

# **OPTIONS**

**for HIV**

**An HIV/AIDS  
Resource Directory**

**? ? ?**

**How do I know if I am at risk?**

**How do I know if I have HIV?**

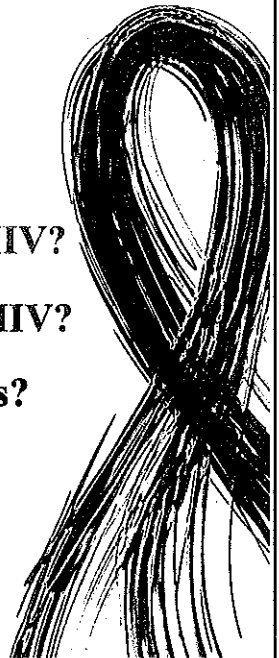
**How do I get treatment if I have HIV?**

**Do I qualify for services?**

**What is the address?**

**What does it cost?**

**Resources for Sacramento,  
Yolo, Placer & El Dorado Counties**



## **Created by:**

Sacramento County  
Department of Health and Human Services  
Health Education Unit  
HIV/Communicable Disease Prevention Program  
9719 Lincoln Village Drive, Suite 300  
Sacramento, CA 95827  
Phone: (916) 875-6022  
Fax: (916) 875-6001



**HIV/Communicable Disease Prevention Program**  
Staci Syas, MPH, HIV/CD Prevention Program Coordinator  
Gail Brosnan, MPH, Health Educator, Editor  
Lisa Curtis, Health Education Assistant  
Jesús García, Sr. PHN, HIV Testing Coordinator  
Heather Green, Office Assistant  
Karen McDonald, Health Education Assistant  
Dominico Mori, MPH, Health Educator

**Additional information provided by the  
Ryan White CARE Program**  
Adrienne Rogers, Program Coordinator  
Paula Gammell, Program Planner

# OPTIONS for HIV



## **County of Sacramento Board of Supervisors**

Roger Dickinson, District 1  
Jimmie R. Yee, District 2  
Susan Peters, District 3  
Roberta MacGlashan, District 4  
Don Nottoli, District 5

Terry Schutten, County Executive

[www.saccounty.net](http://www.saccounty.net)

## **Department of Health and Human Services**

Lynn Frank, Director

## **County Health Officer**

Glennah Trochet, M.D.

[www.scph.com](http://www.scph.com)

**For additional copies of this booklet, call (916) 875-6022.**

# OPTIONS for HIV

“OPTIONS for HIV” stands for:  
**Overcoming Potential Troubles In Obtaining Needed Services for HIV**

## Introduction

This guide will help you locate education, prevention, treatment and support services for HIV/AIDS infected and affected individuals in Sacramento, Yolo, Placer and El Dorado Counties. Omission of an agency is not intentional, nor is inclusion of an agency an endorsement. This is not a complete guide of all services in every category. Information on agencies, programs and services may change without notice.

Agencies that are included in this guide provide services that fulfill one or more of the following criteria:

- (1) Provide HIV/AIDS-specific services (including prevention, care and treatment)
- (2) Funded by County HIV/CD Prevention and/or Ryan White programs
- (3) Have specific programs targeted towards people at risk for HIV or for people with HIV/AIDS
- (4) Provide HIV testing services

It is recommended that you call agencies in advance for eligibility criteria or required materials before making or attending an appointment. OPTIONS for HIV will be updated on a bi-annual basis in January. A *Change of Information Form* is located in the back of this directory.

## How to use this guide

This guide contains information on resources in four counties: Sacramento, Yolo, Placer and El Dorado. Also included are regional and national HIV/AIDS resource telephone lines.

Inside the back cover of this guide, you will find a folded sheet of paper. On the paper, look for the service(s) you need and see which agencies have check marks (✓), then look to the left to find the name of the agency that provides the service(s) in your county.

There are also several “Quick Guides” that will give you more information. Turn the page to the table of contents to find out more!

# Table of Contents

	<u>Page(s)</u>
<b>Quick Guides</b>	v - xv
What is KnowYourStatus916.com?	vi
What is HIV? How can I get HIV? How can I avoid getting HIV?	vii
How is HIV passed from one person to another?	viii
I have HIV. Why do I need Case Management?	
What do I need to do if I want to get into care?	ix
How Do I qualify for services that need a case manager?	x
What if I am HIV-positive and homeless?	xi
How do I protect other people from my HIV?	xii
How do I tell other people that I have HIV?	xiii
What is PCRS?	xiv
What if I am discriminated against?	xv
What is Hepatitis C? How do I know if I am at risk?	xvi
<b>Notes</b>	xvii
<b>Resource List</b> (alphabetical listing of all agencies)	1
<b>Notes</b>	19
<b>Change of Information Form</b>	21
<b>Agency Matrix</b>	(attached to the inside of the back cover)

# OPTIONS for HIV

## Quick Guides

# What is KnowYourStatus916.com?

## What is KnowYourStatus916.com?

The Sacramento County HIV/Communicable Disease Prevention Program's new website **KnowYourStatus916.com** offers important info needed to protect yourself – and your loved ones – from HIV/AIDS and STDs.

This site provides tools and information such as:

- What STDs are and how they are passed
- Ways to protect yourself from HIV and STDs
- How HIV and STD testing is done, and where to go for free testing
- How to access workshops on topics including reducing your risk of infection, increasing self-esteem, and strategies to better communicate with sex partners
- Tips for parents on talking to kids about sex and STDs
- Free downloads of posters, computer wallpapers, safer sex kits, and other current campaign information

## **KnowYourStatus916.com**

*"Everything you want to know about HIV and STDs...and then some!"*

# How is HIV passed from one person to another?

HIV transmission can occur when blood, semen (cum), pre-seminal fluid (pre-cum), vaginal fluid, or breast milk from an infected person enters the body of an uninfected person.

