



Positive Advocate

Fall 2008

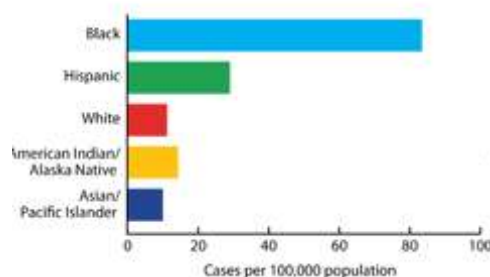
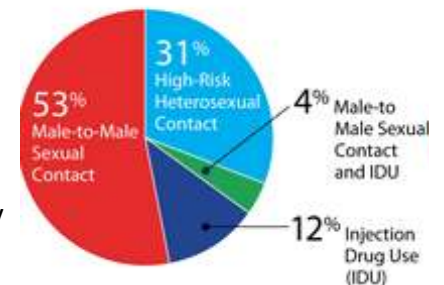
A publication of the Affected Communities Committee of the HIV Health Services Planning Council with appreciated assistance from the Center for AIDS Research and Education Services (CARES)

INCIDENCE OF HIV IN THE UNITED STATES IS HIGHER THAN WAS PREVIOUSLY KNOWN

From the CDC: *New technology and methodology developed by CDC show that the incidence of HIV in the United States is higher than was previously known. However, the incidence has been stable at that higher level for most of this decade. HIV incidence is the number of new HIV infections occurring during a certain time period, in this case, the year 2006.*

These findings, published in a special HIV/AIDS issue of the Journal of the American Medical Association (JAMA) that was released August 3, 2008, show that in 2006, an estimated 56,300 new HIV infections occurred – a number that is substantially higher than the previous estimate of 40,000 annual new infections. It should be noted that the new incidence estimate does not represent an actual increase in the numbers of HIV infections. Rather, a separate CDC historical trend analysis published as part of this study suggests that the annual number of new infections was never as low as 40,000 and that it has been roughly stable since the late 1990s (with estimates ranging between 55,000 and 58,500 during the three most recent time periods analyzed).

This pie chart shows the estimated new HIV infections in 2006 by transmission category. Male-to-male sexual contact accounted for 53 percent, high-risk heterosexual contact accounted for 31 percent, injection drug use accounted for 12 percent and cases that were both male-to-male sexual contact and injection drug use accounted for 4 percent of the estimated new HIV infections in 2006. The new estimates show that gay and bisexual men of all races and ethnicities and African American men and women are the groups most affected by HIV. Fifty three percent of all new infections in 2006 occurred in gay and bisexual men. African Americans, while comprising 13% of the US population, accounted for 45% of the new HIV infections in 2006.



This bar chart shows the estimated rates of new HIV infections in 2006 by Race/Ethnicity. Rates shown on the chart include: 83.7 new infections per 100,000 population among blacks, 29.3 new infections per 100,000 population among Hispanics, and 11.5 new infections per 100,000 population among whites in 2006. American Indians/Alaska Natives has 14.6 new infections per 100,000 population, and Asians/Pacific Islanders had 10.3 new infections per 100,000 population. The analysis revealed some encouraging signs of progress as well as significant challenges.

Findings documented reductions in new infections among both injecting drug users and heterosexuals over time. Yet, the findings also indicate that HIV incidence has been steadily increasing among gay and bisexual men since the early 1990s, confirming a trend suggested by prior data showing increases in risk behavior, sexually transmitted diseases, and HIV diagnoses in this population throughout the past decade. The analysis also found that new infections among blacks are at a higher level than any other racial or ethnic group, though they have been roughly stable, with some fluctuations, since the early 1990s. The new estimates highlight the need for expanded HIV prevention services and should serve as a wake-up call that the US HIV/AIDS epidemic is far from over.

On July 30, 2008, President Bush signed into law H.R. 5501, the Tom Lantos and Henry J. Hyde United States Global Leadership Against HIV/AIDS, Tuberculosis, and Malaria Reauthorization Act. In 2003, President Bush launched the **President's Emergency Plan for AIDS Relief (PEPFAR)** to combat global HIV/AIDS - the largest commitment by any nation to combat a single disease in human history. The new legislation will dramatically increase the financial commitment to this fight - authorizing up to \$48 billion to combat global HIV/AIDS, tuberculosis, and malaria. Under this legislation, the next phase of the American people's commitment to those suffering from HIV/AIDS will support treatment for at least 3 million people; prevention of 12 million new infections; and care for 12 million people, including 5 million orphans and vulnerable children.



