Somos TB

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

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2023 TEA Virtual Summit: Building Healthy Communities Free of TB
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
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

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THANK YOU