HIV can enter the body through a vein (e.g., injection drug use), the lining of the anus or rectum, the lining of the vagina and/or cervix, the opening to the penis, the mouth, other mucous membranes (e.g., eyes or inside of the nose), or cuts and sores. Intact, healthy skin is an excellent barrier against HIV and other viruses and bacteria.

These are the most common ways that HIV is transmitted from one person to another:

- By having sex (anal, vaginal, or oral) with an HIV+ person;
- By sharing needles or injection equipment with an injection drug user who is infected with HIV; or
- From HIV-infected women to their babies before or during birth, or through breast-feeding after birth.

HIV also can be transmitted through receipt of infected blood or blood clotting factors. However, since 1985, all donated blood in the United States has been tested for HIV. Therefore, the risk of infection through transfusion of blood or blood products is extremely low. The U.S. blood supply is considered to be among the safest in the world.

\*From the CDC website at <http://www.cdc.gov>

# How is HIV passed from one person to another?

HIV transmission can occur when blood, semen (cum), pre-seminal fluid (pre-cum), vaginal fluid, or breast milk from an infected person enters the body of an uninfected person.

HIV can enter the body through a vein (e.g., injection drug use), the lining of the anus or rectum, the lining of the vagina and/or cervix, the opening to the penis, the mouth, other mucous membranes (e.g., eyes or inside of the nose), or cuts and sores. Intact, healthy skin is an excellent barrier against HIV and other viruses and bacteria.

These are the most common ways that HIV is transmitted from one person to another:

- By having sex (anal, vaginal, or oral) with an HIV+ person;
- By sharing needles or injection equipment with an injection drug user who is infected with HIV; or
- From HIV-infected women to their babies before or during birth, or through breast-feeding after birth.

HIV also can be transmitted through receipt of infected blood or blood clotting factors. However, since 1985, all donated blood in the United States has been tested for HIV. Therefore, the risk of infection through transfusion of blood or blood products is extremely low. The U.S. blood supply is considered to be among the safest in the world.

\*From the CDC website at <http://www.cdc.gov>

# **I have HIV. Why do I need Case Management? What do I need to do if I want to get into care?**

You can live a longer and healthier life if you get care and treatment for your HIV. Case management is designed to assist you with obtaining the services you need in a system of care. When you initiate contact with an agency, you will receive a case manager. The case manager will assist you with determining your eligibility for services and provide you with the necessary referrals to receive services.

You may be eligible for some of the following services:

- Doctor Visits / Medical Care
- Housing assistance
- Free / Low Cost Medications
- Food bank
- Dental Care
- Mental health services
- Transportation services
- Psychosocial support services
- Alcohol and Drug Treatment
- HIV Support Groups

To get into care, find agencies that provide Case Management in the chart at the back of this book or call the HIV InfoLine at: 1-888-259-4HIV for more information.

# How do I qualify for services that need a Case Manager?

Many of the services listed in this reference guide are only available to people who have a Case Manager. Your Case Manager will complete an intake, which may include both a medical and a financial assessment. Once this process has been completed the Case Manager will tell you what services you qualify for, based on your needs, your medical condition, your income, and what services are currently available.

To Qualify for Ryan White Services you must be either HIV positive or be the primary care giver of someone who is HIV positive. Ryan White services are "Payor of Last Resort," which means you must prove you have no other means to pay for such services.

You will need the following information and/or documentation\*:

- 1) **Proof of HIV Status (one or more of the following):**
  - a. A lab test result showing your HIV status
  - b. A letter or referral from a doctor who can certify that you are HIV positive
  - c. A prescription bottle for HIV specific medication (made out for you)
  - d. A referral from any HIV service agency where you have received services and can provide proof of your HIV status
- 2) **Identification (one or more of the following):**
  - a. California Drivers License or ID
  - b. Some other form of photo ID
- 3) **Proof of residence for the county you are seeking services in (one or more of the following):**
  - a. A utility bill with your current address and name
  - b. Mail addressed to you received at your current address
  - c. Copy of a rental agreement
- 4) **Proof of income (one or more of the following):**
  - a. Bank statements
  - b. Pay stubs/receipts
  - c. SSI/DDI/MediCal

\* If you are homeless or marginally housed and do not have the required documentation, your Case Manager may be able to help you get it.

# What if I am HIV positive and Homeless?

If you are HIV-positive and homeless or marginally housed, a Case Manager may be able to help you access many of the services in this book.

The Case Manager will complete an intake interview, which may include both a medical and a financial assessment. Once this process has been completed the Case Manager will tell you what services you may qualify for based on your needs, your medical condition, your income, and what services are currently available.

See the page called **"I have HIV. Why do I need Case Management? What do I need to do if I want to get into care?"** for more information.

# What should I do so that I don't give anyone HIV?

- The surest way to avoid transmission of sexually transmitted diseases, including HIV, is to abstain from sexual intercourse.
- If you are going to have sex, correct and consistent use of the male latex condom can reduce the risk of HIV transmission. However, no method is 100% effective, and condom use cannot guarantee absolute protection against any STD.
- If you are allergic to latex, you can use polyurethane (a type of plastic) condoms. There are male polyurethane condoms and the female condom is also made of polyurethane. If you use the female condom, don't use male condoms at the same time.
- Don't share drug needles or drug works. If you must share, clean your needles and works with bleach and water before each use. In many places there are needle exchange programs. Use them.
- For oral sex, use protection such as a condom, dental dam (a square piece of latex used by dentists), or non-microwavable plastic food wrap. Do not reuse these items.
- If you have had unprotected sex with a women who is pregnant, it is very important that you tell her that you have HIV so that she can get an HIV test. If she has HIV, she needs to get early medical care for her own health and to protect her baby.
- Tell your past and present sex and needle-sharing partners that you have HIV. This may not be easy, but it will help them get the help they need. If you need help telling your sex or drug-use partners, you can get help from PCRS, the Partner Counseling and Referral Services program. PCRS services are explained on page xiv of this guide.

# How do I tell other people that I have HIV?

Everyone handles this situation differently. You should think about whom you want to tell and how you want to tell them. Telling close friends and family can provide enormous relief and support, but it can also cause problems. Remember, being HIV positive does not stop you from being the person you were before you knew your test result.

