wide sexual health, the Long Beach Masterminds

sought to present healthcare and other service providers with a virtual workshop educating them about PrEP and PEP. Specifically, with an emphasis on using culture affirming practices with clients/patients when discussing sexual history and candidacy for both biomedical interventions. The group's endeavor was supported by research showing an association between the effectiveness of informing providers of biomedical interventions and the increase of prescriptions for preventive medication like PrEP and PEP. For instance, a study conducted in 2019 identified a surge in prescriptions after internal medicine trainees were given a brief, focused training about PrEP and PEP (Newman et al., 2019). Community members would ultimately benefit from having access to providers who approach sexual health in a competent and culture-affirming manner.

Project Description

Project Goals/Objectives

A PrEP/PEP virtual workshop was developed to address the social problem of high rates of HIV infections in the community of 90805. After identifying that the community was one of the zip codes with the highest number of HIV cases, the group made it a project goal to help reduce these numbers. The long-term outcome objective of the *PrEPing and PEPing for the Future* project is that by May 2022, use of PrEP/PEP in 90805 will increase by 20% as evidenced by data from the Long Beach STD/HIV Surveillance Report. The intermediate outcome objective is that by February 2022, health/service providers will increase client linkages to PrEP/PEP by 30% as reflected in the quarterly report from the Long Beach Comprehensive HIV Planning Group.

To carry out project goals and objectives, the group developed a virtual workshop tailored to educate Long Beach healthcare and service providers who are likely to encounter 90805 community members as patients and clients. The project had three initial outcome objectives for the workshop. First, by April 2021, health/service providers would have increased awareness of

the prevalence of HIV infections in LB and about PrEP/PEP by 90%, as indicated by pre- and post-surveys. Secondly, by April 2021, health/service providers would have increased knowledge of culturally affirming practices crucial to discussing sexual health with patients by 75%, as indicated by pre- and post-surveys. Finally, by April 2021, health/service providers would show a 10% increase in skills needed to engage patients/clients in culturally affirming discussions about HIV and PrEP/PEP, as indicated by pre- and post-surveys.

The group had three process objectives to ensure the timely development and implementation of the PrEP/PEP workshop. First, by mid-March 2021, a PrEP/PEP workshop for health/service providers would be developed, as documented by the creation of a PowerPoint presentation. Next, by late March 2021, measurement tools would be available to collect data regarding the effectiveness of the PrEP/PEP workshop, as documented by the creation of pre- and post-surveys. Lastly, by April 2021, PrEP/PEP workshops would be delivered to two to three service entities and their staff, as indicated by workshop attendance records captured via the Zoom participant list.

Target Population/Beneficiaries

The primary beneficiaries of the PrEP/PEP workshop were health and service providers in the 90805 and surrounding zip codes. Through their participation in the workshop, they could expect an increase in knowledge about navigating the linkage process to PrEP/PEP, as well as an increase in skills needed to assess if patients/clients are good candidates for both medications. The workshop also alerted providers to the societal and cultural stigmas experienced by populations vulnerable to HIV infection, particularly people of color (POC) and the LGBTQ+ community. Along with this knowledge, providers were educated on culturally affirming practices to facilitate dialogue about sexual health and linkage to PrEP/PEP.

The secondary beneficiaries of the workshop were community members in the 90805 area who could benefit from linkages to PrEP/PEP. By having healthcare and service providers in 90805 and surrounding communities possess increased knowledge about PrEP/PEP, community members who are ideal candidates for these preventive medications would enjoy an increased chance of being linked to either medication as needed. In addition, community members would be receiving culturally affirming healthcare as they navigate the HIV continuum of care, which should increase the efficacy of services provided.

The tertiary beneficiary of the workshop was the Long Beach Health and Human Services Department. The workshop is part of the department's city-wide efforts to expand PrEP/PEP access in Long Beach, as delineated in the HIV/STD Strategy 2019-2022. The workshop specifically supports the objective to train service and medical providers on PrEP/PEP.

Community Partners

The Long Beach Masterminds collaborated with two community partners for the implementation of the PrEP/PEP workshop. One of the partners was Everardo Alvizo, who is the HIV/STD Strategic Implementation Specialist with the Comprehensive HIV Planning Group for the Long Beach Department of Health and Human Services. Alvizo helped develop the workshop by connecting the group to HIV care experts who provided knowledge and insight regarding the impact of HIV on communities of color and the LGBTQ+ community and regarding the process of navigating linkage to PrEP/PEP. He also connected the group to the LBDHHS HIV surveillance team's database to aid in the identification of health and service agencies that could potentially participate in the workshop. The second partner in the project was Carlos Ortega, who is a PrEP Navigator at AIDS Project Los Angeles (APLA). He participated in the workshop as a guest speaker providing valuable information about the PrEP navigation process.

Project Implementation

The *PrEPing and PEPing for the Future* project required several steps for its successful creation and implementation. However, critical milestones included: 1. Partnering with LBDHHS to conduct outreach and recruitment efforts 2. Collaborating with LBDHHS and their PrEP and PEP associates to develop an effective workshop presentation, and 3. Strategizing presentation evaluation methods with LBDHHS. Having the LBDHHS guide the project and provide networking opportunities was essential to the success of *PrEPing and PEPing for the Future* because recruiting collaborative partners and workshop participants proved difficult during the COVID pandemic. Specifically, because many service providers were overwhelmed with work related to COVID. Fortunately, the LBDHHS was able to provide linkage to PrEP and PEP navigators and service providers by sending emails to these individuals introducing the Long Beach Masterminds and the project to nurture collaborative efforts. Zoom meetings were then scheduled with many of these service providers, who offered insight regarding how the workshop should be structured and what information should be included to promote the HIV health needs of the community most effectively. With the provided information and additional input from the department, the workshop PowerPoint presentation was created.