AIDS BIKE RIDE DISTRIBUTES

\$102,000 TO REGIONAL HIV NONPROFITS

In August, the Northern California AIDS Challenge (NCAC) distributed checks totaling \$102,000. Major beneficiaries were the AIDS Housing Alliance, Breaking Barriers, & CARES, each receiving \$31,000; Harm Reduction Services, Sierra Foothills AIDS Foundation, and the Shasta/Trinity/Tehama HIV Food Bank each received mini-grants of \$3,000.

This year's NorCal AIDS Challenge (NCAC) was the fourth annual event. It has grown each year and this year included approximately 100 riders and crew who sought donations from their colleagues, friends and acquaintances.

The ride covers a course of roughly 330 miles over 4 days, almost always including a "century" day of 100 miles. This year the ride started at Folsom Lake followed the foothills north near Lincoln and into the valley through Marysville and Yuba City to Gridley for camping overnight. The next day cyclists rode to Oroville and then across the valley to Colusa for another overnight. The third day was from Colusa to Williams and over part of the coastal range to the beautiful Capay Valley and down to Woodland. On the last day, the ride left Woodland and proceeded through Winters and Davis ending with a grand celebration at the Capitol in Sacramento.

The riders are accompanied by a dedicated crew who provide rest stops with food and drink, bicycle repairs, and the occasional sag shuttle. They also move tents, sleeping bags and luggage and provide breakfast and dinner and even massage in the evenings.

Preparation for the 2009 event is already underway with an organizing committee of over a dozen meeting monthly. Training will kick-in in earnest in January with gradually longer and harder distance rides scheduled each weekend. It is a challenge but it is not a race and folks of all ages and levels of athleticism participate and both riders and crew included PLWH/A.

It seems everyone has a different reason for participating and it ranges from honoring the memory of a lost friend or relative to the physical challenge of doing the ride. Whatever the reason all come together to make the world a better place by helping local HIV/AIDS service organizations. More information is available at www.norcalaidchallenge.net. The NCAC is organized under the nonprofit umbrella of the Capitol City AIDS Fund (CCAF) a philanthropic organization which also sponsors the AIDS Run/Walk and the Oscars.

CARES: Preventing HIV

Our goals for prevention are simple, yet formidable. Here is what we want to do:

- o Find people who don't know they are HIV + and get them in medical care.
- o Find people who know they are positive but not in care and get them in medical care.
- o Educate our clients about preventing transmission of HIV.
- o Educate people likely to get HIV, especially young people, about behaviors that put them at risk for HIV.

CARES is committed to reducing the HIV infection rate in the Sacramento area. With the four goals listed above, we know we can make a substantial difference in the health of our community.

Find people who don't know they are HIV + and get them in medical care.

CARES is offering free HIV testing to anyone who wishes to be tested. We're doing our best to find people who might be positive and get them tested. This means testing outside gay bars and sex clubs, testing sex workers, testing high risk adolescents and testing the sexual partners of our clients. We're trying to get the word out to everyone who could possibly need an HIV test. Once people know they are positive, they can take steps to protect others from infection.

Find people who know they are positive but not in care and get them in medical care.

The CDC estimates that ¼ of the people who are HIV+ know they are positive but are not in medical care. There are many reasons for this: fear and shame, mental health issues and substance abuse problems. We're doing every thing we can to follow up with people who drop out of care. We'll call or go out and visit someone to help with transportation or other issues that make staying in treatment difficult. We strive to be a warm and welcoming place so that people know they are always welcome to return.

Educate our clients about preventing transmission of HIV.

Just because you are HIV+, it doesn't mean that you know about safer sex. Our Positive Change program can help people learn about reducing sexual risk as well as learn to make positive choices. Our Partner Referral Service helps clients notify people who may have been exposed to HIV and Social Network testing allows for testing referrals from anyone.

Educate people likely to get HIV, especially young people, about behaviors that put them at risk for HIV.

CARES understands that many people, particularly young people, have inadequate information about sex and sexually transmitted diseases. We're in schools and community colleges talking about the behaviors that lead to HIV infection. We use speakers trained in *Positively Speaking*, a dynamic training that teaches effective public speaking for people with HIV. We're also at health fairs and community events, providing one-on-one counseling to young men and women about myths surrounding HIV.

We've been getting positive feedback about our presence in the community and our ability to relate to a variety of audiences. If you'd like more information about HIV prevention and would like to have one of our speakers address your group, please contact our Manager for Outreach, Education & Prevention, Amanda Chi, at achi@caresclinic.org or call her at 916.914.6253.



