

August 2021

QMAC NEWSLETTER

Quality Management Advisory Committee Newsletter

Produced by the Communications Subcommittee

ADDRESSING HEALTH EQUITY AT THE PROVIDER LEVEL

The Three Rivers Health District (TRHD) Ryan White (RW) Clinic provides a continuum of HIV wrap-around services for adults living with HIV in the ten counties that make up the health district. TRHD is geographically located in the Eastern Health Region of Virginia. The Three Rivers Health District encompasses an area of over 2,000 square miles. The population of the district is approximately 142,000 and 9 of the 10 counties are considered medically underserved by the Health Resources and Service Administration (HRSA). The district faces many health equity challenges unique to rural areas. One of those challenges is the low number of health care and dental providers within the district that are taking new clients or taking new clients that have Medicaid insurance plans. This restricts clients to the number of care providers in their locality and results in clients having to travel outside of their locality to receive medical and dental care, which can take several hours. Three Rivers clients also have challenges with limited internet and WIFI access. Many areas have “dead spots” for WIFI and internet connection. The pandemic highlighted consumer access to internet services due to the need to access services through telehealth. Many of our clients live in small town communities where confidentiality can be broken. Small town gossip creates stress about possible stigma and everyone knowing about the client’s HIV status. This stress increases isolation, which also increases the potential for substance use and abuse. Clients can fall back into habits that are detrimental to their physical and mental health. There are a limited amount of support groups and mental health providers in the district for mental health services. Post pandemic has resulted in most mental health providers being at capacity and unable to take on new clients. There are a limited number of community support groups within the district. Many communities lack staff and interest in providing support groups for any individual in need. Three Rivers Health District faces many health equity challenges and must be creative when assisting clients with finding the resources to allow for the best health outcome in the end. With these challenges also comes partnerships and learning about resources in the rural communities that may be available.

-by Karri Murphy, Public Health Nurse Senior/ Ryan White Interim Program Supervisor, Three Rivers Health District



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Not everything
that is faced can
be changed, but
nothing can be
changed until it
is faced.
-James Baldwin

SUBCOMMITTEE UPDATES

Capacity Building Subcommittee

The Capacity Building committee is working on developing an action plan that tailors to new and existing QMAC members. The committee is focused on facilitating orientations that assist new members with the intricate processes of QMAC as well as a refresher for active members.

To offer the best Quality Management training process Capacity Building will work on training needs throughout the grant year. Capacity Building will be nominating a new Co-Chair as Beverly steps down from a leadership position. We would like to thank her for her dedication to the committee and its goals.

Quality Improvement Subcommittee

The QI Subcommittee has been finalizing a VACAC Ryan White Consumer Involvement Questionnaire to be given out across the State

Data Subcommittee

The QMAC Data Subcommittee has had a very busy past quarter focused primarily on finalizing the five-part Consumer Data Training Series, which will tentatively rollout in June. It has been very exciting to see it take shape and there has been a dedicated cohort of Data Subcommittee members who have helped make it possible. Consumers and other members of the Data Subcommittee will facilitate the training series with five 30-minute presentations and will initially present the sessions live. Each session will be recorded with plans to upload the whole series to Glasscubes for any consumers, current, or future, who may have missed the series and might benefit from this information in the future. It will be focused on helping Ryan White consumers have a better understanding on how their data is collected and used and why will have lasting benefit to our State-wide Ryan White consumers.

VACAC Subcommittee

The VACAC has been creating topics for educational forums to be conducted throughout the state/virtually for any interested persons living with HIV to attend.

Upcoming Quality Management Activities

Event	Date	Location	Notes
VACAC Quarterly Training	August 24 th , 2021	Virtual	Topic: Cabenuva
VACAC Quarterly Training	October 26, 2021	Virtual	Topic: Mental Health after COVID-19
QMAC Quarterly Meeting	November 17, 2021	Virtual	
VACAC Quarterly Training	January 18, 2022	Virtual	Topic: Intimate Partner/Domestic Violence
QM Summit	February 16-17, 2022*	Virtual	
Case Management Summit	March 4 - 5, 2022	Virtual	

Questions about Bankruptcy?

Take this 'Is Bankruptcy Right For Me' screening <https://www.isbankruptcyforme.org/> to determine whether it is the right time to file for bankruptcy. Follow the prompts to input information regarding your particular financial circumstance.

At the end, the screening will recommend whether you should, or should not, contact an attorney about filing bankruptcy now. If the screening recommends you file bankruptcy right now, then it will explain why you should.

Have more legal questions? Check out: <https://virginia.freelegalanswers.org/>

– A free, fast, and easy service for Virginians who cannot afford a lawyer. The site can be accessed from any device anywhere, even at your public library. There is no cost to you to post your question or to receive an answer.

-Legal Services of Northern Virginia



The Status of Consumer Advisory Boards (CABs) and Support Groups As the World Opens Back Up

The majority of agencies across the state continue to host virtual CAB and Support Group meetings for clients.

Some agencies are offering both in-person and virtual options. Many other agencies are going to go back to in-person meetings as more people become vaccinated for COVID. Many regions in the state are finding it hard to have virtual CAB meetings because of timing and the lack interest as well the consumers/providers facing technical challenges to Zoom and other platforms.



Want to contribute to the QMAC Newsletter?

Contact Communications Co-Chair Brittney Jones at:



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ADDRESSING HEALTH EQUITY AT THE PROVIDER LEVEL

BY ASHLEY PEVIA-NOVASALUD

Across the United States, health disparities are persistent in minority communities. With raising rates of immigrants in the United States, health disparities are continuing to affect these individuals.

NovaSalud is a nonprofit organization located in Falls Church, Virginia. Northern Virginia's diverse population comprises of 47% immigrants and 16% of those are Hispanic/Latinx. NovaSalud's mission "is to improve and strengthen the health and well-being of our diverse Northern Virginia Community through culturally competent language, and appropriate STD and HIV/AIDS services; including HIV testing and prevention education free of charge for all."

NovaSalud continues to improve Health Equity efforts by making it an organizational strategic priority. NovaSalud provides a team of diverse and inclusive staffing. Eighty-eight percent of staff is bilingual and 100% of staff is ethnically diverse. The Ryan White program consists of 80% Spanish only speaking clients and is supported by three bilingual community health workers. Events in the year 2020 has really affected minority groups and highlighted how difficult it can be to access needed services. NovaSalud's community health workers work diligently to assist Northern Virginia's diverse population. NovaSalud's Prevention program continues to provide culturally competent free HIV and STI testing. Clients have shared, they find discomfort engaging with some health providers in a hospital setting and feel at ease in a more intimate setting with our diverse staff.

NovaSalud's continuous health equity efforts means assisting in increasing opportunities for Northern Virginias diverse population and support everyone to live a healthy life, no matter where they come from.