After the presentation was developed, a date was established for a virtual workshop that accommodated the schedules of the Long Beach Masterminds and a PrEP navigator the LBDHH recruited to aid in the presentation. Next, LBDHHS provided the Long Beach Masterminds with a list of Long Beach healthcare providers to include in outreach efforts. Additionally, the department reviewed email and phone scripts used to reach out to potential participants. However, initial recruiting efforts were ineffective, so the LBDHHS directly recruited service providers from their list of contacts via email since the department is influential and maintains good rapport with local

service agencies and providers. The LBDHHS was responsible for sending a mass invitation for the workshop to all potential participants. Lastly, with guidance from the department, a pre- and post-workshop evaluation surveys were created to measure service providers' skills, knowledge, and attitudes associated with HIV services and the efficacy of the presentation.

The workshop was hosted on March 26, 2021 at one in the afternoon. That day, the Long Beach Masterminds met before the workshop to ensure the Zoom link worked, the presentation was ready, and other minor details. Once the workshop was in session and introductions were made, participants were sent the first survey link through the Zoom chat and time was provided for its completion. Thereafter, the PowerPoint was presented with the help of the guest PrEP navigator. Information regarding HIV infections, PrEP and PEP, barriers to HIV services, and cultural competence was provided. Subsequently, time was made for participants to ask questions about any of the aforementioned topics and a thorough discussion was held. Once the discussion ended, a link to the second survey was sent via the Zoom chat to gather data that would be compared to the data collected through the first survey. Once the second survey was completed the workshop ended and participants were dismissed. A meeting with the community partner from the LBDHHS took place to discuss the workshop and any identified successes, limitations, and areas for improvement. The workshop was recorded, and a copy of that recording was provided to the community partners for future use as Long Beach implements its HIV/Aids Strategy plan to decrease HIV cases in the city.

Project Evaluation

Pre-Test & Post-Test Surveys

The project consisted of assessing participants with a pre-test survey and post-test survey at the beginning and end of the presentation respectively. The surveys were developed through

Qualtrics, which is an online survey developing tool. Each survey included close-ended and open-ended questions. Responses for close-ended questions were collected using a five-point Likert scale. In addition, the survey tool ensured participants answered the open-ended questions by not allowing participants to end the survey unless they provided a written response. This feature helped the group obtain accurate and complete data. Consequently, both surveys were essential to measuring knowledge, skills, and attitudes before the workshop and knowledge, skills, and attitudes gained after the workshop. Participants were also asked to provide demographic information like their ethnicity and gender identity. The group additionally asked participants to provide the zip code they served and their profession type, since the workshop targeted the 90805 area and health/service providers.

The surveys were administered in English and only participants who were provided with the Qualtrics links had access to the surveys. Efforts to maintain confidentiality were made by informing participants that the surveys were anonymous, so their names were not required for completion. Furthermore, all participants completed the surveys using their own computer or laptop, which lessened the risk of their confidential information becoming available to others. Data was then interpreted through Qualtrics utilizing the data and analysis feature on the survey tool website. Once the data was collected, the group was able to interpret the findings.

Evaluation Findings

Knowledge

A total of 23 individuals participated in the workshop. Of those 23 participants, 18 were service providers and six service providers were actively prescribing PrEP to clients. Regarding gender identity, 14 participants identified as female, eight identified as male, and one identified as other. Overall, two participants identified as Asian/Pacific Islander, 17 as Latinx, three as White

(non-Latinx), and one as other. A primary goal of this project was to increase knowledge about PrEP/PEP for all participating service providers. To gather data regarding knowledge about PrEP/PEP, participants were asked if they were familiar with PrEP and PEP (before and after the workshop). Pre-test data demonstrated that only 16 participants knew about PrEP/PEP coming into the presentation. However, post-test data verified all 23 participants significantly gained knowledge about PrEP/PEP. Data demonstrated a 43.75% increase in knowledge about both medications. All things considered, the data demonstrated the workshop successfully providing participants with information required to become more knowledgeable about PrEP/PEP.

Skills

Another project goal was to increase the participants' skills to engage in culturally affirming discussions with clients regarding HIV, PrEP, and PEP. To gather data regarding skills, service providers were asked, "After participating in this workshop, how familiar are you with barriers that keep people of color or low-income individuals from accessing PrEP?" Respondents had to select an answer using a 5-point Likert scale with 1 being strongly disagree and 5 being strongly agree. Data demonstrated that participants who felt they strongly agreed were familiar with barriers people of color or low-income individuals face when accessing PrEP/PEP increased 31%.

Attitudes

As for gathering data regarding attitudes, participants were asked an open-ended question about their approach when engaging in conversations about sex, HIV, and STIs with clients. They were also asked the following, "How comfortable do you feel talking with your clients/patients about sex and HIV prevention resources?" Respondents had to pick an answer from a 5-point Likert scale with 1 being extremely uncomfortable and 5 being extremely comfortable. Data demonstrated a 20% increase in participants feeling extremely comfortable talking to their clients

about sex and HIV prevention resources. Overall, the workshop was successful because participants showed an increase in knowledge, an increase in skills and improved attitudes. The findings table, regarding knowledge, skills and attitudes can be found on page 26 of the appendix.

