



Positive Advocate

Fall 2015

A publication of the Affected Communities Committee of the HIV Health Services Planning Council

HIV/AIDS and Drug Abuse

Abstracted from the National Institute on Drug Abuse

<http://www.drugabuse.gov/publications/drugfacts/hivaids-drug-abuse-intertwined-epidemics>

Drug abuse and addiction have been inextricably linked with HIV/AIDS since the beginning of the epidemic. The link has to do with heightened risk—both of contracting and transmitting HIV and of worsening its consequences.

No vaccine yet exists to protect a person from getting HIV, and there is no cure. However, HIV can be prevented and its transmission curtailed. Drug abuse treatment fosters both of these goals. HIV medications also help prevent HIV transmission and the progression of HIV to AIDS, greatly prolonging lives.

How Illicit Drugs Affect HIV:

Most people know that intravenous drug use and needle-sharing can transmit HIV; less known is the role that drug abuse in general plays. A person under the influence of certain drugs is more likely to engage in risky behaviors such as having unsafe sex with an infected partner. Indeed, the most common (but not only) way of contracting HIV is through unsafe sex. This includes “transactional” sex—trading sex for drugs or money.

Drug abuse and addiction can also worsen HIV symptoms, causing greater neuronal injury and cognitive impairment, for example.

Because of the strong link between drug abuse and the spread of HIV, drug abuse treatment can be an effective way to prevent the latter. People in drug abuse treatment, which often includes HIV risk reduction counseling, stop or reduce their drug use and related risk behaviors, including risky injection practices and unsafe sex.

Testing is Important:

A person infected with HIV may look and feel fine for many years and may not even be aware of the infection. In fact, the Centers for Disease Control and Prevention estimates that 1.2 million people are infected with HIV in the United States and that one in five people infected are unaware of it. HIV testing is critical and can help prevent spread of the infection—among those most at risk (e.g., people who abuse drugs) and in general. Getting tested is not complicated. Some tests can even provide results in 20 minutes, although testing is not accurate until about 6–8 weeks after exposure to HIV. That time is needed for HIV antibodies to form in amounts detectable by a standard HIV test.

Research shows that seeking out and testing high-risk populations and starting treatment for those who test positive prevents HIV transmission by decreasing viral load, infectivity (the ability to infect others), and subsequent illness—to the benefit of all.

Need Help?

If you are in need of substance abuse services, please contact a case management at any of the agencies listed on the back page. Cares Community Health and Strategies for Change provide Ryan White funded outpatient substance abuse services. WellSpace Health provides Ryan White funded detox services.



In recognition of
National HIV/AIDS and Aging Awareness Day
The Sacramento HIV Health Services Planning Council

Invites You to Attend:

HIV and Aging

GUEST SPEAKER: Dr. Paolo Troia

SPONSORED BY: Gilead

Date: Tuesday, September 22, 2015

Time: 5:30 p.m. – 7:30 p.m.

Where: UC Davis Cancer Center Auditorium
4501 X Street, Sacramento, CA 95817

RSVP

Paula Gammell 916-876-5548

gammellp@saccounty.net

Food Provided

Cares Community Health offers **free** STD/HIV testing services on the following days/times:
Monday, Tuesday, Wednesday from 9:00 a.m. until 5:00 p.m.
Wednesday from 10:00 a.m. to 5:00 p.m.
Thursday from 9:00 a.m. to 6:00 p.m.



Partner Counseling and Referral Services:

County of Sacramento - 916-875-1100
Cares Community Health - 916-914-6325
Yolo County - 530-666-8670
El Dorado and Placer Counties:
Sierra Foothills AIDS Foundation 530-889-2437



Golden Rule Services offers **free** rapid HIV and Hepatitis C testing and STD screenings
Monday through Friday 9 a.m. to 5 p.m.
4433 Florin Road, Suite 760, Sacramento, CA 95823
Walk-ins are welcome or call for an appointment at 916-427-4653



**The Sacramento TGA's HIV Health Services Planning Council
and Committee Meeting Schedules**

- 1st Monday of Every Month: **Affected Communities Committee:** 4:30—5:30 p.m. at Cares Community Health, 1500 21st Street, Sacramento, CA 95811. Conference Room C/D
- 1st Tuesday of Every Month: **Prevention Committee:** 1:00—2:00 p.m. at the Primary Care Center, 4600 Broadway, Sacramento, CA. Room 2020
- 1st Tuesday of Every Month: **Quality Advisory Committee:** 2:00—3:00 p.m. at the Primary Care Center, 4600 Broadway, Sacramento, CA. Room 2020
- 1st Tuesday of Every Month: **Needs Assessment Committee:** 3:00—4:30 p.m. at the Primary Care Center, 4600 Broadway, Sacramento, CA. Room 2020
- 2nd Monday of Every Month: **Priorities and Allocations Committee:** 10—12:00 p.m. at the Primary Care Center, 4600 Broadway, Sacramento, CA. Room 2020
- 2nd Thursday of Every Month: **Executive Committee:** 3:00—5:00 p.m. at Cares Community Health, 1500 21st Street, Sacramento, CA 95811. 1st Floor Boardroom
- 4th Wednesday of Every Month: **HIV Health Services Planning Council:** 10—12 p.m. at the Primary Care Center, 4600 Broadway, Sacramento, CA. Room 2020 (Except Nov/Dec: 12/9/15)

Primary Care Parking: There is free parking on the LOWER LEVEL in the parking structure.

Cares Community Health Parking: There is limited parking in the Cares Community Health parking lot. There is plenty of metered street parking. The cost is 25 cents per 12 minutes.



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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: Paula Gammell at 916-876-5548

www.sacramento-tga.com

The **Affected Communities Committee** addresses issues facing the HIV/AIDS community and advises the Planning Council on community affairs. 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. The Committee meets the first Monday of the Month, except holidays, at Cares Community Health, Conference Room C/D, 1500 21st Street, Sacramento.

RYAN WHITE CARE ACT SERVICE PROVIDERS

Cares Community Health - is a private, nonprofit community health center serving the greater Sacramento area. They use a medical home model of care, including preventive care, routine checkups, immunizations and management of acute and chronic illnesses.
1500 21st Street, Sacramento, CA 95811
916.443.3299

CommuniCare - HIV medical case management, ADAP, HOPWA and support services
500-B Jefferson Blvd, Suite 195
West Sacramento, CA 95605
916.403.2970 ****Yolo County Residents only ****

Harm Reduction Services - Medical case management, Outreach and Testing
2800 Stockton Blvd, Sacramento, CA 95817
916.456.4849

Sierra Foothills AIDS Foundation - HIV/AIDS services serving both El Dorado and Placer Counties
Main number: 530.889.2437
Placer County: 12183 Locksley Lane, Suite 205
Auburn, CA 95602
El Dorado County: 550 Pleasant Valley Road, Suite 1C
Diamond Springs, CA 95619

Strategies for Change - Medical case management and substance abuse outpatient services.
4343 Williamsborough Drive, Sacramento, CA 95823
916.473.5764

Sunburst Projects - childcare, mental health, and medical case management
1025 19th Street, Suite 1A, Sacramento, CA 95811
916.440.0889

Well Space Health - Medical case management, mental health services, and substance abuse—detox services
• 1820 J Street, Sacramento, CA 95811 — 916.236.4700
• 8233 E. Stockton Blvd, Suite D, Sacramento, CA 95828
916.368.3080

UC Davis Medical Center
Pediatric Infectious Disease - HIV+ children
2516 Stockton Blvd, Ticon II, Sacramento, CA 95817
916.734.7618