

Program ID#: EPHP4.02 / Abstract 5613

Track: Epidemiology and Public Health Sciences

**Trans Latinas Ontario (TLO): 4 Years of Empowering HIV+/at risk Trans women at the HIV Prevention Program of the Centre for the Spanish-Speaking Peoples (CSSP)**



**Trans Latinas Ontario**

Trans Latinas Ontario

*1- Bilbao-Joseph, Celeste.*

*CSSP-HIV Prevention Program / Global Migration and Health Initiative*

*2- Betancourt, Gerardo.*

*PhD Candidate, FIFSW, University of Toronto / CSSP-HIV Prevention Program*



Program ID#: EPHP4.02 / Abstract 5613

Track: Epidemiology and Public Health Sciences

## **Trans Latinas Ontario (TLO): 4 Years of Empowering HIV+/at risk Trans women at the HIV Prevention Program of the Centre for the Spanish-Speaking Peoples (CSSP)**

### **Background**

The Trans community has recently gained media/social recognition as never before. Several trans women requested counselling services at CSSP to overcome multiple extreme social barriers: Transphobia, HIV stigma, rejection, marginalization, migration-related issues and lack of mental health access. Clients needed help; therefore, a first-of-its-kind-in Canada drop-in program was urgently developed. Trans Latinas Ontario was born (2015-2019, n=40), and was delivered in the format of a psychoeducational/support group.



Program ID#: EPHP4.02 / Abstract 5613

Track: Epidemiology and Public Health Sciences

## Trans Latinas Ontario (TLO): 4 Years of Empowering HIV+/at risk Trans women at the HIV Prevention Program of the Centre for the Spanish-Speaking Peoples (CSSP)



### Methods

4 focus groups and written surveyed narratives (n= 20) from different participants were gathered, as well as post sessions' evaluation forms (% 8/X session, X/75 sessions = 600). Data analysis was conducted by the CSSP's Mental Health Counsellor and a Community Educator conducted a themed analysis. Narratives were coded into 4 major themes showing the group's health and social impact. A final 2019's meeting was conducted (n=15) for a formal evaluation.



Program ID#: EPHP4.02 / Abstract 5613

Track: Epidemiology and Public Health Sciences

## Trans Latinas Ontario (TLO): 4 Years of Empowering HIV+/at risk Trans women at the HIV Prevention Program of the Centre for the Spanish-Speaking Peoples (CSSP)

### Results

Four main themes emerged: 1) **EMPOWERMENT:** Psychoeducational/support groups are an invaluable source of empowerment - many participants had never met any other trans person before; for many, TLO became a family- 2) **SOCIAL INCLUSION & HEALTH:** TLO helped individuals to reduce social isolation and to gain access to mental and sexual health services 3) **EMPLOYMENT INTEGRATION:** A number of participants (n=8) gained working experience and had become formally employees or community leaders, increasing wellness among their peers. 4) **RESILIENCE:** TLO evolved in 2017 into TLRB (Trans Latinas Rompiendo Barreras) a partnership-led program among CSSP, University of Toronto, GloMHI, WHIWH CHC, and some GTA's ASOs.



Program ID#: EPHP4.02 / Abstract 5613

Track: Epidemiology and Public Health Sciences

## Trans Latinas Ontario (TLO): 4 Years of Empowering HIV+/at risk Trans women at the HIV Prevention Program of the Centre for the Spanish-Speaking Peoples (CSSP)



### Conclusion

There is currently a lack of programming and services for racialized trans women and gender diverse HIV+/- at risk individuals, who also face other determinants of health as migration and lack of employment. This gap needs to be addressed and fixed in order to improve mental and sexual health access and the continuum of care needed to achieve equitable societal inclusion.

Conflict of Interest Disclosure: I have no conflicts of interest.

CONTACT EMAIL: [cjoseph@spanishservices.org](mailto:cjoseph@spanishservices.org)