

Welcome

Welcome to the Canopy Peer Navigation Program and thank you for joining our community. In the following pages, you will find valuable information regarding Canopy's commitment to providing radically inclusive and affirming care to all, your role in the program, and how you can help strengthen the program by providing feedback. Please save this document for current and future use.

Canopy Medical Clinic's Non-Discrimination Policy

Canopy Medical Clinic strives to be a radically inclusive, affirming, and sex positive clinic. Canopy Medical Clinic is committed to an environment in which all individuals are treated with respect and dignity. Canopy Medical Clinic does not condone or engage in any discrimination based on ability, age, culture or subculture, ethnic group, national origin, gender identity, sexual orientation, religion, political beliefs, marital status, or socioeconomic status. We do not condone or engage in sexual harassment. We do not condone or engage in discrimination based on HIV status or other health diagnoses. We do not condone or engage in discrimination based on mental health or substance use status. Canopy Medical Clinic's staff continue to educate themselves about the harm caused by discriminatory practices and are expected to engage in ways that affirm various life experiences and maintain healthy boundaries.

Participant Agreement

As a client receiving Canopy Peer Navigation services, I commit to:

- Using language that is respectful towards staff, other clients, and refraining from profane language.
- Respecting staff and other clients by not engaging in harassing, threatening, or aggressive behaviors.
- Not sharing personal information seen or overheard about other clients.
- Maintaining a safe space by not using or bringing any weapons on agency premises or having them on myself when working with staff.
- Respecting personal boundaries, refraining from making sexual comments or gestures, and/or sexually harassing any staff member or clients.
- I may refuse services at any time. My participation in the Peer Navigator Program is voluntary and may be terminated with a written or verbal request at any time.

As a client receiving *individual* Canopy Peer Navigation services, I understand that:

- Services may be denied, rescheduled, or cancelled if a participant is unable to meaningfully engage due to drug or alcohol use.
- Services may be denied, rescheduled, or cancelled if my Peer Navigator or other staff feel threatened or uncomfortable.
- If an issue with my Peer Navigator arises, I will attempt to resolve the issue with my Peer Navigator personally, first. Should that fail, I will contact Canopy's Director of Mental Health Services and follow the grievance procedure provided, if I choose.
- I will inform my Peer Navigator of address, phone number, or other contact information changes.
- My Peer Navigator will check-in with me *at least* quarterly.

- I will respect my Peer Navigator as a peer and provider. I will respect any other staff or clients with whom my Peer Navigator Works.
- During non-emergencies, I may contact my Peer Navigator during my Peer Navigator's designated availability, and I will only contact them outside of those designated times when it is a crisis or emergency.

Please ask your Peer Navigator about their designated hours of availability.

Participant Feedback Policy & Procedure

As the Canopy Peer Navigation program is run by people living with HIV/AIDS serving people living with HIV/AIDS, feedback from Peer Navigators and Peers is the foundation upon which programmatic and structural decisions are made. The Canopy Peer Navigation Program is committed to having an open-door policy and offering a variety of formats through which Peers can provide feedback to the Peer Navigation team.

As such, we offer this outline as the preferred method for sharing thoughts, questions, or concerns.

The following feedback outline will be provided to all Peers as a preferred method for sharing feedback, asking questions, or sharing concerns.

1. First speak with any of the Peer Navigators:
 - Jason Grueneich – JGrueneich@CanopyMedicalClinic.com
 - Jay Schmuhl - JSchmuhl@CanopyMedicalClinic.com
 - Amani Penrow - APenrow@CanopyMedicalClinic.com
 - Robert Massie - RMassie@CanopyMedicalClinic.com
 - Taj Conner - TConner@CanopyMedicalClinic.com
 - Ricky Delgado - RDelgado@CanopyMedicalClinic.com
 - Matthew Hippen - MHippen@CanopyMedicalClinic.com
2. If you are not comfortable contacting one of the Peer Navigators, or if you do not feel the response you received was satisfactory, please contact one of the following Program Administrators:
 - Kara Gloe- KGloe@CanopyMedicalClinic.com
 - Tena Prestige – TPrestidge@CanopyMedicalClinic.com
 - Vianna Schermerhorn - VSchermerhorn@CanopyMedicalClinic.com
3. If you are not satisfied with the response given by an Administrator, you may contact Canopy's Medical Director:
 - Heidi Selzler-Echola - HEchola@CanopyMedicalClinic.com
4. If you are not satisfied with the response provided by the Medical Director, we suggest you contact the Ryan White Program Coordinator or the Ryan White Part B Specialist with the North Dakota Department of Health and Human Services:
 - Gordana Cokrlc - GCokrlc@ND.gov
 - Courtney Ali – CAli@ND.gov

