



iVY Session Topics by Priority:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Brainstorming:

Topic Ideas for sessions:

HIV

- Health insurance coverage for HIV care
- Associated conditions like Hep C, sexually transmitted infections (STIs) Accessing HIV care and types of resources available
- Relationships with HIV medical providers and service providers
- Medication side effects and other medication-related issues
- Mental Health
- Current experiences of mental health challenges
- Current management of mental health challenge
- Concerns about client's own mental health status
- Needs for additional mental health support
- Relapse prevention for a mental health challenge in remission

Substance Use

- Street drugs and safe use
- Misuse of prescriptions, performance-enhancing drugs, etc.
- Safer drug use and overdose prevention (harm reduction)
- Alcohol use
- Smoking and smoking methods
- Partying

- Use of substances in response to peer pressure and social situations Substance use in family/friends
- Use of substances in response to mental health and social challenges Relapse support

Lifestyle Health

- Sleep
- Food/nutrition
- Exercise/physical activity
- Body image
- Alternative treatments
- Physical health issues
- Social Support (non-family)
- Relationships with friends
- Relationships with classmates and co-workers
- Sources of positive and negative influence
- Sources of support for wellness
- Needs for increased community/social supports

Family of Origin

- Relationships with family
- Disclosure to family
- Living with family
- Communication with family
- Family support
- Challenges related to family
- Family violence
- Family stressors
- Raising children and relationships with children
- Relationship with personal values related to culture, spirituality, etc.

Romantic and Sexual Relationships

- Romantic relationships, sexual partners, and hookups
- Relationship configurations (open, polyamorous, etc.)
- Break-ups
- Boundaries, assertiveness, and sexual negotiation
- STIs, re-infection, and safer sex
- Self-disclosure of HIV or STI status
- Triggers leading to riskier sex: emotional, communication, relational, substance use
Communication in romantic and sexual relationships
- Intimate partner violence

Self-Identity and Disclosure

- HIV disclosure and other types of personal disclosures
- Decision-making about when and how to disclose
- Pros and cons of disclosure
- Calculating the risks of self-disclosure
- Keeping yourself safe during and after disclosure
- Views of self
- Stigma and shame
- Self-esteem and self-worth
- LGBTQ+ identity
- Gender identity
- Other aspects of identity (ethnicity, education, occupation, disability, etc.)

Subsistence Needs

- Housing situation
- Health insurance
- Work
- Financial aid
- Disability or other forms of income
- Legal issues
- Transportation

Education and Vocation

- Work
- School
- Vocational goals
- Values and motivators
- Goals for the future

Societal and Other Concerns

- Pandemic related concerns
- Pathogens and vaccines
- Inflation and economic burden challenges Recent court decisions
- Political Climate
- Day to day social issues