

# Somos TB

Peer Support and Community for Spanish-Speaking People  
Diagnosed with TB and Caretakers

Presented by  
Karen Reyna, Somos TB Lead  
Jackie Cuen, Somos TB Support

# Who Are We? We Are... TB!

- Somos TB is the sister organization of the US-based organization We Are TB, a peer support and advocacy group composed of people who have been personally affected by Tuberculosis
- We Are TB holds weekly virtual meetings, also known as “Support Space”
- Support Space is meant to facilitate a connection with those struggling with the physical, mental, and emotional symptoms (current or lingering) that accompany a TB diagnosis

# ¿Quiénes Somos?



- In March 2022, Somos TB began offering monthly Support Space solely in Spanish
  - The focus of these meetings is to be able to connect with Spanish-speakers who:
    - are currently undergoing TB treatment
    - have received TB treatment in the past
    - have cared for a patient with a TB diagnosis
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# Battling TB During Pregnancy

Importance of support for those  
**directly** affected by TB

- Being diagnosed with TB while pregnant was one of the toughest things I've ever had to do.
- I was scared for myself and my child because of what I had read online about TB
- I felt alone because no one could understand what I was going through.
- The hardest part of my journey was getting so sick from being misdiagnosed with pneumonia.
- I wish I had known about We Are Tb during my treatment, support in these times are crucial to mental health.

# Battling TB During Pregnancy



# Overcoming TB as a Preemie

Importance of support for those **indirectly** affected by TB

- At 30 weeks Julian was born and was shortly diagnosed with tuberculosis.
- Finding information on pediatric tuberculosis online was very challenging
- Even more challenging: finding support for my family and I during these frightening times
- Somos has helped TB patients and their families find accurate information and most importantly, have a space where they can feel understood.

# Overcoming TB as a Preemie



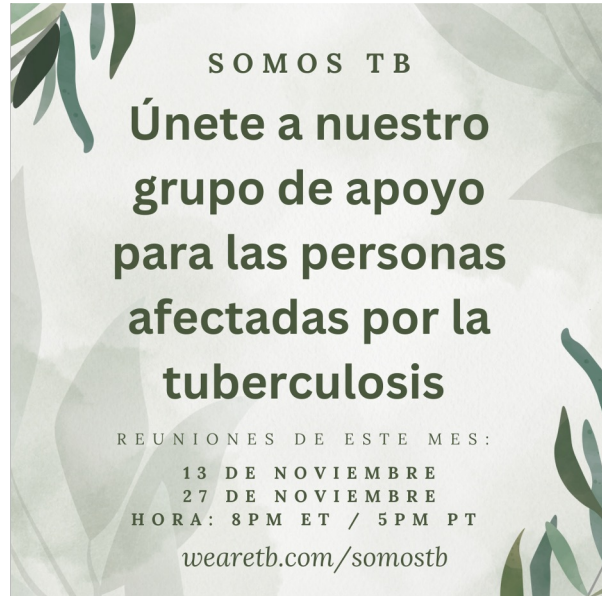
# TEA Mini-Grant 1-Year Plan

1. Increase support space meetings from monthly to biweekly
2. Use social media platforms to share:
  - Meeting reminders
  - Information on group activities and events
  - Gratitude posts to fellow TB-focused organizations
3. Represent group at healthcare-related events to:
  - Promote Somos TB Support Space
  - Network with healthcare providers and other organizations (private or public)
  - Stay educated on relevant information about TB
4. Maintain connections and propose collaborations to expand our visibility in the TB community



# Accomplishments and Work in Progress

- ✓ Increase support space meetings from monthly to biweekly



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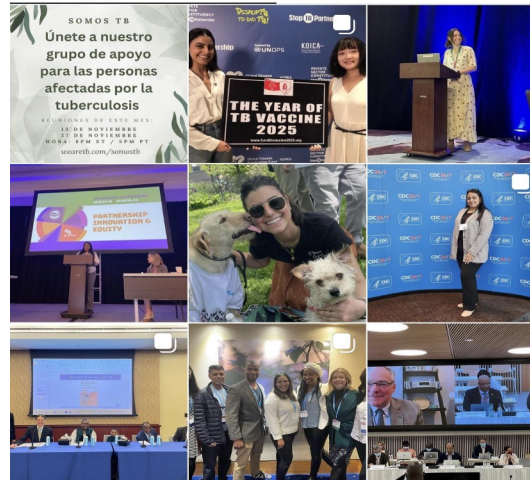
16 Posts    76 Followers    48 Following

## Somos TB

Una comunidad de pacientes y supervivientes de tuberculosis. Aquí para educar, informar, empoderar. Con sede en los Estados Unidos.

See Translation

[www.wearerb.com/somostb](http://www.wearerb.com/somostb)



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**THANK YOU**