Further, we recognize not everyone is comfortable speaking directly with someone to provide feedback or to share a concern or complaint. This anonymous form allows you to share anything you would like the Peer Navigation team to know. If the feedback is about the program or is general in nature, it will be brought to the Peer Navigation team for discussion and resolution, when necessary. If the feedback is regarding a specific Peer or member of the Peer Navigation team, the Director of Mental Health Services will handle it as directly and discreetly as possible.

<https://www.CanopyMedicalClinic.com/rwfeedback>

We look forward to your feedback, as we value your input. We are committed to strengthening the Canopy Peer Navigation Program through the power of collaboration.

VISION

Our vision is to inspire healthy lives and caring communities for people living with HIV/AIDS.

MISSION

Our mission is to be relentless champions for people affected by HIV/AIDS and do all we can to help them thrive.

CANOPY MEDICAL CLINIC'S MENTAL HEALTH THERAPY SERVICES

The therapists at Canopy Medical Clinic are client-centered, radically inclusive, sex positive, kink friend, 2SLGBTQ+ affirming, and support the diversity of relationship expression.

Our therapists have experience working with folks experiencing a wide variety of needs, including:

- Depression
- Anxiety
- Trauma
- Gender identity exploration
- WPATH letters
- Sexual orientation exploration
- Personality disorders
- The specialized concerns of people living with HIV
- Many others

Our Therapists are trained in:

- Eye Movement Desensitization and Reprocessing (EMDR)
- Trauma Focused Cognitive Behavioral Therapy (TF-CBT)
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Motivational Interviewing (MI)
- Acceptance and Commitment Therapy (ACT)





Vianna Schermerhorn

LMSW

Vianna is a Licensed Master Social Worker (LMSW) in the state of North Dakota. She earned her Master of Social Work (MSW) and Bachelor of Social Work (BSW) degrees from Minnesota State University Moorhead. Her work in human services has primarily involved crisis intervention, patient/client advocacy, reproductive healthcare, and serving survivors of sexual assault and domestic violence. She is passionate about social justice and gender equity, and she is particularly dedicated to amplifying voices within LGBTQ+ and BIPOC communities.

Vianna is trained in Eye Movement and Desensitization Reprocessing (EMDR) and becoming proficient in Motivational Interviewing (MI), Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT). Vianna believes in an empowering, collaborative approach to therapy that centers the client's unique experiences and strengths. She is inspired by clients' tenacity to thrive despite adversity. Vianna serves members of the LGBTQ+ community, people living with HIV/AIDS, and people experiencing a variety of mental health symptoms, such as depression, anxiety, post-traumatic stress, and more.



Kara Gloe

LCSW

Kara earned her Master of Social Work (MSW) degree from Tulane University and graduated with a certificate in Mental Health, Addiction and Family. She is licensed in both North Dakota and Minnesota. Kara is an affirming/anti-oppression therapist working primarily with the 2SLGBTQIA+ community and people living with HIV/AIDS. Kara also works with adults, children, families, and groups who are met with a wide variety of barriers to living their most authentic lives, including anxiety, depression, trauma, stigma, shame, etc. Kara has worked in both outpatient and residential settings.

Kara believes the individual holds the key to their own healing and approaches the therapeutic relationship as one of partnership and collaboration. Kara recognizes each person is unique, and therefore use a client-centered approach to customize treatment, using each person's individual strengths, to help them navigate their way to a fully integrated wholehearted life. Kara is trained in Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Eye Movement and Desensitization Reprocessing (EMDR), and certified in Parent Child Interactive Therapy (PCIT).

Tena Prestidge

LPC



Tena earned her Master of Science in Clinical Mental Health Counseling degree from Minnesota State University - Moorhead in 2021. She is a Licensed Associate Professional Counselor for the state of North Dakota. Tena specializes in mental health issues faced by members of the LGBTQIA2S+ community and individuals in alternative lifestyles. Tena also works with individuals living with HIV/AIDS. She is EMDR certified and is a Certified Trauma Professional who provides affirmative counseling services to individuals struggling with anxiety, depression, PTSD, and other mental health issues. Tena is also trained in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), and Dialectical Behavioral Therapy (DBT). She uses strengths-based client-centered therapy practices to meet the unique needs of each individual.