Literature Findings

General findings demonstrate that when an intervention like the *PrEPing and PEPing for the Future* workshop is offered to service providers, their understanding of PrEP/PEP increases substantially. These increases in knowledge, skills, and attitudes lead to more client linkages to PrEP/PEP and to increased rates of HIV-related treatment. Ultimately, a reduction in HIV cases in communities should be expected over time. Case in point, a research study demonstrated that healthcare providers who do not believe they play an important role in preventing HIV transmission among their patients and within their community (defined in the study as PrEP naïve) do not prescribe PrEP as often as their peers who believe they can help prevent the spread of HIV (John et al., 2020). Additionally, PrEP naïve healthcare providers expressed they do not have access to appropriate resources to prescribe or make patients aware of PrEP/PEP, so their experience with PrEP/PEP is lacking. (John et al., 2020). PrEP naïve providers would benefit from educational workshops explaining their potential role in preventing HIV.

Recommendations

After completing the workshop, the LB Masterminds discussed limitations, strengths, and considerations for the future development and implementation of this project. One idea included implementing the workshop with an expanded audience, including doctors; nurses; physician assistants; and nurse aides. Encompassing a larger audience made up of medical and health professionals is vital to spreading knowledge regarding barriers patients may face due to their race-ethnic identities, gender identities, and sexual preferences. In fact, feedback from workshop

participants indicated that some healthcare providers may be uninformed about the impact HIV has on Long Beach and marginalized populations (e.g. MSM). Consequently, the LB Masterminds find it necessary to address providers who are inexperienced working with patients who identify with marginalized groups (i.e. LGBTQ+ community) in culturally competent ways. In the end, the expansion of the workshop audience will ensure more healthcare providers are equipped with knowledge they need to incorporate sexual health in the routine care of their patients, conduct assessments for PrEP/PEP candidacy, and address special cultural considerations their patients require.

An additional recommendation is increasing marketing efforts for the project and any information presented by LBDHHS. During a meeting with an AIDS Health representative, marketing strategies like placing relevant phone numbers and resource information on condoms and flyers, and strategically placing these items in common areas throughout city agencies and clinics, were discussed. Likewise, it would be beneficial to promote workshop events on social media platforms, like Facebook, Instagram, and the Long Beach Health Department website to increase participant numbers. By implementing this strategy, more community members would be aware of the sexual health resources accessible to them. Moreover, it is important to note this project was conducted during a time of uncertainty due to the COVID pandemic. Therefore, it was difficult connecting with service providers identified during initial outreach efforts because they were not easily accessible through their work locations. To combat this challenge, fostering relationships with clinics, hospitals and community agencies months before workshop dates would be beneficial to gaining a larger and more specific audience (service and healthcare providers). Regardless of COVID-related hindrances, this would be an effective protocol to enact. On a final note regarding the pandemic, it is also recommended that workshops be offered in person once it

can be done safely. This allows for more intimate and engaging workshops and for opportunities to do raffles to promote attendance.

A final recommendation for the implementation of this project is expanding the *PrEPing and PEPing for the Future* workshop outside North Long Beach. While the LB Masterminds targeted the 90805 area, an expansion to other Long Beach zip codes would be more conducive to increasing awareness of PrEP/PEP for the city's service/healthcare providers. If workshops take place outside North Long Beach, tailoring statistics to the appropriate geographical area is necessary for service/healthcare providers to understand the impact HIV is having on the communities they serve. Expanding to other areas would also potentially allow access to more collaborative partners. The LB Masterminds recommend that future workshops also include guest speakers who have benefited or currently benefit from PrEP/PEP. This would provide a personal perspective that solidifies the benefits of PrEP/PEP. Overall, the project has allowed the LB Masterminds to become a part of the citywide efforts to improve the health of Long Beach residents by helping manage the HIV epidemic. There is little doubt that continuing workshops will allow for these efforts to be maximized.

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Appendices

Glossary

Term	Acronym	Definition
90805	N/A	Zip code associated with the North Long Beach area.
Aids Project Los Angeles	APLA	APLA Health is non-profit organization, whose mission is "to achieve healthcare equity and promote well-being for the LGBT and other underserved communities and people living with and affected by HIV (APLA Health, 2021).
Community Partner	N/A	Refers to Everardo Alvizo, who is a HIV/STD Strategic Implementation Specialist for the Long Beach Department of Health and Human Services
Cultural competence	N/A	Ability to understand, appreciate, and interact with people from cultures or belief systems different from one's own in an effective and accommodating manner (DeAngelis, 2015).
Human immunodeficiency virus	HIV	A virus that attacks cells that help the body fight infection, making individuals more vulnerable to other infections and diseases. It is spread by contact with certain bodily fluids of a person with HIV, most commonly during unprotected sex or through sharing injection drug equipment (HIV.gov, 2021).
Long Beach	LB	Long Beach, CA

Long Beach Department of Health and Human Health Services	LBDHHS	Local Long Beach department dedicated to improving the health of the Long Beach community for over a century. Every year the Department provides over 350,000 public health visits, 16,000 immunizations, 300,000 food nutrition vouchers, 7,800 food facility inspections, 5,400 miles of spraying for mosquitoes, 2,700 public health nurse visits and 780 recreational water tests. Over 7,000 homeless individuals are assisted with housing and other services.
Men who have sex with other men	MSM	Men who engage in sexual activities with other men.
Post-exposure prophylaxis	PEP	Medication that should be used only in emergency situations and must be taken within 72 hours after a recent possible exposure to HIV to prevent possible infection (Centers for Disease Control and Prevention, 2020a).
People of color	POC	Term used to describe persons who are not considered white as defined by racial groupings.
Pre-exposure prophylaxis	PrEP	A medicine individuals at risk of HIV take daily to prevent getting HIV from sex or injection drug use. When taken as prescribed, it is highly effective (Centers for Disease Control and Prevention, 2020b).
PrEP Naive	N/A	Healthcare providers who

		typically do not prescribe PrEP and/or take little role in HIV prevention efforts.
Sexual Health Desert	N/A	A geographical area lacking resources and services associated with sexual health.
Sexually Transmitted Disease	STD	An infection transmitted through sexual contact (vaginal, anal, oral sex) caused by bacteria, viruses, or parasites (Planned Parenthood, 2021).
The Long Beach Masterminds	The LB Masterminds	Refers to the group that developed the <i>PrEPing and PEPing for the Future</i> project.