- Carefully deciding who to tell might teach you how to deal with telling others. Common reactions are: shock, pity, disbelief, helplessness, or endless questions. Some people may decide they don't want to know or see you any more. Sharing the news of your positive status with the right people can strengthen personal relationships and help you feel less isolated.
- Talk to people you can trust, but try to make sure they will respect your need and right to confidentiality on this issue. Try to make sure whoever you discuss it with is sympathetic to your viewpoint, someone who won't judge you on your lifestyle, sexuality or on being HIV positive.
- Just as your HIV positive result was possibly a big event to happen in your life, if you're in a relationship the news will also have an impact on your partner. Consider the highly emotional aspects of revealing your status and, if possible, avoid the "heat of the moment" to reveal all. No two relationships are the same, so it's difficult to give advice in this situation.
- Your culture may make it impossible to discuss HIV with your family and friends. There are many organizations and help lines who may be able to put you in touch with other people in a similar situation to you who might be able to offer support or listen to your concerns.
- If you need help telling your sex or drug-use partners, you can get help from PCRS, the Partner Counseling and Referral Services program. PCRS services are explained on the next page of this guide.

From the website: <http://www.avert.org/positive.htm>

# What is PCRS?

PCRS is the Partner Counseling and Referral Services (PCRS) program.

PCRS is a free, non-judgmental, program that can help you to notify your previous sex or drug-use partners of their possible exposure to HIV or other sexually transmitted diseases (STDs). Or, if you want your previous partners to know to get tested but you don't feel ready to tell them yourself, PCRS can confidentially inform them (your name will not be used).

PCRS is a prevention activity with the following goals:

1. Providing services to HIV-infected persons and their sex and needle-sharing partners so they can avoid infection or, if already infected, can prevent transmission to others.
2. Helping partners gain earlier access to individualized counseling, HIV testing, medical evaluation, treatment, and other prevention services.

Through PCRS services, persons - many of whom are unsuspecting of their risk - are informed of their exposure or possible exposure to HIV.

Notified partners can choose whether to be tested, and if not tested or if found to be HIV-negative, can receive counseling about practicing safer behaviors to avoid future exposure to HIV. If, however, they test HIV-positive, they can seek early medical treatment and practice behaviors that help prevent transmission of HIV to others and reduce the risk of becoming infected with other STDs.

For more information or to use PCRS services, call 916-227-0446.

# What if I'm discriminated against because I have HIV?

## **Do HIV-positive people have any legal protection against discrimination?**

Individuals with disabilities are protected under the Americans with Disabilities Act (ADA). Persons with HIV, whether they have outwardly manifested symptoms or not, are considered to have physical impairments that substantially limit one or more major life activities. Therefore, the ADA covers them.

The ADA gives federal civil rights protection to individuals with disabilities. It also guarantees equal opportunity in public accommodations, employment, transportation, state and local government services and telecommunications. Recent court decisions and pending legislation may affect this protection of HIV-positive people against discrimination.

## **Will having HIV affect my ability to be hired?**

No. Employers cannot fail to hire qualified people simply because they fear the individual will become sick in the future. The hiring decision must be based on the individual's ability at the current time. In addition, employers cannot decide against hiring qualified people with HIV/AIDS because they are afraid of higher medical insurance costs, worker's compensation costs or absenteeism.

## **What can someone do who believes he or she is being discriminated against because of HIV status?**

Contact the US Department of Justice within 180 days of when the discrimination occurred:

US Department of Justice, Civil Rights Division, Disability Rights Section, P.O. Box 66738, Washington, DC 20035-6738, <http://www.usdoj.gov>.

If the discrimination is employment related, contact the Equal Employment Opportunity Commission at (800) 669-4000 (voice) or (800) 669-6820 (TDD).

## **For additional information:**

**ADA Information Line** (to obtain documents or to ask discrimination-related questions)

800-514-0301 (voice)

202-514-6193 (TDD)

# What Is Hepatitis C? How do I know if I am at risk?

*Hepatitis C* is a disease of the liver caused by the Hepatitis C virus (HCV). Hepatitis can cause liver swelling, cell damage, cirrhosis, liver cancer, liver failure, or even death (if not treated).

You may be **at risk for** Hepatitis C and should contact your medical care provider for a blood test if you:

- have ever injected illegal drugs, even if you've injected a few times or if you injected many years ago
- received a blood transfusion or solid organ transplant before July, 1992
- were notified that you received blood from a donor who later tested positive for Hepatitis C
- were a recipient of clotting factor(s) made before 1987
- have ever been on long-term kidney dialysis
- have evidence of liver disease (e.g., persistently abnormal ALT levels)

## NOTES

## NOTES

# **OPTIONS for HIV**

# **Resource List**

**(Alphabetical Listing Of All  
Agencies)**

**AIDS Drug Assistance Program (ADAP)**

*CARES*

1500 21st. Street  
Sacramento CA 95814  
(916) 443-3299

Accepts applications and determines eligibility for AIDS Drug Assistance Program, which helps HIV positive and AIDS patients purchase medications necessary for treatment.

**AIDS Housing Alliance/Avalon**

P O Box 161908  
Sacramento CA 95816  
(916) 979-0897

Provides housing to prevent homelessness among persons living with HIV/AIDS, case management, subsidized housing, AOD and Mental Health. Referrals to AHA programs should be made by case manager or discharge planner. To place a client in hospice care, call 979-0925. For all other programs call 979-0897 or visit [www.aidshousingalliance.org](http://www.aidshousingalliance.org).

**AIDS/HIV Nighline**

(800) 273-AIDS

Offers Emotional support and a safe place to talk about your concerns.

**Al-Anon Family Groups**

5429 Palm Ave, Ste A  
Sacramento CA 95841  
(916) 334-2970

Al-Anon and Alateen support groups for those who have alcoholic relatives or friends.