Tena believes that a person is most happy and successful when they are living their most authentic life and strives to provide the support needed for each person to reach that goal based on their lived experiences and choices.

SERVICES FOR PEOPLE LIVING WITH HIV

Through Canopy Medical Clinic

Canopy's Peer Navigation Program was developed with the expertise of community members and professionals who have lived experience or who live with HIV. The **Peer Navigators** provide **One-on-One Support** to help persons living with HIV navigate difficult situations and complicated systems, as well as provide a listening ear. Talking to someone else who has lived experience or is living with HIV is helpful, as people share their own experience and knowledge to support each other and improve their well-being. All newly diagnosed and newly enrolled Ryan White clients will be referred to the Peer Navigation Program by their case manager. However, any client can request Peer Navigation Services via their case manager or by contacting Canopy Medical Clinic directly.

Online Group Support is available twice per month. Meetings are facilitated by a Peer Navigator, not a clinician. Participants may join by phone or video, without any requirement to share information or real names with the group. **In-Person Support Groups** are held twice a month, one in Fargo and one in Minot. Gift-cards are provided to all who attend group support meetings.

In-Person and Virtual Individual Therapy is provided by Mental Health Therapists experienced in working with people living with HIV. Each therapist helps those who have experienced trauma, depression, anxiety, shame, stigma, and other mental health concerns. Therapists are trained in Trauma Focused Cognitive Behavior Therapy (TF-CBT), Eye Movement Desensitization and Reprocessing (EMDR), and Dialectical Behavioral Therapy (DBT).

Medication Management and **Medical Care**, including mental health medication management, STI testing and treatment, gynecological services, sexual health services, pregnancy testing, transgender hormone therapy, HIV testing, and HIV PrEP services are provided. Most appointments have the option of **Telehealth Services**, which means you can attend appointments from the comfort of your home.

Canopy provides **Holistic Care** by connecting with **Community Resources** and providing appropriate **Referrals** to meet each patient's individual needs. Canopy's Mental Health, Peer, and Group Support Services are **free** to Ryan White clients.

For more information or to utilize services:

Call: (701) 264-5200

Visit: www.canopymedicalclinic.com/content/ryan-white

Email: ryanwhite@canopymedicalclinic.com

Drop-in: 1411 32nd Street S, Ste. 1, Fargo, ND



Canopy's Peer Navigation Program is made possible by a partnership between Canopy Medical Clinic and the North Dakota Ryan White Program

Navigation

Support

Therapy

Medical
Care

Resources

Monthly Support Groups

MEETINGS ARE FACILITATED BY PERSONS LIVING WITH OR LIVED EXPERIENCE WITH HIV/AIDS. YOU CAN ATTEND THE ONLINE SUPPORT GROUPS BY PHONE OR WEBCAM. THERE IS NO REQUIREMENT TO PARTICIPATE, SHARE, OR USE THE CAMERA. A GIFT CARD WILL BE PROVIDED FOR EACH MEETING YOU ATTEND.

SUN	MON	TUE	WED	THU	FRI	SAT
	SECOND MONDAY WILLISTON IN-PERSON MEETING 6PM	SECOND TUESDAY POSITIVE HEARTS IN-PERSON MEETING (FARGO) 11:30AM				SECOND SATURDAY ONLINE SUPPORT GROUP 11AM
		THIRD TUESDAY ONLINE RECOVERY SUPPORT GROUP 7PM			THIRD THURSDAY MINOT IN-PERSON MEETING 6:30 PM	
			FOURTH WEDNESDAY ONLINE SUPPORT GROUP 7PM			

PEER NAVIGATORS

Jason



Jason (he/him) is an out gay man in recovery who has been living with HIV since 2006. Since moving back to North Dakota, Jason helped develop the ND HIV Advisory Board and served as one of the program developers for the Canopy Peer Navigation Program. He has and will continue to fight to make space for those living with HIV to have a voice in their care Jason options and services.