Letter of Project Agreement

Letter of Project Agreement

Between Long Beach (LB) Masterminds and Long Beach Health and Human Services

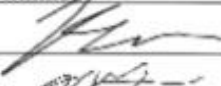
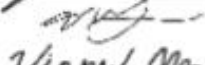
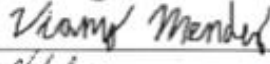
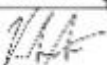

This Letter of Agreement (LOA), while not a legally binding document, does indicate a voluntary agreement to assist in the implementation of the plans described in the Event Name, a collaborative effort to educate health providers on PrEP and PEP, integrate a discussion of special considerations for POC, and promote culturally affirming practices.

PrEP workshop will be held on March 26, 2021 at 1-2:30pm. The event will be a collaborative effort between LB Masterminds and Long Beach Health and Human Services.

LB Masterminds is responsible for (1) creating an outline/timeline of the project, including a detailing of the various tasks associated with developing the project, (2) securing the participation of 2-3 health agencies in 90805 in the PrEP/PEP workshops (3) contributing to the efforts of developing a workshop and infographic that encompass PrEP/PEP education and a discussion of the importance of culturally affirming practices (4) communicating with experts in HIV preventive services to inform the development of workshops and infographic to be distributed (5) securing guest speakers for the PrEP/PEP workshops (6) confirming attendees (7) setting up the links for the virtual workshops (8) creating and administering pre- and post-surveys on the days of the workshop.

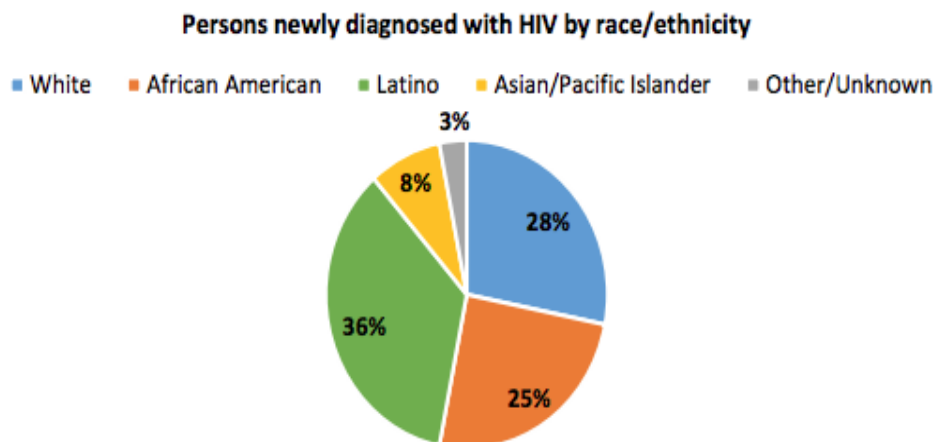
Long Beach Health and Human Services: Comprehensive HIV Planning Group is responsible for (1) connecting LB Masterminds to local agencies that can support the group's efforts to develop a PrEP/PEP workshop and infographic (2) integrating the health department's HIV surveillance team to aid in the LB Masterminds efforts to identify 2-3 health providers who would agree to participating in the PrEP/PEP workshops (3) co-facilitating PrEP/PEP workshops, as needed. This Letter of Agreement will remain in effect until two weeks after the event, March 26, 2021.

Long Beach Masterminds

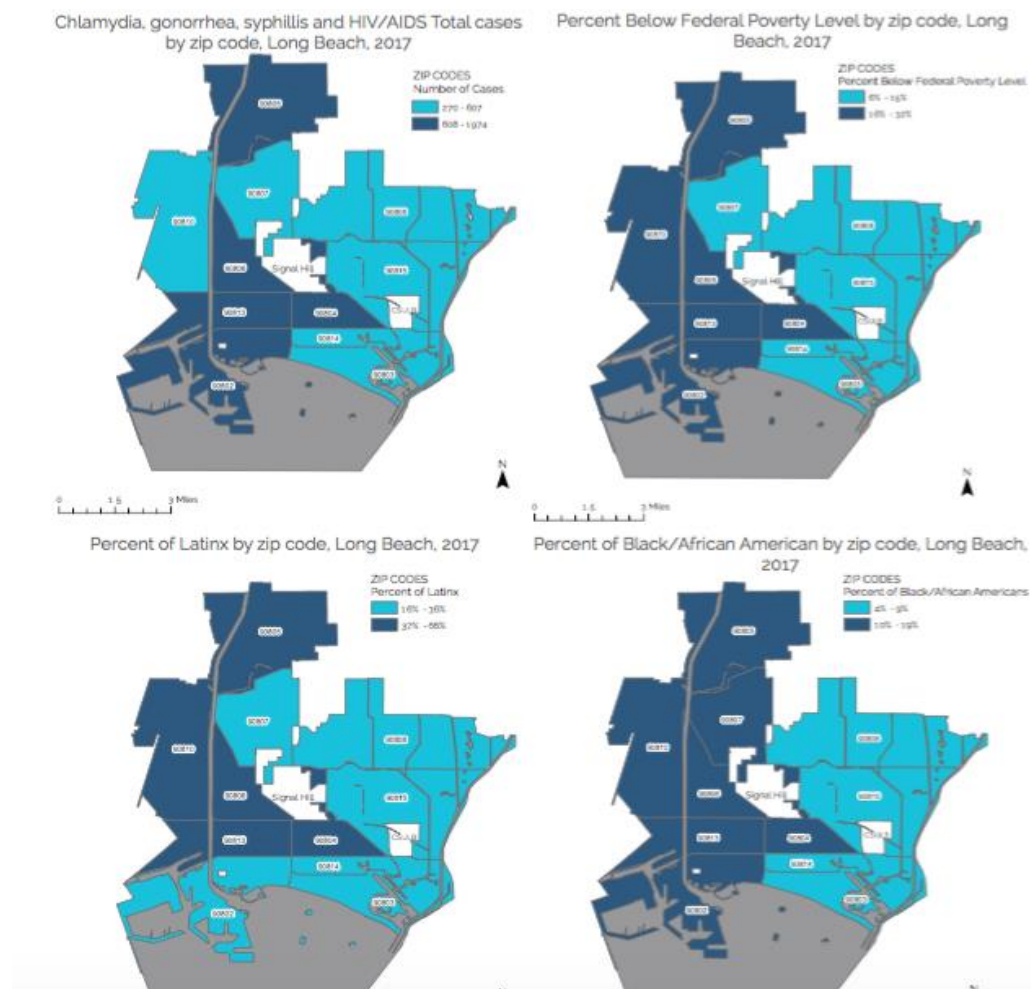
Group Name:		Date
Karen Acosta		3/22/2021
Group Member:		Date
Marlene Garcia		3/22/2021
Group Member:		Date
Viany Mendez		3/22/21
Group Member:		Date
Victor Yaquian		3/22/2021
Group Member:		Date
Everardo Alvizo, MSW		3/22/21
Long Beach Health and Human Services:		Date