**Alcoholics Anonymous**

7500 14th Ave, #27  
Sacramento CA 95820  
(916) 454-1100

Information line for AA meetings, 12 Step program information, and any other information relating to AA. Also offers books and pamphlets inside office. Peer support and mentoring programs. Not limited to people living with AIDS/HIV.

**Alternative HIV Test Site**

(916) 874-7720

Anonymous HIV testing and counseling by appointment only. Rapid HIV test available.

**Auburn Sutter Faith Hospital**

11815 Education St  
Auburn CA 95602  
(530) 888-4500

Medical and surgical services, outpatient services, and 24-hour emergency services, hospice, home health, community and health education, doctor referral services and senior services.

**Barton Health Resource Center**

*Barton Health Care System*

2170 South Ave

P.O. Box 9578

South Lake Tahoe

CA 96158

(530) 543-5537

Provides skilled, intermittent care, hospice services, home infusion and internal therapy, continuous care.

**Bi-Valley Medical Clinic, Inc**

*Capitol Avenue Clinic*

2100 Capitol Ave

Sacramento

CA 95816

(916) 442-4985

Outpatient and daily services, methadone maintenance, 21-day program, and on-going treatment programs.

**Breaking Barriers Community Services Center (BBCSC)**

2100 21st Street

Sacramento

CA 95818

(916) 447-2437

admin@bbcsc.org

HIV prevention and education services including street outreach, community events, prevention support groups and prevention retreats. Housing assistance and homeless outreach services. Transportation, food bag delivery and support services available. HIV testing on Tuesdays and Thursdays 4 pm to 7 pm. Rapid testing available in 2009.

**Center for AIDS Research, Education & Services (CARES)**

1500 21st St.

Sacramento

CA 95814

(916) 443-3299

Serves people with HIV/AIDS. Provides case management, dental and medical care and access to counseling, health education, specialty doctors, food, housing, rent/utility assistance, transportation, substance abuse treatment and a pharmacy.

**Chapa-De Indian Health Program, Inc.**

11670 Atwood Rd

Auburn

CA 95603

(530) 887-2840

Maternal and child health care, pap smears, breast exams, family planning, confidential HIV testing and counseling, minor surgery, hospitalization referral & follow-up, dental care, pharmacy, behavioral health counseling services. Clients are Native American Indian or have Medi-Cal/Medicare, private insurance coverage, or ability to self-pay on sliding fee scale. Additional sites in Grass Valley and Woodland.

**CommuniCare Health Centers**

*John H. Jones Community Clinic*

500 B Jefferson Blvd. #195

West Sacramento CA 95605

(916) 403-2970

Free anonymous testing, \$30 confidential testing. Education and prevention, food, mental health and substance abuse counseling, and HIV testing.

**CommuniCare Health Centers - Davis**

*Davis Community Clinic*

P.O. Box 1260

Davis CA 95617

(916) 403-2970

Medical and Dental Services.

**Community Housing Opportunities Corporation (CHOC)**

1490 Drew Avenue, Suite #60

Davis CA 95616

(530) 757-4444 (530) 757-4452

Affordable housing to people in Davis, Woodland, West Sacramento, and Sacramento.

**Community Medical Centers, Inc. - Vacaville/Esparto/Dixon**

131 West A Street Suite 1

Dixon CA 95620

(707) 635-1600

**Crisis Services Program (Suicide Prevention)**

*Family Service Agency of Greater Sacramento*

Sacramento CA (916) 773-3111

(916) 368-3118

24 hour availability of highly trained paraprofessionals specializing in crisis intervention and suicide prevention. Emotional support, identifies options and/or community services and initiates emergency response when necessary. Crisis response team. Office: 916-368-3118

**Del Paso Health Center**

*Sacramento County Indigent Services Program*

3950 Research Drive

Sacramento CA 95838

(916) 648-0970

Confidential HIV testing, appointment only.

**Dental Clinic**

*Sacramento County Health and Human Services*

4600 Broadway

Sacramento CA 95817

(916) 874-9676

Extractions and fillings only. For medically indigent adults; priority basis. Treats children referred by CHDP.

**Divine Wellness Center**

6065 Hwy 193

Georgetown

CA 95634

(530) 333-2548

HIV testing. Mailing address: PO Box 1807, Georgetown, CA 95634.

**Effort, The**

*Medical Treatment and Prevention*

1820 J Street

Sacramento

CA 95814

(916) 325-5556

General medical treatment, well child care and immunization, birth control services, family planning, pregnancy testing, physical exams, STDs testing and treatment, confidential HIV testing, counseling.

**Effort, The**

8233 E. Stockton Blvd., Suite D

Sacramento

CA 95828

(916) 368-3080

Mental health services for persons with HIV/AIDS. Counseling for individuals, couples, families, and children. Group counseling for women. Group counseling for men only through the Ryan White program. Info/referral. HIV services program. Fees are on a sliding scale.

**El Dorado CARE Program/West Slope**

*El Dorado County Public Health Department*

931 Spring Street, Suite 3

Placerville

CA 95667

(530) 621-6100

Case management, volunteer support, benefits counseling, mental health, alternative treatment, food programs, fire wood, transportation, medical care, respite, dental care, short- and long-term care, housing and utility assistance, HIV Testing. [www.co.el-dorado.ca.us](http://www.co.el-dorado.ca.us)

**El Dorado County Department of Public Health/East Slope**

1360 Johnson Blvd, Ste #103

South Lake Tahoe

CA 96150

(530) 573-3155

Clinic services, STD testing and treatment, HIV/HCV screening and referral.

[www.co.el-dorado.ca.us](http://www.co.el-dorado.ca.us)

**El Hogar**

*Sierra Elder Wellness Program*

9261 Folsom Boulevard, Suite 500

Sacramento

CA 95826

(916) 363-1553

[cstevens@elhogarinc.org](mailto:cstevens@elhogarinc.org)

HIV outreach and testing services for mentally ill and homeless individuals.

**Foothill Volunteer Center**

11566 D Avenue

Auburn

CA 95603

(530) 885-7706

Volunteer opportunities, senior services.