Taj (he/him) is a Peer Navigator at Canopy Medical Clinic. He is new to North Dakota but known to the world. Traveling the world while living with HIV can be tricky but not foreign. I believe we can all live freely even amongst different cultural barriers and manage to have a life of achievements. As time moves on, so will the barriers. I love to travel when I'm on down time and hide away in the public library on Tuesdays behind books. Fargo Downtown on Broadway Street has become my favorite hangout spot. Being a plant Dad has been my highlight of entertainment.

Taj



Jay

Jay (he/him) is a Peer Navigator at Canopy Medical Clinic since January 2024. In this role, Jay works one-on-one with individuals and shares his personal experiences living with HIV. Additionally, he facilitates online and in-person support groups. As a person living with HIV for over 10 years, Jay has a vested interest in promoting and enriching the lives of others living with HIV. Prior to joining Canopy Medical Clinic, Jay served on the North Dakota Community Planning Group for HIV for several years. He also participated and held leadership roles in a peer-led HIV support group, based in ND and greater MN, for many years. In his free time, Jay enjoys taking in local art and concerts, going for walks, and being a cat dad.

Amani



Amani (she/her) is a person living with HIV and one of the Peer Navigators at Canopy Medical Clinic. Amani is passionate about changing the negative stigma surrounding HIV and empowering others to take control of their own narrative. Amani enjoys spending quality time with her family and loved ones, visiting botanical gardens, indulging in self-care, and checking out new restaurants on her travels. Amani hopes that other women can see their value through a positive lens despite societal norms and standards.

Additional Resources

Food

Food Pantries and Soup Kitchens (by county):

www.greatplainsfoodbank.org/get-help/partner-food-pantries/

Supplemental Nutritional Assistance Program (SNAP) information and application:

www.hhs.nd.gov/applyforhelp/snap

Housing

Housing Opportunities for People With HIV/AIDS:

www.sendcaa.org/self_sufficiency_program/programs/tri-statehelp_hopwa.html

Utility Assistance:

www.sendcaa.org/self_sufficiency_program/programs/energy_share.html

Shelters and Emergency Housing:

www.hud.gov/states/north_dakota/homeless/shelters

Addiction Services

Treatment Services:

<https://www.hhs.nd.gov/helpishere/services>

Recovery Help Line :

Call or text (701) 291-7901

<https://www.hhs.nd.gov/behavioral-health/recovery-talk>

Harm Reduction & Syringe Services Programs

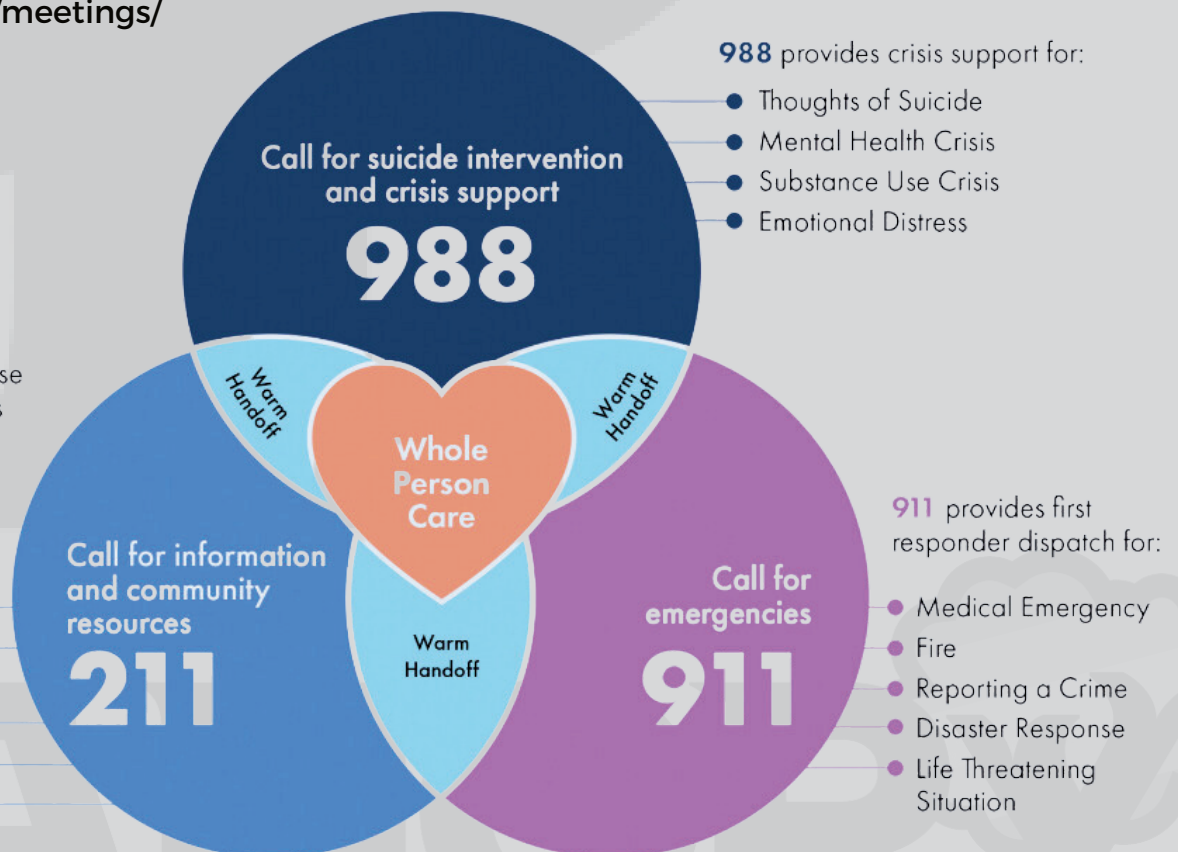
www.hhs.nd.gov/health/diseases-conditions-and-immunization/syringe-service-programs