Once there was a little boy walking down a beach littered with thousands of starfish. As he threw one starfish after another into the water, a man approached and asked what he was doing.

"I'm saving the starfish," he replied.

"There are too many," the man said,
"you can't possibly make a difference."

"You may be right," said the boy, as he threw another starfish into the water, "but for that one I just did."

**8th ANNUAL
SACRAMENTO
VALLEY
AIDS RUN/WALK**

**Sunday,
September 14th
Registration at
7:30 AM
West Steps
of the Capitol
10th Street
between
L & N Streets**

Benefiting Agencies:

AIDS Housing Alliance
Breaking Barriers

Center for AIDS Research and
Education Services (CARES)

Capital City AIDS Fund

Helen Veress-Mitchell
Scholarship Fund

Golden Rule Services

Harm Reduction Services

Sacramento Gay
& Lesbian Center

Sierra Foothills
AIDS Foundation

Sunburst Projects

Focus on Excellence / Awards



The 2008 Ryan White HIV/AIDS Program Awards were announced on Tuesday, August 26th, 2008 at the Grantee Meeting in Washington DC.

Congratulations to our very own Adrienne!!

The Hank Carde Award (Part A):

**Adrienne Rogers, Ryan White HIV/AIDS Program Coordinator,
Sacramento County Department of Health and Human Services**

Adrienne has over 39 years experience in the area of human services, and has served as the fiscal agent for the Part A funding Sacramento TGA since 1998. As the Ryan White HIV/AIDS Program Coordinator, she advocates and provides leadership to coordinate, improve, and create access to care for persons with HIV/AIDS. She is being honored for her years of dedicated service as the Sacramento TGA administrator and for providing outstanding leadership in adapting the services system to meet the needs of a changing epidemic.

Her various administrative skills include developing, coordinating and implementing community-based HIV service programs, project management, personnel administration, analysis/problem solving and relationship building. Using these skills, she has developed a strong record of success in reducing costs, increasing revenues, establishing working collaboratives and maximizing resources for the TGA. Finally, she worked with the County's information technology professionals to develop a database that would later become a prototype used by HRSA to develop CAREWare.

CONGRATULATIONS ADRIENNE!!





HIV Health Services Planning Council and Committee Meeting Schedule

HIV Health Services Planning Council

4th Wednesday of each month, 10:00 AM—12:00 Noon at CARES, 1500 21st St

Administrative Assessment Committee (AdAC)

2nd Friday of each month, 9:00 AM—12:00 Noon (*meets when needed*)
at Breaking Barriers, 2200 21st St

Affected Communities Committee (ACC)

1st Monday of each month, 4:15 PM—5:30 PM at CARES, 1500 21st St

Executive Committee (Exec)

2nd Thursday of each month, 3:00 PM—5:00 PM at CARES, 1500 21st St

Governance Committee (GOV)

2nd Monday of each month, 12:00 Noon—2:00 PM (*meets when needed*)
at Community Services Planning Council, 909 12th Street

Needs Assessment Committee (NAC)

1st Tuesday of each month, 3:00 PM—4:30 PM at Breaking Barriers, 2200 21st St

Priorities and Allocations Committee (PAC)

1st Wednesday of each month, 9:00 AM—12:00 Noon at CARES, 1500 21st St

Quality Assurance Committee (QAC)

1st Tuesday of each month, 1:30 PM—3:00 PM at Breaking Barriers, 2200 21st St

HELP MAKE A DIFFERENCE

You probably know someone who you suspect has HIV or someone whose behavior makes it likely they have HIV. Talk to them about the three points below. Help make a difference in the lives of people you care about. Encourage your family, friends, and partners to get tested for HIV. Here's what you can say:

● **Testing saves lives**

Getting diagnosed early can make HIV easier to treat and easier for you to stay healthy. A late diagnosis can limit the ways that HIV/AIDS can be treated and can lead to unnecessary death. Don't put it off; the sooner you know you have HIV, the better.

● **HIV is not a death sentence**

Living and living well with HIV requires that you work closely with a healthcare provider to monitor the effects the virus is having on your body. At some point, you will need to take medications (antiretroviral drugs) that can keep the virus at bay. Many people have been living with HIV for a very long time and continue to do well with the help and support of care providers, family, and friends.

● **Knowledge of Your HIV Status Lets you Protect your Partners**

When you know you have HIV, you can protect others from becoming infected. Knowing makes all the difference. If you're positive, don't put off finding out. You can't live without knowing. And those you love need you to get tested today.