**Foothills Medical Group (FHMG)**

3100 Douglas Blvd.

Roseville

CA 95611

(916) 774-8300

**Golden Lotus, The**

2020 U Street, Suite 500

Sacramento

CA 95818

(916) 607-9224

Provides various therapeutic massage modalities and acupuncture. By appointment only.

**Golden Rule Services**

4433 Florin Road, Suite 760

Sacramento

CA 95828

(916) 427-4653

sullivanc@goldenrules.info

HIV prevention and education services for African American youth and men who have sex with men including online and street outreach, HIV testing, community events and prevention workshops. Groups include the Men's Soul Food and Sunshine Projects.

**Harm Reduction Services (HRS)**

3647 40th Street

Sacramento

CA 95817

(916) 456-4849

hrsdir@pacbell.net

Provides outreach HIV and hepatitis C testing to out of treatment drug users. Provides referral to health services and drug abuse treatment. Distributes risk reduction kits and provides confidential HIV rapid testing and counseling. HIV-positive case management available through the Ryan White program. Rapid HIV testing and syringe exchange program available.

**Heaven In View**

1228 23rd Street

Sacramento

CA 95816

(916) 691-6233

"New Beginnings" support group for HIV+ men and women. Meets Wednesdays 5:30 p.m. - 6:30 p.m. at Center of Praise Ministries.

**HIV Testing Site**

8665 Salmon St.

Tahoe/Kings Beach

CA 96143

(530) 546-7261

HIV Testing

**Holly Court Apartments***Community Housing Opportunities Corporation*

445 Maple St

West Sacramento

CA 95691

(916) 372-0160

Apartments and townhouses for households up to nine people. Income restrictions.

**InfoLine Sacramento***Community Services Planning Council*

Sacramento

CA

(916) 498-1000

Help people find housing assistance, legal help, counseling, health care, job training, etc.

**Kaiser Permanente Medical Center - North***Sacramento*

2025 Morse Ave.

Sacramento

CA 95825

(916) 973-5000

(916) 486-5400

Community hospital, emergency room, outpatient facilities, homecare services for enrolled health plan members, hospice program, confidential AIDS tests and counseling. Accepts MediCal/Medicare. ADAP Pharmacy

**Kaiser Permanente Medical Center - South***South Sacramento*

6600 Bruceville Rd

Sacramento

CA 95823

(916) 688-2986

Community Hospital, staffed emergency room, outpatient facilities, hospice program, health education center, HIV/AIDS testing and counseling on drop in basis or by appointment. HIV+ support groups: ADAP Pharmacy

**Loaves & Fishes**

1321 North C Street

Sacramento

CA 95814

(916) 446-3942

(916) 446-0874

info@sacramentoloavesandfishes.org

Hot meals, medical triage and appropriate referrals. Registered Nurse on staff.

**Maap, Inc.**

4241 Florin Rd. Ste #110

Sacramento

CA 95823

(916) 394-2323

Information/Education referral services and resources related to HIV prevention for the Hispanic community. Services include a support group for HIV-positive gay and bisexual Latino men. HIV prevention workshops for Latinas and HIV prevention presentations. Confidential HIV testing is provided on site and in the community. Rapid HIV testing available.

**Marshall Hospital***Marshall HomeCare*

1095 Marshall Way

Placerville

CA 95667

(530) 622-1441

(530) 626-2960

Hospital care and Home Health Care.

**Maryhouse***Loaves & Fishes*

1321 North C St

Sacramento

CA 95814

(916) 446-4961

Daytime drop-in hospitality center for homeless women and families. Breakfast M-F from 8-9am, laundry, showers, counseling and self-help classes. Mailing address, telephone, personal toiletries, diapers and formula.

**Mercy General Hospital***Mercy Healthcare Sacramento*

4000 J St

Sacramento

CA 95819

(916) 453-4545

General acute hospital care and related services. Accepts Medicare/MediCal.

**Mercy Home Health***Mercy Healthcare Sacramento*

9912 Business Park Drive, Ste 170

Sacramento

CA 95827

(916) 854-2300

Health care and social services, teaches caregivers, coordinates professional and supportive services for patients who can stay at home, health education, skilled nursing, physical therapy, occupational therapy, speech therapy, home health aides. Accepts Medicare/MediCal.

**Mercy Hospital of Folsom***Mercy Healthcare Sacramento*

1650 Creekside Dr

Folsom

CA 95630

(916) 983-7400

General acute care hospital, 24-hour emergency room, physical therapy, pediatrics. Accepts Medicare/MediCal.

**Methodist Hospital of Sacramento***Mercy Healthcare Sacramento*

7500 Hospital Dr

Sacramento

CA 95823

(916) 423-3000

Acute care hospital, 24-hour emergency services. Accepts Medicare/MediCal.

**Narcotics Anonymous**

PO Box 41822

Sacramento

CA 95841

(916) 732-2299

(800) 234-0420

Peer support and mentoring programs. Positive Recovery Group.

**National Sexually Transmitted Disease Hotline (CDC)**

(800) 232-4636

[www.ashastd.org](http://www.ashastd.org) & [www.iwannaknow.org](http://www.iwannaknow.org) (teen)

**New Morning Youth and Family Services**

6765 Green Valley Road

Placerville

CA 95667

(530) 626-4190

(530) 672-1332

24-hour children's shelter, individual, group and family counseling for youth 5-17 years of age, alcohol/drug prevention, intervention and outpatient treatment services for all ages. Provides therapeutic services on a sliding scale basis. No one is denied service due to inability to pay.

**P.E.A.C.E. For Families**

408 Folsom Road

Roseville

CA 95678

(916) 773-7273

Placer Extends a Caring Environment (P.E.A.C.E) for families in crisis. Safe and supportive environment for women and children escaping domestic violence.

**Paratransit, Inc.**

1400 29th st.

Sacramento

CA 95816

(916) 321-2800

(916) 429-2009

Elderly and disabled, ADA. Eligibility screening required. Bus and Light Rail. Ride Share.

