

A STRESSFUL DIAGNOSIS

STRESS, HIV/HCV AND THE RE-ACTIVATION
OF PTSD

WELCOME!

- TODAY WE WILL EXPLORE YOUR RELATIONSHIP WITH FOLKS WHO HAVE HIV AND OR HCV AND POST TRAUMATIC STRESS DISORDER, ONE OF MANY ANXIETY AND MOOD DISORDERS AFFECTING THIS COMMUNITY.
- TO EMPOWER THOSE OF YOU ON THE 'FRONT LINE' OF GIVING CARE AND TREATMENT TO FOLKS WHO ARE DUAL OR TRI DIAGNOSED.
- TO EMPOWER THOSE FOLKS WHO ARE ON THE 'FRONT LINE' OF THEIR LIVES LIVING WITH THEIR INDIVIDUAL MENTAL HEALTH NEEDS WHILE BEING DUAL OR TRI DIAGNOSED.

PTSD STRESS AND CHOICE

- **PTSD AND STRESS HAVE EFFECTS ON THE CHOICES AVAILABLE TO US, INCLUDING HOW WE ACT ON THOSE CHOICES.**
- **PEOPLE IN MARGINALIZED COMMUNITIES WHO DEAL STIGMA EVERY DAY OFTEN HAVE LIMITED CHOICES WHICH CAN EXACERBATE MENTAL ILLNESS.**
- **HIV/HCV AND ANY ONE WHO HAS A DUAL OR TRI DIAGNOSIS WILL BE PROFOUNDLY IMPACTED BY TRAUMA. PTSD AFFECTS THE INDIVIDUAL HEALTH JOURNEY OF THESE FOLKS.**
- **ADHERENCE TO MENTAL HEALTH MEDICATIONS AND HIV AND HCV MEDICATIONS CAN BE VERY DIFFICULT WHEN PEOPLE ARE ILL. PREPARING BEFOREHAND TO BALANCE ANY MENTAL HEALTH ISSUE BEFORE RECEIVING POWERFUL HIV/HCV TREATMENTS WILL HELP FOLKS MANAGE THEIR LIVES WITH DIGNITY.**

PTSD SYMPTOMS AND CAUSES

- **RE-EXPERIENCING SYMPTOMS**
- **AVOIDANCE SYMPTOMS**
- **HYPER-AROUSAL SYMPTOMS**
- **IS EVERY SYMPTOM NECESSARY FOR A PTSD DIAGNOSIS?**

PTSD EFFECTS ON HIV/HCV

- **ADHERENCE TO MEDICATIONS**
- **MORE HEALTH PROBLEMS**
- **ADDICTION**
- **IMMUNE FUNCTION**
- **MENTAL HEALTH ISSUES**
- **STIGMA AND MARGINALIZATION**

PTSD RE-ACTIVATION WARNING SIGNS

- CHANGES IN HOW YOU THINK
- CHANGES IN MOOD
- CHANGES IN YOUR BEHAVIOR
- “NOTHING MATTERS ANY MORE”
- WHAT ARE YOUR CLIENT/PATIENT’S WARNING SIGNS?
- EDUCATION IS VITAL FOR SUCCESS IN TREATMENT

PTSD THE DAY TO DAY REALITIES

- **PTSD AFFECTS OUR ABILITY TO DEAL WITH STRESS RENDERING THE MIND AND ITS PROCESSES AS DAMAGED, OR DYSFUNCTIONAL. IT'S HARD TO CREATE A LIFE IF YOU FEEL YOU HAVE NO CHOICES AVAILABLE.**
- **IT'S HARD TO TRUST AFTER YOU HAVE BEEN ABUSED OR SUFFERED TRAUMA(S).**
- **IT'S HARD TO LIVE A FULL LIFE IF YOUR BODY DEMANDS FULL ATTENTION EVERY DAY, AND/OR YOU LIVE IN THE FACE OF IMPENDING ILLNESS.**
- **DIAGNOSIS OF A CHRONIC CONDITION CAN ITSELF BECOME A TRAUMA.**

