

# Transformation: Engagement and Capacity Building – PHAs Living their Dreams

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Shaping Frontline Services to meet Needs: Programs that Can Change Lives.  
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**CHANGING THE COURSE** OF THE  
**HIV PREVENTION, ENGAGEMENT** AND  
**TREATMENT CASCADE**

- The Dreaming and Opportunities program at PWA recognizes that:
  - In the early years of the epidemic, PHAs gave up on life and their dreams,
  - PHAs are now living longer given there is increased access to needed medication,
  - There is an increased desire to reconnect to dreams or identify new dreams /goals,
  - All people have the capacity to learn, grow and dream.

- The dreaming program utilizes a multidisciplinary format which aids PHAs on their exploration of achieving their dreams and life goals.
  - There is a 12 hours dreaming workshop with a focus on;
    - Attracting the life you want
    - What are dreams?
    - Resistance
    - Self discovery
  - One –on- one coaching session
  - Peer support group – “Dream Team”
  - PHAs are engaged in an intense 6 months supportive program around establishing and achieving their dreams.

- The process of the dreaming program focuses on;
  - Self-care
  - Food and income security
  - Holistic wellbeing
- Examining the issues faced by PHAs , including barriers to health, stigma, discrimination and oppression.
- Encouraging participants to identify their role in their current situation and take ownership and action over it, while also connecting personal issues to the broader social context.

- Success

- Of the first 12 participants in the program, 10 individuals are actively pursuing their dreams and aspirations and have been making significant strides. Some of these achievements are

- Enrolled in colleges
- Employed
- Improve financial management
- Increase medication adherence
- Maintaining harm reduction goals
- Consistency in maintaining self care
- new and different outlook at life

- We have a more robust and vibrant volunteer team with volunteers eagerly sharing and encouraging others to participate in the program

## Lesson learnt

In an environment of hope, transformation takes place, behaviours change and PHAs become more accountable to themselves, increasing their sense of self-worth and efficacy.

- Challenges and recommendations

- Program growth surpassing the available human resources within the organization.
- Other ASOs should consider working with marginalized PHAs to explore their dreams and aspirations in a structured and supportive format.
- This program should be documented as a best practice in GIPA / MIPA