**Partner Counseling and Referral Services (PCRS)**

(916) 227-0446

PCRS is a free, non-judgmental, program that can help you to notify your previous sex or drug-use partners of their possible exposure to HIV or other sexually transmitted diseases (STDs). Or, if you want your previous partners to know to get tested but you don't feel ready to tell them yourself, PCRS can confidentially inform them (your name will not be used).

**Peterson Clinic**

8 N. Cottonwood St.

Woodland

CA 95696

(530) 666-8960

Anonymous HIV testing

**PFLAG (Parents & Friends of Lesbians & Gays)**

Sacramento CA 95866

(916) 863-9612

Support group for the friends and families of Gay, Lesbian, Bisexual and Transgendered. Not limited to people living with AIDS or their friends or relatives/companions. Holds meetings the third Tuesday of each month at 7pm at St. Marks Methodist Church.

**Placer County Dental Clinic**

*Placer County Department of Health and Human Services*

11526 C Ave

Auburn CA 95603

(530) 889-7188

Provides dental care for people with limited income, Med-Cal, MediCare, or private insurance. CHDP program and Healthy Families, Delta Dental. Hours: 8-12 and 1-5.

**Placer County Health & Human Services**

*Community Health*

11484 B Ave

Auburn CA 95603

(530) 889-7141

Comprehensive services including primary medical and dental care, family planning, immunization, health promotion, maternal & child health programs, referrals, HIV testing and counseling, partner notification, prevention-for-positives program, mental health services.

**Placer County Mental Health Adult System of Care**

*Placer County Department of Health and Human Services*

11512 B Ave

Auburn CA 95603

(530) 889-7240 (916) 784-6400

Comprehensive mental health, substance abuse treatment, in-home supportive services, adult and child emergency services and adult protective services.

**Placer County Dental Clinic**

*Placer County Department of Health and Human Services*

11526 C Ave

Auburn CA 95603

(530) 889-7188

Provides dental care for people with limited income, Med-Cal, MediCare, or private insurance. CHDP program and Healthy Families, Delta Dental. Hours: 8-12 and 1-5.

**Placer County Health & Human Services**

*Community Health*

11484 B Ave

Auburn CA 95603

(530) 889-7141

Comprehensive services including primary medical and dental care, family planning, immunization, health promotion, maternal & child health programs, referrals, HIV testing and counseling, partner notification, prevention-for-positives program, mental health services.

**Placer County Mental Health Adult System of Care**

*Placer County Department of Health and Human Services*

11512 B Ave

Auburn

CA 95603

(530) 889-7240

(916) 784-6400

Comprehensive mental health, substance abuse treatment, in-home supportive services, adult and child emergency services and adult protective services.

**Placer Independent Resource Services(PIRS)**

11768 Atwood Rd, Ste 29

Auburn

CA 95603

(530) 885-6100

(800) 833-3453

Interpreters and other services for the handicapped. Referrals. Advocacy, personal assistance and technical resources.

**Planned Parenthood Franklin Blvd.**

5385 Franklin Blvd.

Sacramento

CA 95820

(916) 452-7305

Family planning information and services, HIV testing, cancer screening, treatment for STDs, prenatal care, postpartum care, menopausal services, primary care for adults and children and immunizations.

**Planned Parenthood Mar Monte**

201 29th Street

Sacramento

CA 95816

(916) 446-5037

(916) 482-8300

Family planning, birth control, HIV testing, education and training. Telephone center.

**Powerhouse Ministries**

705 Wales Dr

Folsom

CA 95630

(916) 983-0658

Food Locker.

**Primary Care Center**

*Sacramento County Health and Human Services*

4600 Broadway

Sacramento

CA 95817

(916) 874-9676

(916) 874-9670

International immunizations given on Tuesdays and Wednesdays. Public health services, primary care treatment for medically indigent adults, X-ray, laboratory and pharmacy services. Free condoms available.

**Primary Care Center**

*Sacramento County Medically Indigent Services Program*

2921 Stockton Blvd.

Sacramento

CA 95817

(916) 874-9670

Free confidential HIV testing, appointment only.

**Project Inform- National HIV/AIDS Treatment Hotline**

(800) 822-7422

Information on HIV treatment, outreach and education. HIV treatment newsletter comes out 3 times per year. Telephone number has busy tones after message. Hours: M-F 10:00 - 4:00. Bilingual services available. E-mail: [questions@projectinform.org](mailto:questions@projectinform.org)

**Resources for Independent Living**

420 I Street, Suite 3

Sacramento

CA 95814

(916) 446-3074

Independent living skills, training, services and info for disabled individuals. Advocacy and legislative monitoring. Mediating on behalf of people with disabilities. Assistance in finding accessible and affordable housing. Screening, placing and training of qualified attendants. Peer counseling.

**RX Staffing - AIDS Project**

4640 Marconi Avenue, Suite 1

Sacramento

CA 95821

(916) 979-7300

(916) 485-8200

[project@rx-staffing.com](mailto:project@rx-staffing.com)

Medical case management services under the AIDS Medi-Cal Waiver Program and AIDS Case Management Program, including psychotherapy, attendant care, homemaker, nutritional supplements, non-emergency medical transportation.

**Sacramento Area Emergency Housing Center (SAEHC)**

2411 Alhambra Boulevard, Suite 110

Sacramento

CA 95817

(916) 454-2120

Temporary emergency housing, meals, transportation and health services for those housed at SAEHC. Shelter is open 24 hours, 7 days a week. Phone screening is required.

[www.saehc.org](http://www.saehc.org)

**Sacramento Black Alcoholism Center (SBAC)**

3307 Broadway, Suite 200

Sacramento

CA 95817

(916) 454-4242

Alcoholism and drug treatment programs with group, family and individual counseling; referrals to other agencies. Adult and youth anger management.

**Sacramento Community Health Center**

7600 Hospital Drive

Sacramento

CA 95823

(916) 422-5200

Medical services provided. Translation services available.

