



PROGRAM SUMMARY REPORT

# Wayne State Horizons Project EHE Thrive

**PROGRAM:****Wayne State Horizons Project EHE Thrive Support Group**

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**INTRODUCTION:**

The Wayne State Horizons Project EHE Thrive Support Group (EHE THRIVE) was established to address the specific needs of young adults living with HIV from birth (perinatal PLWH). These individuals face unique health and social challenges, including stigma, adherence difficulties, medication resistance, and an aversion to treatment, which negatively impact their health outcomes. EHE THRIVE aims to create a supportive community for perinatal PLWH, providing a safe space where they can connect with others who share similar experiences, feel understood, and build resilience.

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**TARGET POPULATION:**

The program serves diverse and key populations,

- People living with HIV (PLWH)
  - Black/African American
  - Youth
  - Aging Population
  - Other affected groups
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**KEY STAKEHOLDERS AND COLLABORATORS:**

- Wayne State University
  - Local and community health organizations
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**PROGRAM DURATION:**

The program is designed to run for 1-2 years, with a focus on ongoing support-based feedback and evolving needs.

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**PROGRAM GOALS AND KEY ACTIVITIES:**

The EHE THRIVE support group's primary goal is to address social determinants impacting the perinatal PLWH population, specifically targeting factors like stigma, shame, and treatment aversion that hinder engagement in care. The group meets twice monthly under the guidance of trained facilitators, offering a space to discuss challenges related to living with HIV from birth, managing lifelong medication, and coping with social stigma.

Meeting formats include participant-led discussions and guest speakers covering topics like mental health, dating, mindfulness, and social support. In response to the pandemic, meetings are held both virtually and in person, with outdoor sessions when possible, and the group remains flexible to accommodate member's needs.

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**PROGRAM CHALLENGES:**

The initiative faces challenges in coordination meeting times to accommodate member's schedule, balancing school, and work commitments, and addressing transportation barriers for in-person activities. Additionally, administrative processes at Wayne State have required ongoing learning and adaptation by staff. The initiative also learned and highlight the importance of flexible scheduling and tailored support, with an emphasis on addressing the unique histories and shared experience of perinatal PLWH.

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**COMMUNITY ENGAGEMENT AND DEVELOPMENT:**

EHE THRIVE has been shaped by participant feedback, with initial focus group insights in 2021 guiding the program's direction. Participants expressed strong needs for a space that reflects their unique experiences, such as growing up with HIV and managing lifelong treatment. To support these needs, EHE THRIVE now conducts continuous outreach, holding monthly in-person and virtual sessions that encourage open discussions, peer support, and connection.

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### DATA COLLECTION AND MONITORING:

Group leaders manage attendance records on a spreadsheet, while participant satisfaction is periodically measured through Wayne State University's Qualtrics program. Additionally, the program collects medical data through Careware.

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### KEY METRICS AND OUTCOMES:

The program monitors its progress through the following metrics:

- Attendance rates
- Participant satisfaction levels
- Increased engagement in care

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### CONCLUSION:

The Wayne State Horizons Project EHE Thrive Support Group addresses the critical need for targeted support among perinatal PLWH, helping them build resilience and engage in care. By fostering a safe, understating community, EHE THRIVE empowers participants to navigate complex health and social challenges unique to their experience, contributing to improved health outcomes and ongoing well-being.