Narcotics Anonymous/Support Groups:

<https://umrna.org/meetings/>

211 maintains a comprehensive database of community resources and provides information and referrals for essential needs like:

- Food
- Housing and shelter
- Utility assistance
- Transportation
- Everything else



Additional Resources

Food

Food Pantries and Soup Kitchens:

<https://www.foodpantries.org/ci/mn-moorhead>

Supplemental Nutritional Assistance Program (SNAP) information and application:

<https://mn.gov/dhs/people-we-serve/adults/economic-assistance/food-nutrition/programs-and-services/supplemental-nutrition-assistance-program.jsp>

Housing

Housing Opportunities for People With HIV/AIDS:

<https://rainbowhealth.org/hiv-specific-services/assistance/housing/>

Utility Assistance:

https://wcmca.org/program_area/energy-assistance/

Shelters and Emergency Housing:

<https://www.shelterlist.com/city/mn-moorhead>

Addiction Services

Treatment Services:

www.minnesotarecovery.info/treatment.html

Harm Reduction & Syringe Services

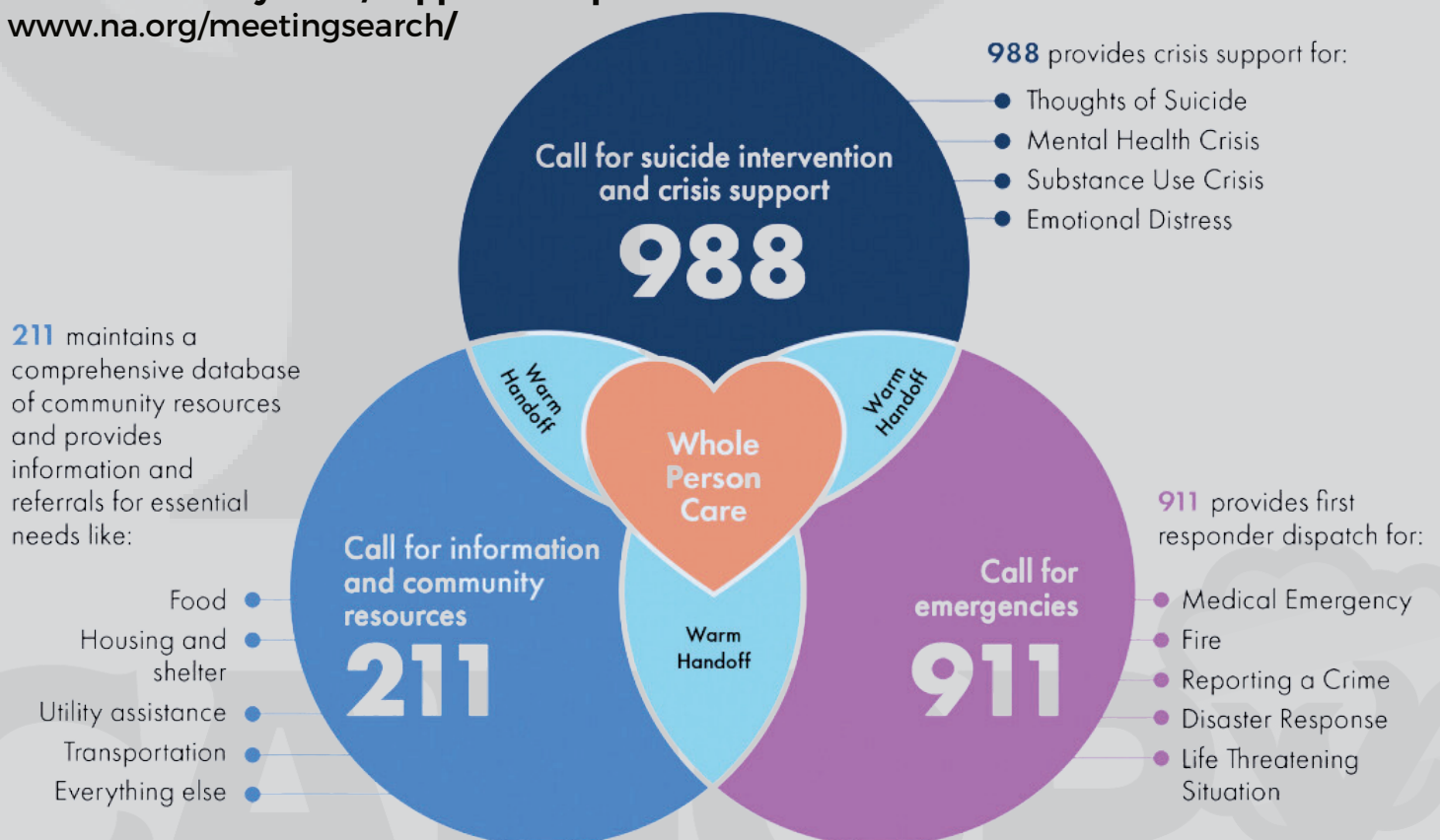
<https://fargond.gov/city-government/departments/fargo-cass-public-health/harm-reduction-programs>

(Anonymous service - no residency requirement)

www.health.state.mn.us/people/syringe/calendar.html

Narcotics Anonymous/Support Groups:

www.na.org/meetingsearch/



NORTH DAKOTA LGBTQ+ RESOURCE LIST

STATE ORGANIZER

Faye Seidler - Suicide Prevention Advocate

Phone: 701-732-0228