LB Demographic and STD/HIV Rate Figures

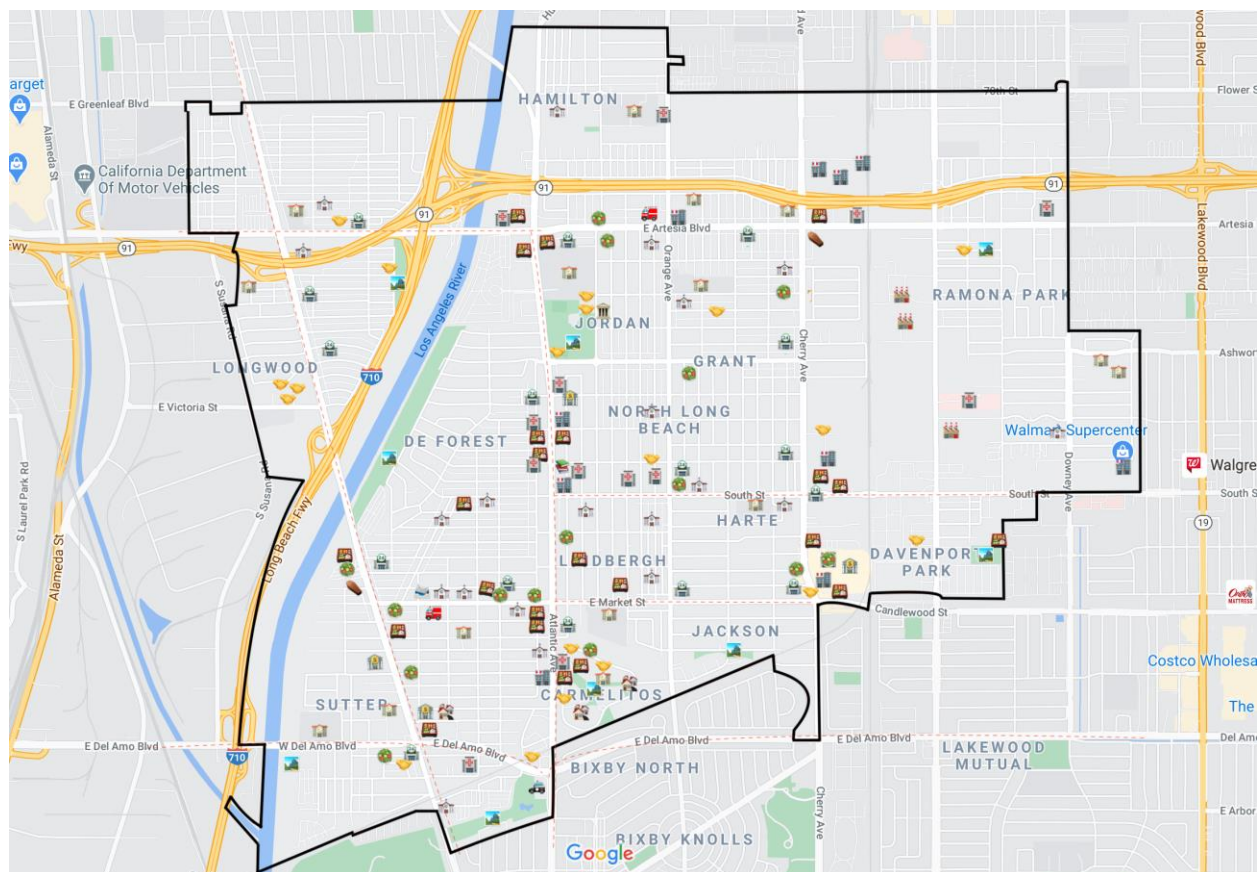
Figure 28. Persons newly diagnosed¹ with HIV Infection by demographic and transmission category, Long Beach, 2018



STD/HIV Rates in Long Beach, CA (2017)