**Sacramento County Department of Human Assistance**

*Public Inquiry and Response*

(916) 874-2072

Information and referral regarding public programs such as CalWorks, food stamps, public benefits.

*Homeless Program*

Sacramento

CA

(916) 874-4301

Financial assistance for housing to people who are disabled because of AIDS, mental illness or substance abuse and who are low-income and homeless.

**Sacramento County Department of Medical Systems**

*Medically Indigent Services*

9616 Micron Ave, Ste 640

Sacramento

CA

95827

(916) 875-9843

Accepts applications and determines eligibility for County Medically Indigent Services Program (CMISP).

**Sacramento County Public Health**

*Out of Home Care (Children)*

3701 Branch Center Rd

Sacramento

CA

95827

(916) 875-5696

(916) 875-5437

Arranges temporary or long-term 24 hour care in a licensed foster home or facility for children unable to remain in their own homes.

*Alcohol and Drug Services*

7001A East Parkway, Ste 500

Sacramento

CA

95823

(916) 875-2050

(916) 874-9754

Education, prevention, and early intervention. Assessment, short-term counseling and group services. Case management, transitional living, residential treatment, out-patient treatment, detoxification, intensive day treatment, methadone services.

*County Mental Health Treatment Center*

2150 Stockton Blvd

Sacramento

CA

95817

(916) 875-1000

Provides 24 hour per day phone and walk-in crisis intervention for children, adolescents and adults, and adult inpatient care.

*Del Paso Health Center*

3950 Research Drive

Sacramento

CA

95838

(916) 648-0970

Primary care to eligible medically indigent. Treatment for colds, ear infections, hypertension and minor injuries. Laboratory and pharmacy services available. Testing for STDs and treatment, family planning pregnancy testing, childhood immunizations.

**Sacramento County Public Health - HIV/CD Prevention Program**

9719 Lincoln Village Drive, Suite 300

Sacramento

CA

95827

(916) 875-6022

HIV education and prevention, HIV testing and referral services

**Sacramento County Public Health - Ryan White Program**

7001 East Parkway

Sacramento

CA

95823

(916) 875-6211

Information and referral services for HIV care and treatment

**Sacramento Native American Health Center**

2020 J Street

Sacramento

CA

95814

(916) 341-0575

[aishac@nativehealth.org](mailto:aishac@nativehealth.org)

Standard HIV testing M-F from 8 a.m. - 12 p.m. and 1 p.m. - 5 p.m. OraQuick Advance

Rapid HIV testing Tuesdays from 9 - 3. Confidential testing only.

**Sierra Foothills AIDS Foundation - SFAF**

12183 Locksley Lane Ste 205

Auburn

CA

95602

(530) 889-2437

[sfaf@sierrafoothillsaids.org](mailto:sfaf@sierrafoothillsaids.org)

Case management, HIV testing, benefits counseling, access to transportation, rent assistance, drug reimbursement, home health care, dental, residential & home based hospice, mental health therapy/counseling, substance abuse treatment & counseling. Info/referral, prevention/education.

**Snowline Hospice of El Dorado County**

6520 Pleasant Valley Road

Diamond Springs

CA

95619

(530) 621-7820

Pain and symptom control, practical and emotional support.

**St. John's Shelter for Women and Children**

4410 Power Inn Road

Sacramento

CA

95826

(916) 453-1482

Emergency shelter for 60 nights, 3 meals daily for women and children. Case managers for each client.

**St. Vincent De Paul, Roseville**

*Food Closet*

503 Giuseppe Court, Ste 8

Roseville

CA

95678

(916) 781-3303

Clothing vouchers available for people living in these zip codes: 95678, 61, 50, 77, 46. 95746, 49.

**Strategies for Change**

4330 Auburn Blvd., Ste. E

Sacramento

CA 95841

(916) 473-5764

Provides comprehensive substance abuse treatment and case management for individuals HIV+ and/or AIDS diagnosed. Free HIV testing and prevention workshops in Sacramento County.

4343 Williamsborough Drive

Sacramento

CA

(916) 395-3552

Provides comprehensive substance abuse treatment and case management for individuals HIV+ and/or AIDS diagnosed. Free HIV testing and prevention workshops in Sacramento County.

**Sunburst Project**

1025 19th Street Suite 1A

Sacramento

CA 95814

(916) 440-0889

sacadmin@sunburstprojects.org

Ongoing family support services for HIV/AIDS impacted families with children; Camp Sunburst, respite childcare services, mental health services, support groups, family-centered case management, and HIV/AIDS prevention and education. Hours: M-Th 8-4. Closed Fridays.

**Sutter Auburn Faith Hospice**

11795 Education St., Ste 224

Auburn

CA 95602

(530) 886-6661

Visiting nurse and hospice care.

**Sutter Center for Children's Services**

*Outpatient Service*

5271 F St, Bldg C

Sacramento

CA 95819

(916) 733-7000

Outpatient medical care for children.

**Sutter Center for Psychiatry**

*Sutter Health*

7700 Folsom Blvd

Sacramento

CA 95826

(916) 386-3000

Intensive psychiatric care for all ages. Inpatient care, partial hospitalization, crisis response center, critical incident debriefing team, community education, child services, adolescent services, adult services, detoxification.

**Sutter Davis Hospital***Sutter Health*

2000 Sutter Place

Davis CA 95616

(530) 756-6440

General acute care, 24 hour emergency service, urgent care, intensive care, surgery center, birthing center, home health, and physical therapy.

**Sutter General Hospital***Sutter Health*

2801 L St

Sacramento CA 95816

(916) 454-2222

Inpatient care.

**Sutter Hospice Care***Sutter Health*

7300 Folsom Blvd., Ste 100

Sacramento CA 95826

(916) 388-6255

Home terminal care provided by multidisciplinary team and trained volunteers. Care includes 24-hour on call support and bereavement follow up care.

**Sutter Medical Center/We Care***Sutter Health*

5151 F Street, 2 South

Sacramento CA 95819

(916) 733-1705

Medical case management and mental health counseling for HIV+ women and their families. Engages women who are newly diagnosed HIV+, pregnant, high risk and/or outside of treatment. Identifies and reduces immediate barriers to medical and self care, and assists their transition into a formal care system. Family support.