Knowledge is power.

Rapid HIV Testing at CARES

9AM—5PM

Monday through Friday

Walk-ins encouraged

1500 21st Street

**Call 914.6253 for
more information**

COLONIA SAN MARTIN - New complex nears completion



Colonia San Martin is nearing completion and as we go to press the cabinets, counter tops and appliances are being installed. Next comes the landscaping (see pictures above) and all the little finishing touches that will make it ready for occupancy.

There are 36 one-bedroom apartments, 18 two-bedroom apartments and 6 three-bedroom town homes available. The first forty units are reserved for People Living With HIV or AIDS (PLWH/A) at highly subsidized rents similar to the well known Section 8 Housing Choice Vouchers. Rents are calculated at 30% of household income with a built-in utility allowance. The savings do not stop there as the units are extremely well insulated and have double glazed windows which will ensure lower SMUD and PG&E bills.

All units have central heat and air and are cable ready in all bedrooms and living spaces. The units are generously sized and have lots of daylight. The town homes have a washer and drier and an on-site laundry with several washers and dryers is available.

The grounds include a large central grassed area, a fruit orchard, community gardens where residents can do their own planting, and a children's play area with play equipment. The building style borrows from the California Mission style, with arches, recessed windows and thick walls, use of colorful Mexican tile, decorative iron work, curved roofing tiles and strategically placed fountains.

A community building includes a large meeting room and kitchen, a medical exam room with some on-site medical services from CARES, social work/case management by AIDS Housing Alliance, a computer room for residents, conference rooms and beautiful outdoor seating areas. The entire complex offers secure housing in a gated community with on-site property management.

Colonia San Martin is named after San Martin de Porres – the son of an African Slave and a Spanish soldier born in South America. He is celebrated as the patron saint of medicine and healing and a champion of the poor. His life is an inspiration for all who have worked to make Colonia San Martin a reality.

**Applications for Colonia San Martin are now available
– see separate article in this publication.**



AIDS HOUSING ALLIANCE



Colonia San Martin

Applications Now Being Accepted

The long awaited completion date for **Colonia San Martin** is fast approaching and Persons Living with HIV/AIDS (PLWH/A) whether single or with families have a wonderful opportunity to secure highly subsidized housing in a brand new development.

Applications are now available. All applications mailed and post marked up to September 22nd will be put into a lottery to determine order of processing. Following the lottery, applications will be considered in the order they are received. Applications, interviews and rental agreements will be processed through October and move-in will begin in November. The lottery will be drawn on September 29th at 10 am at Colonia San Martin – 7271 Florin Mall Drive. Results will be mailed to all applicants.

Applications are available from the AIDS Housing Alliance (AHA) by leaving a message at 916 979-0897. Applicants for the subsidized apartments available to PLWH/A will have to provide proof of their HIV status to qualify for the subsidy. This can be facilitated through AHA, please be ready to sign a release of information between AHA and Mercy Services – the apartment management service, so this can occur. Rest assured, applications will be considered with strict confidentiality.

The number of subsidized units is limited and since they are designated as Permanent Housing are expected to fill up quickly and stay filled.

If you have a poor housing history, bad credit or other kinds of problems you may be able to improve your application by working with AHA and your case manager, but start now. Evidence of trying a new start will improve your application and AHA will advocate for you.

Stories From Camp Sunburst



Hey my name is Cat. I spent a week this summer at a camp called Camp Sunburst. It was so much fun. The one week feels like many, and everyone is like family. It helps most of us get through another year. Sadly this was my last year as a camper, I'm 18. As such I decided to do something I never had before in the years I have been going to camp; I sang one of my own songs. It was for this thing we call Cafe' Caz, which is pretty much we all get a chance to show everyone what we can do. It's cool but sometimes nerve racking. Well me, I like to write poetry, but I had decided to try and write a song. I didn't think it would be that good, but when we started to write the music, Harmony, the lady who was helping, started to cry. She told me it was beautiful. The song I wrote was about my life. About the child inside that cries, about the little girl inside that doesn't want to hide anymore. It's about how often I had to see my positive brother lay in a hospital bed that was too big for him, it was about all my pain and sorrows and fears concerning my family. It was about AIDS.