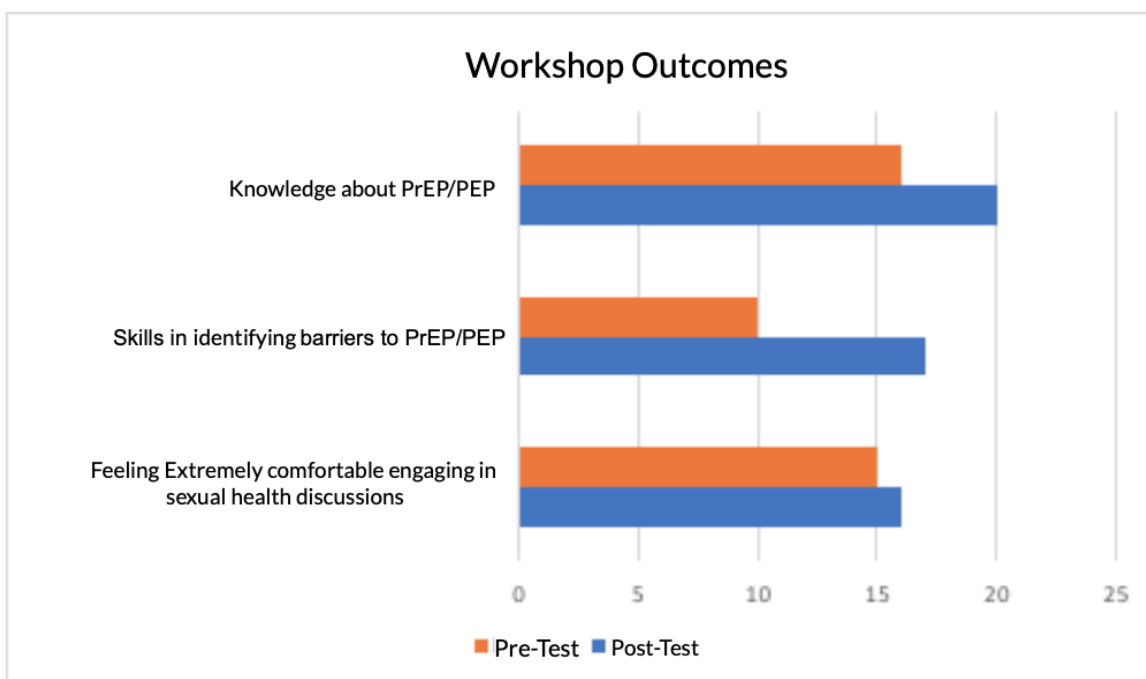


Community Map (90805)



<input type="checkbox"/>	Park	<input type="checkbox"/>	Hospitals & Clinics	<input type="checkbox"/>	Department Store
<input type="checkbox"/>	Place of Worship	<input type="checkbox"/>	School	<input type="checkbox"/>	Grocery Store
<input type="checkbox"/>	Fire Station	<input type="checkbox"/>	Bank	<input type="checkbox"/>	Fast food/ Restaurant
<input type="checkbox"/>	Police Station	<input type="checkbox"/>	Transit/ Bus Routes	<input type="checkbox"/>	Convenience Store
<input type="checkbox"/>	City Building	<input type="checkbox"/>	Housing Projects	<input type="checkbox"/>	Factory
<input type="checkbox"/>	Library	<input type="checkbox"/>	Social Service Organization	<input type="checkbox"/>	Funeral Services

Workshop Outcomes



Email Template: Potential Participants

To whom it may concern;

My name is _____; I represent a social work team from Cal State Long Beach that is currently partnering with members of the Long Beach Health and Human Services Department in an effort to reduce new HIV cases in our city. As you may know, PrEP and PEP are currently the most effective HIV prevention treatments available. Accordingly, as part of Long Beach's HIV/STD Strategy, our team is currently offering a PrEP/PEP workshop to healthcare providers in the 90805 zip code.

We are exclusively focusing on this area of North Long Beach due to the elevated rates of HIV cases affecting our residents. In our workshop, we will discuss HIV stigma, PrEP/PEP, and the importance of understanding barriers to accessing PrEP/PEP.

Please find attached the City of Long Beach's HIV/STD Strategy plan. We hope you accept our offer to be part of this critical city-wide healthcare effort!

If you have any questions or desire more information about the workshop, feel free to respond to this email or contact me at:

Warm regard,

Please see attached link for more information:

<http://www.longbeach.gov/globalassets/health/media-library/documents/planning-and-research/plans/hivstd-strategy-2019-2022/hivstd-strategy-2019-2022>

Email Template: Participants

Hello Potential Healthcare Providers/Service Providers,

We are the Long Beach Masterminds; Marlene, Viany, Karen, and Victor. We are a group of Social Work graduate students from California State University Long Beach. We have partnered with the Long Beach Health and Human Services Department to assist the city in their efforts of increasing awareness and accessibility of PrEP and PEP for people of color living in North Long Beach who are at risk of HIV infection. As a student group we have developed a project and workshop in order to assist in the city's efforts.

We appreciate your interest, as your contribution to our workshop will benefit the community at large and help in the city's efforts to increase awareness and accessibility of PrEP and PEP, potentially reducing HIV infections.

Part of our project is to provide data about the effectiveness of our intervention, our group will be gathering data by providing participants with a pre-test before the workshop and a post-test after the workshop. Please see attached for the pre-test questionnaire, it will take between 5-10 minutes to complete.

We thank you for your time and look forward to meeting with you through our workshop on (date and time).


If any question may arise please do not hesitate in reaching out to one of us our contact information is below.

Thank you,

Contact info., email, phone number

Workshop Calendar Invitation

PrEPing and PEPing for the Future

Organizer	 Viany Mendez	Sent Tue 3/23/2021 12:10 PM
Time	Friday, March 26, 2021 1:00 PM-2:30 PM	
Location		
Response	 Accepted Change Response	

PrEPing and PEPing for the Future

The team from the School of Social Work at California State University, Long Beach in partnership with the Long Beach Health and Human Services Department invites you to join our conversation about PrEP/PEP in the community of North Long Beach.