**Sutter Memorial Hospital***Sutter Health*

5151 F St

Sacramento CA 95819

(916) 454-3333

General acute medical care and surgical services, specialty services, 24 hour emergency services, hospice care and support groups.

**Sutter Roseville Hospital***Sutter Health*

One Medical Plaza

Roseville CA 95661

(916) 781-1000

Medical and surgical services, outpatient services, trauma and 24 hour emergency services, hospice, home health, community and health education, doctor referral services and senior services.

**Sutter Visiting Nurse Association**

*Sacramento*

7300 Folsom Blvd., Ste 100

Sacramento

CA 95826

(916) 388-6200

Intermittent home health services including skilled nursing, physical therapy, occupational therapy, speech therapy, medical social workers and home health aides.

**Twin Lakes Food Bank**

327 Montrose Dr

Folsom

CA 95630

(916) 985-6232

Food closet. Tue 9-1:00pm, Wed 9-12:00pm. Serving Folsom, Orangevale, El Dorado, and Granite Bay.

**UC Davis Health Education Program**

*Cowell Student Health Center*

One Shields Ave,

Davis

CA 95616-8711

(530) 752-9652

Education and prevention service.

**UC Davis Medical Center,**

*Hospice Program*

3630 Business Dr.

Sacramento

CA 95820

(916) 734-2458

(800) 268-9232

Support program for terminally ill patients and their families or caregivers. 24-hour on-call health professionals and service providers. Home and hospice care available. Must be a terminally ill registered patient with 6 or fewer months to live. Must be a resident of Sacramento or Yolo County.

*Adult Infectious Disease Clinic*

4150 V Street Ste. 500

Sacramento

CA 95817

(916) 734-3741

2315 Stockton Blvd.

Sacramento

CA 95817

(916) 734-2011

Offers a full range of inpatient and diagnostic services, nine intensive care units, more than 150 out patient clinics, 24 hour comprehensive emergency medical services and emergency medical helicopter service.

**UC Davis Medical Center***Pediatric Infectious Disease/Childrens HIV Clinic*

2516 Stockton Blvd

Sacramento CA 95817

(916) 734-7618

Serves children requiring HIV testing for perinatal or high risk exposure, HIV infected children (0-21 years). Title I will cover medical testing and services, assistance with medications, case management and social service interventions, transportation for children's medical appointments.

**AIDS Education & Training Center (AETC)**

4150 V Street, PSSB 3100

Sacramento CA 95817

(916) 734-3365

lisa.davalle@ucdmc.ucdavis.edu

HIV education, training, and technical assistance to HIV service providers in 24 northern CA counties.

**Union Gospel Mission**

400 Bannon St

Sacramento CA 95814

(916) 447-3268

Spiritual help, beds, clothing, food and counseling services for men, meals open to everyone who attends 11am Sunday service. Drug and alcohol program.

**Women Escaping A Violent Environment (WEAVE)**

1900 K Street

Sacramento CA 95816

(916) 920-2952

Counseling, shelter, crisis hotline, emergency transportation, referrals, food, clothing, legal information and referral.

**Women, Infants, and Children Nutrition Program (WIC)***Sacramento County Department of Health and Human Services*

2251 Florin Rd Ste #100

Sacramento CA 95822

(916) 427-5500

Supplemental food vouchers for low income pregnant, and postpartum mothers and children under 5 years old. Provides nutrition counseling support, breast feeding support, immunization, car seat safety classes and referrals. Nurse on staff.

**Yolo County Health Department**

120 West Main, Suite F

Woodland CA 95695

(530) 666-8645

Educational materials, referrals, counseling and testing, educational classes.

<http://www.yolocounty.org/Index.aspx?page=65>

**Yolo Hospice**  
P.O. Box 1014  
Davis  
(530) 758-5566

CA 95617

**NOTES**

## NOTES

**OPTIONS for HIV  
CHANGE OF INFORMATION FORM**

**Old Information**

Agency Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**New Information**

Agency Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: ( ) \_\_\_\_\_ Fax: ( ) \_\_\_\_\_

Website: \_\_\_\_\_ E-mail: \_\_\_\_\_

Hours of Operation: \_\_\_\_\_

Fees: \_\_\_\_\_

Language(s) spoken: \_\_\_\_\_

Eligibility Criteria: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Description of HIV-specific services provided (i.e., prevention, testing, care & treatment, etc): \_\_\_\_\_  
\_\_\_\_\_

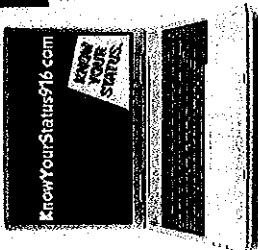
**Please submit any changes to:**

Options for HIV Editor  
Sacramento County DHHS  
HIV/CD Prevention Program  
9719 Lincoln Village Drive, Suite 300A  
Sacramento, CA 95827  
Phone: (916) 875-6022 Fax: (916) 875-6001

Where can I get tested?

How do I use a condom the right way?

How and when should I talk to my kids about sex?



Visit our website

# Know Your Status 916.com

Everything you want to know about HIV and STDs...and then some!



Sacramento County Public Health

# I CALLED PCRS BECAUSE...



I NEEDED  
HELP  
FIGURING OUT  
WHAT TO  
SAY.



MY EX NEEDED  
TO KNOW, BUT I  
WAS AFRAID TO  
TELL HIM MYSELF.



MY PARTNERS CAN GET TESTED & TREATED.

MY PAST PARTNERS  
COULD BE INFECTING  
OTHERS AND NOT EVEN  
KNOW IT.

I WISH SOMEONE  
HAD TOLD ME.

**Free, confidential, private  
help letting partners know  
they may have been exposed  
to HIV or an STD.**



Call  
**(916) 227-0446**  
(Collect calls accepted)

Sacramento County Public Health