

# I Will Survive: Resilience, Assertiveness, and Self-Care in the Face of HIV

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# Iris House: Mission

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Iris House saves lives through comprehensive support, prevention, and education services for women, families, and underserved populations affected by HIV/AIDS and other health disparities in a safe, family-centered environment by passionate, professional, and culturally competent staff.



# Iris House: Testing

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- Free, walk-in rapid testing at all Iris House locations
- Mobile testing
- Medical care linkages and escorting



# Iris House: A Comprehensive Approach to HIV Care

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- Biopsychosocial approach to treatment and care
- Meeting clients where they're at
  - Home and community based services



# HIV: A Woman's Experience

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- 1 in 4 people living with HIV in the United States is a woman
- Lack of resources and information specifically for women
- Stigma and misogyny
- Lack of representation
- Socialization and prioritizing others over oneself



# Emotional Wellness Groups

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- Providing women with a safe space and a social support network
- Peer-driven interventions
- Sister to Sister
- Women's Therapeutic Group
- Just for Us
- WILLOW



# Nutrition and Exercise

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- 1) Helping the immune system fight infection
  - 2) Preventing common comorbidities
  - 3) Improving mood and attitude
- Emergency food pantry
  - Hot lunches for clients
  - Lifestyle education -- increasing self-efficacy



# Religion and Spirituality

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- Community and existential peace
- Combating stigma in the religious community
  - Leading Ladies/Train the Trainer Program
  - Faith-Based Initiatives





# Holistic Approaches

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- Massage therapy
- Herbal remedies
- Yoga and meditation
- Art and music therapies



# Conclusion

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- Questions
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