In this workshop we will discuss:

- Accessing PrEP/PEP
- Unique barriers for communities of color to accessing PrEP/PEP
- Strategies for community providers and members to foster an environment that stands up to HIV stigma

Join us in this city-wide effort to increase awareness about PrEP and PEP and reduce the number of new HIV cases. We look forward to you joining our conversation and sharing your experiences and insights.

Date: Friday, March 26, 2021

Time: 1:00pm-2:30pm PST

Topic: PrEPing and PEPing for the Future

Time: Mar 26, 2021 01:00 PM Pacific Time (US and Canada)

[Join Zoom Meeting](#)

Evaluation Surveys

Pre-Test Questions

Instructions: Please select one response per question

1. Gender Identity:

Male	Female
Transgender	Gender Neutral
Non-Binary	Agender
Pangender	Genderqueer
Two-Spirit	Other (please specify) _____
2. Ethnicity:

American Indian/ Native American	Asian/ Pacific Islander
Black/ African American	Latinx/ Hispanic
White (non-Hispanic)	Not Listed (please specify) _____
3. What zip code do you service? _____
4. Are you a service provider? Yes/No (if no, skip to question #10)
5. Are you/your clinic currently prescribing PrEP? Yes/No
If not, specify reason: _____
6. If prescribing PrEP, how many PrEP patients do you currently have? (Fill-in response) _____
7. Are you providing services to patients who are considered at risk of an HIV infection?
Yes/No
8. Please provide an estimate of the number of referrals you/your clinic make for patient sexual health services (e.g. STD screening, HIV testing)? (Fill-in response) _____
9. PrEP is a preventive medication to reduce the risk of an HIV infection. How comfortable do you feel talking to your patients about PrEP?
(1) Extremely uncomfortable (2) Somewhat uncomfortable (3) Neutral (4) Somewhat comfortable (5) Very comfortable
10. Do you know about PrEP? Yes/No
11. How comfortable do you feel talking to your clients/patients about their sexual history/risk?
(1) Extremely uncomfortable (2) Somewhat uncomfortable (3) Neutral (4) Somewhat comfortable (5) Very comfortable
12. The Latinx and Black population in Long Beach combined make up more than half of the

total number of persons newly diagnosed with HIV.

True/False

13. Taking PrEP every day consistently can reduce the risk of acquiring HIV by over 90%

True/False

14. Clients/patients interested in PrEP can only get it if they have insurance.

True/False

15. I am familiar with barriers that keep people of color or low-income individuals from accessing PrEP?

(1) Strongly disagree (2) Disagree (3) Neutral (4) Agree (5) Strongly agree

Post-Test Questions

Instructions: Please select one response per question

1. Gender Identity:

Male

Female

Transgender

Gender Neutral

Non-Binary

Agender

Pangender

Genderqueer

Two-Spirit

Other (please specify) _____

2. Ethnicity:

American Indian/ Native American Asian/ Pacific Islander

Black/ African American Latinx/ Hispanic

White (non-Hispanic) Not Listed (please specify) _____

3. What zip code do you service? _____

4. Are you a service provider? Yes/No

5. After participating in this workshop, do you feel you know more about PrEP? Yes/No

6. After participating in this workshop, how comfortable do you feel talking to your clients/patients about their sexual history/risk?

(1)Extremely uncomfortable (2) Somewhat uncomfortable (3) Neutral (4) Somewhat comfortable (5) Extremely comfortable

7. PrEP is a preventive medication to reduce the risk of an HIV infection. After participating in this workshop, how comfortable do you feel talking to your clients/patients about PrEP?

(1)Extremely uncomfortable (2) Somewhat uncomfortable (3) Neutral (4) Somewhat comfortable (5) Very comfortable

8. The Latinx and Black population in Long Beach combined make up more than half of the total number of persons newly diagnosed with HIV.
True/False
9. Taking PrEP every day consistently can reduce the risk of acquiring HIV by over 90%.
True/False
10. Clients/patients interested in PrEP can only get it if they have insurance. True/False
11. After participating in this workshop, I am familiar with barriers that keep people of color or low-income individuals from accessing PrEP?
(1) Strongly disagree (2) Disagree (3) Neutral (4) Agree (5) Strongly agree
12. How will you approach discussions about sex, HIV, PrEP/PEP with your clients/patients moving forward?

Workshop Presentation



PrEPing and PEPing for the Future in North Long Beach (90805)

Long Beach Masterminds

Karen Acosta, Marlene Garcia, Viany Mendez, & Victor Yaquian Aldana

California State University, Long Beach School of Social Work
May 2021

Project Description

- The proposed intervention sought to spread PrEP and PEP awareness and increase access to PrEP and PEP services to people of color living in North Long Beach who are at a higher risk of HIV infection
- The team organized a virtual workshop to distribute information on HIV prevention to health and other service providers through a social work lens and an emphasis on how to communicate with clients about sexual health
- The workshop was facilitated in collaboration with the Long Beach Health and Human Services Department and with the support from an AIDS Project Los Angeles (APLA) PrEP Navigator
- The intervention's emphasis on PrEP and PEP stems from research findings indicating that PrEP and PEP are the most effective methods of HIV prevention for individuals and groups at increased risk of HIV infection (CDC, 2020). Specifically, both PrEP and PEP are significantly effective at preventing HIV infection among individuals who experience condom use fatigue, regularly have unprotected sex, and/or participate in hazardous drug use behavior

Community Assessment

As of 2017, 4,520 LB residents have been diagnosed with HIV

- An estimated 730 LB residents likely live with HIV but are undiagnosed
- Data from 2017 shows 90% of LB residents living with HIV were male and 80% were MSM
- Of all new LB HIV diagnoses, 92% were men, 67% were MSM, and 41% were Latino (Long Beach Health and Human Services Department, 2019)

Why Service Providers?

