



PROGRAM SUMMARY REPORT

# Community Health Awareness Group

**PROGRAM:****Project Healthy “U” (U= Undetectable, Untransmittable, Undefeated)**

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**INTRODUCTION:**

The Project Healthy “U” (U= Undetectable, Untransmittable, Undefeated) is an educational initiative by the Community Health Awareness Group designed to support people living with HIV. The initiative was created in response to insights from the FY22 Quality Project, the program addresses the ongoing needs of individuals who are not newly diagnosed but struggle with viral load management, appointment adherence, stigma, and other barriers to care. This six-week education program includes sessions on HIV progression, medication management, and strategies for overcoming stigma, empowering clients to achieve healthier lives.

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**TARGET POPULATION:**

The program serves diverse and key populations, ensuring that high-risk and underserved groups receive targeted interventions. The key population is Long Term Survivors (LTS).

- Men who have sex with men (MSM)
- Black/African American
- Hispanic/Latinx
- People who inject drugs
- People living with HIV (PLWH)
- Spanish Speakers
- Women and aging population
- Transgender/Nonbinary individuals

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**KEY STAKEHOLDERS AND COLLABORATORS:**

- Community- Based Organizations (CBOs)
- Local Health Department
- Aging and Disability Services

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**PROGRAM DURATION:**

The Healthy U program spans 1-2 years, with clients attending twice-weekly sessions over a six-week period.

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**PROGRAM GOALS AND KEY ACTIVITIES:**

The program's primary goal is to enhance clients' ability to navigate the HIV care continuum effectively. Through skill-building and knowledge-sharing sessions, clients increase their understanding of HIV, learn medication management strategies, and address personal and societal barriers to care. Participants meet twice weekly for three-hour sessions, where knowledge is assessed regularly, and viral load is monitored.

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**PROGRAM CHALLENGES:**

One of the core challenges identified is the enduring stigma surrounding HIV, which often leads long-term survivors to remain psychologically anchored at the time of their diagnosis. Many clients rely on outdated information or carry deep-rooted fears regarding their health, medication, and stigma. The program actively works to dispel myths and provides current information and resources to overcome these challenges.

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**COMMUNITY ENGAGEMENT AND DEVELOPMENT:**

The program fosters strong community involvement by engaging Community Advisory Boards, conducting surveys, and utilizing insights from quality initiatives to continually improve and tailor its contributions.

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### **DATA COLLECTION AND MONITORING:**

The program Healthy U uses tools like Kahoots!, Careware, and My Healthy U Plan to collect data at key points throughout the program.

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### **KEY METRICS AND OUTCOMES:**

Attendance, knowledge retention, and changes in viral load are closely monitored. Initial client feedback has been positive, indicating increased feelings of community support, improved adherence to medication, and decreased viral loads.

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### **CONCLUSION:**

Project Healthy U is a targeted, skill-building initiative that empowers long-term survivors with the knowledge and community support necessary to manage HIV effectively. Despite challenges posed by stigma, the program's community-centered approach educational focus has proven to be valuable in reducing barriers to care and enhancing client outcomes.