Camp Sunburst allows kids to step into a world where, like the 90's TV show *Cheer's* everybody not only knows their name, but knows that HIV has made an impact on their life. Like many other summer camps for kids it allows the urban child to experience the outdoors, through basketball tournaments, arts and crafts, hiking or campfires. For these kids the added bonus comes when they are allowed to let down the wall to the part of their life that they feel they can't share with the kids in their schools, on their sport teams, or in their churches and neighborhoods. At Camp Sunburst they are free to share their stories with counselors, staff and other campers without the fear of being judged or having their status disclosed to others. It's an environment that leads campers to share their personal stories with the camp, but also a place where the kids who are infected are supported and encouraged to adhere to their medications and can find others among staff and campers who wrestle with the same issue.

This year we were visited by a playback theatre group, which took stories from the campers and turned them into short improvisational pieces for the entire camp. One of our campers bravely recounted her story of coming out to her longtime boyfriend. For her disclosure she was dumped by her boyfriend and outed by him to her best friend. What she thought was the beginning of many lost friendships turned into her best friend becoming one of her biggest supporters. This camper's willingness to share, led to a standing ovation, hugs, tears and admiration from her counselors and fellow campers. At camp we not only hope to inspire our campers to share their stories, but also to inspire them to adhere to their medications.

Some of Camp Sunburst's kids often struggle with adherence to their medications upon arriving to camp. At home they have to deal with being a teenager, which generally already comes with the belief that "no one understands me." Added to that they sometimes deal with the medications and their side effects, what it's like to live with the virus and to suffer in secret. At camp they are surrounded by other campers who face the same struggles, also counselors that remember what its like to be an HIV+ teen. With the constant encouragement, support, and love that they receive at camp often times these same campers who once refused, hid from or cried when faced with taking their medications are now finding the courage to take them on their own.

It is the hope of the staff at Camp Sunburst that the kids leave knowing they are loved and supported. That they know there are others out there, a car ride, a phone call or an email away whom with they can share their joy and sorrow. This year it is especially our hope that they left inspired and hopeful that they could let down their walls and let others outside of camp into their HIV impacted lives.



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The **POSITIVE ADVOCATE** Newsletter is a quarterly information and outreach project. We welcome submissions from the affected community. For additional information about the Affected Communities Committee (ACC), HIV Health Services Planning Council (HHSPC), or this newsletter, contact: Bill Puryear at 916.334.7566

Visit the **HIV Health Services Planning Council on the Internet at:** <http://www.communitycouncil.org/level-3/hiv.html>

HIV Health Services Planning Council Staff

909 12th Street, Suite 200 Sacramento, CA 95814
916.447.7063 ext 329 HIV@communitycouncil.org

The **Affected Communities Committee** addresses issues facing the HIV/AIDS community and advises the Planning Council on affairs of the community. The mission of the committee is to recruit, empower, and involve people living with HIV/AIDS in the strategic planning and advocacy of HIV/AIDS care and services. These goals will be accomplished with the assistance of the Council support staff toward the fulfillment of its mission. The committee encourages an environment of trust and safety in achieving its mission.

RYAN WHITE CARE PROGRAM CONTRACTOR/SUB-CONTRACTOR LIST—FY 2008/2009

Ryan White CARE Program Contractor List

AIDS Housing Alliance/Avalón

PO Box 161908, Sacramento, CA 95816
916.579.0896

Breaking Barriers

2200 21st Street, Sacramento, CA 95818
916.447.2437

CARES

1500 21st Street, Sacramento, CA 95814
916.443.3299

Community Services Planning Council

909 12th Street, Suite 200, Sacramento, CA 95814
916.447.7063 x329

CommuniCare

500-B Jefferson Blvd #195, West Sacramento, CA 95605
916.403.2970
804 Court Street, Woodland, CA 95695
530.668.2400

El Dorado County Public Health Department

929 Spring Street, Placerville, CA 95667
530.621.6129

The Effort

1820 J Street, Sacramento, CA 95811
916.325.5556

Harm Reduction Services

3647 40th Street, Sacramento, CA 95817
916.456.4849

Maap, Inc.

4241 Florin Road, #52, Sacramento, CA 95823
916.394.2320 x256 or x 257

Placer County Dept. Health & Human Services

11484 B Avenue, Auburn, CA 95603
530.889.7119

Sunburst Projects

1025 19th Street, Suite 1A, Sacramento, CA 95814
916.440.0889

Sutter "We CARE" Program

5151 F Street, 2 South, Sacramento, CA 95819
916.733.1750

UCDMC Pediatric Infectious Disease

2516 Stockton Blvd., Ticon II, Sacramento, CA 95817
916.734.7618

Ryan White CARE Program Sub-Contractor List

Sierra Foothills AIDS Foundation (SFAF)

12183 Locksley Lane, Suite 205, Auburn, CA 95602
530.889.2437