Email: fayeseidler@gmail.com

Website: fayeseidlerconsulting.com

EMERGENCY SUPPORT

<https://myfirstlink.org>

You Matter. You Deserve Help.

- Dial or text 988 for Mental Crisis or 911 for Crisis
- Dial 211 or text ND4me to 898-211 for General Help
- FirstLink prioritizes resolution without police

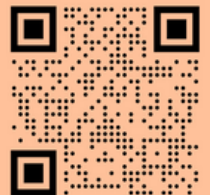


AFFIRMING HEALTHCARE

<https://harborhealthinitiative.org>

LGBTQ+ Health and Community Directory

- All Affirming Providers in ND + Border Cities
- All LGBTQ+ Community/Activity/Support Orgs
- Transition Info + Link to at Home STI Test Kits

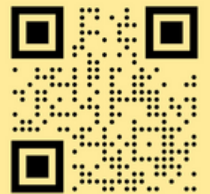


YOUTH SUPPORT

<https://youthworksnd.org>

Stay Safe, Fed, and Sheltered

- Services for 22 or Under, Drop-Ins across State
- Food, Showers, Transition Housing
- Seeks to Stop Trafficking and Homelessness



HUMAN RIGHTS

<https://www.ndhrc.org>

Discrimination is Illegal, Your Rights Matter

- Know Your Rights Resources
- Referrals to Human Rights Experts
- Human Rights Training



ADVOCACY

www.fayeseidlerconsulting.com

Be the Change You Want in the World

- Weekly Local Equity News + Email Service
- Statewide Advocacy, Organizing, Data Expert
- Created This Resource List!



EVERYTHING ELSE

<https://www.capnd.org/resources-in-nd>

General Help Services for All Populations

- All the Food Banks and Homeless Shelters
- Access to Legal Help or Fair Housing
- Job and Transportation Access