- Service providers were targeted because they directly provide PrEP/PEP services and/or facilitate linkage to PrEP/PEP

90805 DEMOGRAPHICS

Race/Ethnicity

- 58% of the population is Hispanic/Latinx, and 20% Black

Citizenship

- 69% are native-born
- 17% not a U.S. citizen

Insurance

- 12.4% of adults 18-64 are uninsured

Educational Attainment

- 30% have achieved less than a high school diploma

Income & Poverty

- The median household income was \$45,878
- 24% of people living in poverty

Sexual Health Statistics

- Community of 90805 has the highest number of STD cases in Long Beach
- The community is considered a sexual health desert due to lack of access to services

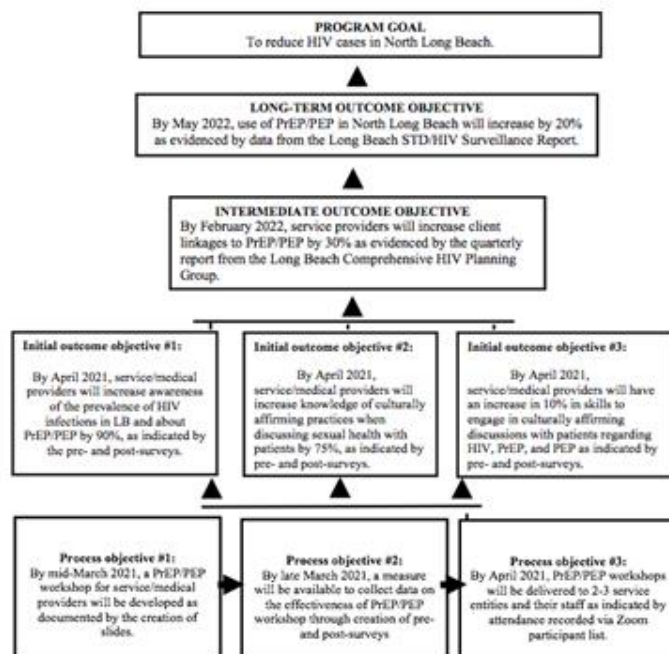
(Long Beach Development Services, 2018; California Health Interview Survey [CHIS], 2016)

Community Partners

- The project's primary partner was the Long Beach Department of Health and Human Services: Comprehensive HIV Planning Group
 - Everardo Alvizo, HIV/STD Strategic Implementation Specialist, was integral in the development and implementation of the project
- AIDS Project Los Angeles (APLA) PrEP Navigator, Carlos M. Ortega, provided exceptional insight on the PrEP navigation process



Project Implementation



Methods of Evaluation

To measure the efficacy of the online workshop; pre- and post-surveys were administered:

- Surveys were administered through Qualtrics online and the link was sent to participants before and after the workshop
- Surveys included close ended and open ended questions with responses provided through Likert scales
- The survey measured:
 - Knowledge about HIV infections in LB, PrEP/PEP, and awareness of barriers to HIV continuum of care
 - Changes in attitudes about PrEP/PEP and on having discussions about sexual health/history with patients/clients
 - Increase in skills to initiate and carry out discussions about sexual health and resources

Survey question sample:

11. After participating in this workshop, I am familiar with barriers that keep people of color or low income individuals from accessing PrEP?

(1) Strongly disagree, (2) Disagree, (3) Neutral, (4) Agree, (5) Strongly agree

Summary of Key Findings of Evaluation

Demographics of workshop participants:

- n = 23
 - Eighteen of the participants were service providers
 - Six providers were currently prescribing PrEP
- By the end of both workshops, all participants had a foundational knowledge about the impact of HIV infections on the city of Long Beach and about PrEP
 - Service providers showed increased skills in identifying barriers to PrEP/PEP access and in approaching clients/patients in a culturally affirming manner
 - Responses to attitudes regarding discussions on sexual health indicated an increased openness to having these discussions with patients/clients

"with an open heart... and showing the way.."

"Be open to talking about it and be mindful of screening for risks and needs"

Table of Results of Evaluation



Future Recommendations & Implications

Micro Level

- Having more guest speakers, like doctors who are currently prescribing PrEP/PEP and pharmacists, would convey valuable information to workshop participants
- Including narratives from current/past clients who have benefited from PrEP/PEP would provide a personal perspective that solidifies the benefits of PrEP/PEP

Mezzo Level

- Building relationships with clinics and hospitals months ahead of the workshop date would also be beneficial to gain a larger and more specific target audience of service and health care providers

Macro Level

- The project would benefit from a more vigorous effort to promote the event on social media platforms, like Facebook, Instagram, and the Long Beach Health Department website
- If the workshop takes place outside the 90805 zip code, tailoring statistics based on the appropriate area would be beneficial for service and healthcare providers to understand the impact HIV is having in their direct area

Policy, Research, & Practice

- This project assists and furthers local city efforts implemented by the Long Beach Department of Health and Human services through their Comprehensive HIV Planning Group to develop and implement the Long Beach HIV/STD Strategy 2019-2022, which seeks to reduce the number of HIV and STD Infections in the city

Acknowledgements

Thank you!

Everardo Alvizo, HIV/STD Strategic Implementation Specialist, from Long Beach Department of Health and Human Services for your dedication and time

Carlos N Ortega, PrEP Navigator at APLA Health for your insight during our workshop

Thank you!



Marlene Garcia

Long Beach Masterminds



Victor Yaquian Aldana



Karen Acosta



Viany Mendez

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