PTSD

DISTRESS SYMPTOMS IN FOLKS WITH HIV OR HCV

- **HYPOCHONDRIA**
- **OCD**
- **ISOLATION**
- **PARANOIA**
- **CO-EXISTING PERSONALITY OR MOOD DISORDERS**

THE CLINICIAN'S RESPONSIBILITY

- *“How can we help our clients function well enough to create their place in the world.....*
- *.....when they don't trust that they can live a full and flexible life.”*
- **TRUST**
- **HOPE**
- **CARING**
- **ADAPTABILITY**

PTSD HEALING AS A WAY OF LIFE 1

- **DIAGNOSIS OF PTSD**

- **MEDICATION**

- **CAM**

- **ADHERENCE**

PTSD HEALING AS A WAY OF LIFE

- GET YOURSELF TO A DOCTOR AND GET ON MEDS IF REQUIRED, THEN TAKE THEM!
- WRITE THE STORY OF YOUR JOURNEY, NO NEED TO SHARE IT.
- GET YOURSELF INVOLVED IN MEDITATION, ART, OR OTHER CREATIVE WAYS TO HAVE A QUIET MIND MOMENTS.
- ADHERENCE IS A LIFE GIVING BEHAVIOR THAT TAKES PRACTICE FOR THOSE WITH PTSD. TAKE IT AS SERIOUSLY AS FOOD, WORK AND SEX AND SLEEP. IT IS NECESSARY IN ORDER TO MAINTAIN WELLNESS.
- WALK, EAT, HAVE SEX, ENJOY LIFE AND WORK AS MUCH AS YOU CAN TOLERATE. BE BOUNDARY AWARE AND PRACTICE SAFE SEX TO PROTECT YOUR SELF AND OTHERS. HCV HAS BEEN SHOWN TO BE SEXUALLY TRANSMISSIBLE AND DIFFICULT TO MANAGE ALONG WITH HIV SO BE VERY CAREFUL IN YOUR SEX PRACTICES.
- REMEMBER THAT HEALING IS A PROCESS NOT A DESTINATION. USE CAM TO IMPROVE QUALITY OF LIFE.

BIO:TEO SJOLBERGH

- **TEO SJOLBERGH IS A TREATMENT EDUCATOR AND VOLUNTEER/MEMBER OF BCPWA. TEO HAS A PASSION FOR EMPOWERING PEOPLE WITH HIV. HAVING BEEN INVOLVED WITH VARIOUS COMPLIMENTARY AND ALTERNATIVE HEALTH SYSTEMS FOR THE LAST 30 YEARS, TEO HAS ALSO BEEN PERSONALLY INVOLVED WITH HIV/AIDS CARE SINCE 1986. HE BEGAN TREATMENT IN 2008 AFTER A SERIOUS AIDS RELATED ILLNESS AND A SERIOUS BIPOLAR EVENT.**
- **TEO ALSO BELIEVES THAT EACH PERSON'S STORY OF SEROCONVERSION HOLDS PERSONAL POWER. EACH PERSON LIVING WITH HIV/HCV HAS A STORY TO TELL. EMPOWERING OUR COMMUNITY BECOMES POSSIBLE WHEN THESE STORIES ARE TOLD. TELLING OUR STORIES CHALLENGES STIGMA. TELLING OUR STORIES DEMANDS FINDING OUR PERSONAL TRUTH.**
- **TEO IS HIV POSITIVE, HAS BIPOLAR DISORDER, AND PTSD AND IS ON TWO DIFFERENT MEDICATION COCKTAIL COMBINATIONS FOR LIFE. THERE IS NO CURE FOR THESE ILLNESSES, YET ALL ARE MANAGEABLE CONDITIONS. SINCE TREATMENT HE IS HEALTHIER THAN EVER. HE TAKES 25 PILLS A DAY AS HIS PILL BURDEN. TEO USES VITAMIN/MINERAL SUPPLEMENTS, HOMEOPATHY, DIET AND ACUPUNCTURE TO MANAGE SIDE EFFECTS WHEN THEY OCCUR. HE DOES YOGA AND WALKS 10 KM A WEEK.**
- **SINCE FOOD AND NOURISHMENT, WHILE NECESSARY FOR LIFE, ALSO FEEDS THE SOUL, ADD A DASH OF LOVE INTO YOUR EATING EXPERIENCE HOWEVER POSSIBLE. TEO LOVES TO COOK WITH HEALING IN MIND.**