

Self-Management Training Workshop to be held over four Fall sessions!

A Self Management Training (SMT) workshop will be offered this Fall. The workshop is designed for people living with HIV/AIDS who want to better manage their HIV health care. A combination of information, skills building and peer mentorship (if desired) offer a unique opportunity to learn and grow in a safe, fun and confidential setting. Individuals who have recently been diagnosed HIV+, as well as anyone who is wishing to better manage their HIV health care, will find this training especially helpful.



The workshop is formatted into four half-day segments Saturday mornings. The dates will be August 28th, September 11th, 18th and 25th from 8:30 a.m. until noon. All sessions will be held at the Gill Foundation, 315 East Costilla, Colorado Springs — except for the September 18th session which will be held at the S-CAP office.

- The first session August 28th will cover Participant Introductions, Expectations, a discussion and history of the Self Empowerment Movement and Tips for Success with Health Care Providers.
- The second session September 11th will cover Ways to Improve Communication, a review of HIV Basics and Understanding Lab results.
- The third session on September 18th will cover Understanding Medications and a discussion of Staying Healthy with HIV including Nutrition, Substance Abuse, Lifestyle and Stress Management.
- The last session on September 25 will cover a discussion of how HIV affects Mental Health. A discussion on Action Planning will also be included. The “Action Planning” can be used as a tool to help improve and measure one’s success with self management. It is best implemented with a “mentor.”

It is strongly recommended that participants complete all four segments in a row, but makeup sessions may be made available. Certificates will be awarded to participants who complete all four segments. The SMT workshop is a pre-requisite for individuals who wish to complete the Peer Mentor Training (PMT) workshop to become Peer Mentor.

S-CAP Clients from outside El Paso County who would like to attend are encouraged to contact Linda Lorraine (Pueblo – 719-924-8925) or Leslie Wirpsa 719-578-9092) about carpooling and other transportation assistance.

All HIV+ persons are welcome (need not be clients of S-CAP) - Confidentiality agreements and SMT applications are required. All participants (including trainers) are HIV+ (peers). For more information, contact your case manager or Leslie Wirpsa (719) 578-9092, extension 130 or lwirpsa@s-cap.org.

