

A publication of the Affected Communities Committee of the HIV Health Services Planning Council  
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### Cultural Humility and Patient Care

Cultural humility is "a lifelong commitment to self-evaluation and self-critique, to redressing the power imbalances in the patient-physician dynamic, and to developing mutually beneficial and nonpaternalistic clinical and advocacy partnerships with communities on behalf of individuals and defined populations" (Foronda, 2020, p. 8). It is a continual effort to learn, understand, and develop an approach of being open to other people's identities and acknowledging each person's power and authority over their own experiences (McGee-Avila, 2018). McGee-Avila (2018) lists four best practices that providers can use to base their care on patients' lived experiences:

1. "Ask about identity first", to learn about their lives, struggles, and strengths.
2. Remember that "disease is not the only issue", and patients may be less able to prioritize their health due to other problems.
3. "Listen more than you speak" to understand their needs better and work with them toward their goals.  
"Reflect on your own identity" to understand your assumptions and their reasons, and be more welcoming to patients' identities.

People with HIV are still stigmatized and face daily challenges, including adverse treatment from healthcare providers. Therefore, HIV provider awareness and humility are critical for ending the HIV epidemic. Cultural humility provides a collaborative approach to improving the healthcare system by understanding the lives of those living with HIV and their needs.

#### Additional Resources:

- Cultural Humility & Reducing Provider Discrimination: Provider Handbook  
<https://www.seaetc.com/cultural-humility-reducing-stigma-and-discrimination-provider-handbook/>  
For questions or provider education on the prevention, treatment, and care of those at-risk or living with HIV, please contact the Pacific AIDS Education & Training Center – Central Valley & Northern Interior  
Website: <https://paetc.org/about/local-partners/central-valley/>  
Email: [aetc@ucdavis.edu](mailto:aetc@ucdavis.edu)  
Phone: 916-734-3365
- References:
- Foronda, C. (2020). A theory of cultural humility. *Journal of Transcultural Nursing*, 31(1), 7–12. <https://doi.org/10.1177/1043659619875184>
- McGee-Avila, J. (2018, June 21). *Practicing cultural humility to transform health care*. AIDS Education and Training Centers National Coordinating Resource Center (AETC NCRC). Retrieved August 4, 2022, from <https://aidsetc.org/blog/practicing-cultural-humility-transform-health-care>

## Need Support?

WeCare is a support group of HIV+ individuals, providing community and peer support. Topics of discussion range broadly from issues relating to health care, transportation, personal finance, housing, drug use, stigma, and family, to name just some. WeCare is not a 12-Step Group, but focusses on community and peer experience in discovering new tools and strategies to deal with life's various challenges. The group meets the third Wednesday of the month from 12—1:30 p.m. at Harm Reduction Services, 2800 Stockton Blvd, Sacramento, CA 95817.

Questions: Contact Harm Reduction Services 916-456-4849



World AIDS Day began in 1988 and takes place every year on December 1st. Not only is it an opportunity to commemorate those who have died from an AIDS-related illness, but it's an opportunity to show your support for people living with HIV.

A simple red ribbon is one of the most widely recognized symbols of HIV and AIDS and the people who live with these conditions. The symbol was presented by the Visual AIDS Artists Caucus in 1991. The individuals in this group wished to remain anonymous, keep the image copyright free and create a symbol to raise consciousness of HIV and AIDS. The red ribbon was originally intended to be worn as a badge, but is now used in a wide variety of ways.[1]

[1] <https://www.timeanddate.com/holidays/un/world-aids-day>

One Community Health offers low cost & confidential walk-in and appointments for HIV, Hepatitis C & STD testing at its Midtown Campus.  
Call 916-443-3299 to make an appointment or for more information.  
No one will be turned away if they are unable to pay.

Free or Low-Cost STD/HIV/HCV Testing;  
Contact the agency directly for dates, times and costs of testing  
Golden Rule Services 916-427-4653  
Harm Reduction Services 916-456-4849  
Sacramento Sexual Health Clinic 916-875-1551

**Partner Services:**

County of Sacramento - 916-875-1100  
One Community Health - 916-443-3299  
Yolo County - 530-666-8670  
El Dorado and Placer Counties:  
Sierra Foothills AIDS Foundation 530-889-2437

**The Sacramento TGA's HIV Health Services Planning Council and Committee Meeting Schedules**  
Committees may be canceled if there is no pressing business to conduct. Call 916-876-5548 to verify.  
**Presently, all in-person meetings have been cancelled due to COVID-19 and the meetings are being held by teleconference. The teleconference call-in information is on each committee agenda which can be found on the [www.sacramento-tga.com](http://www.sacramento-tga.com) website.**

1st Monday of Every Month: <b>No meetings in July or Sept.</b>	<b>Affected Communities Committee:</b> 3:00—4:00 p.m. at Sacramento County Health Center, 4600 Broadway, Sacramento, CA. Community Room 2020
1st Tuesday of Every Month:	<b>Quality Advisory Committee:</b> 2:00—3:00 p.m. at the Sacramento County Health Center, 4600 Broadway, Sacramento, CA. Community Room 2020
Quarterly on the 1st Tuesday of March, June, Sept. and Dec.	<b>Needs Assessment Committee:</b> 3:00—4:30 p.m. at the Sacramento County Health Center, 4600 Broadway, Sacramento, CA. Community Room 2020
2nd Monday of Every Month: <b>Except October 2022 due to a holiday</b>	<b>Priorities and Allocations Committee:</b> 10—12:00 p.m. at the Sacramento County Health Center, 4600 Broadway, Sacramento, CA. Community Room 2020
2nd Thursday of Every Month:	<b>Executive Committee:</b> 3:00—5:00 p.m. at the County of Sacramento Sacramento County Health Center, 4600 Broadway, Sacramento, CA. Community Room 2020
4th Wednesday of Every Month: <b>Combined Nov/Dec on 12/7/2022</b>	<b>HIV Health Services Planning Council:</b> 10—12 p.m. at the Sacramento County Health Center, 4600 Broadway, Sacramento, CA. Community Room 2020

Primary Care Parking: There is free parking on the LOWER LEVEL in the parking structure. Entrance off Broadway only. The Stockton Blvd entrance is closed.



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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](http://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 July and September, from 3—4 p.m., at Sacramento County Health Center  
4600 Broadway, Community Room 2020, Sacramento, 95820.

## RYAN WHITE CARE ACT SERVICE PROVIDERS

### CommuniCare Health Centers

\*\*\*\* Yolo County Residents only \*\*\*\*  
916-403-2910 x1077

**Golden Rule Services** 916-427-4653

**Harm Reduction Services** 916-456-4849

**One Community Health** 916-443-3299

**Sacramento LGBT Center** 916-442-0185

### Sierra Foothills AIDS Foundation

\*\*\*\* El Dorado and Placer Counties only \*\*\*\*  
Main number: 530-889-2437

**Sunburst Projects** 916-440-0889

**Volunteers of America** 916-451-1765

**UC Davis Medical Center Pediatric Infectious Disease** 916-734-1873

In the box to the right, is a list of Ryan White Part A and B funded Services.

Services may vary per provider and additional services may be available through other funding sources.

Please contact a provider above for additional information.

- ⇒ Ambulatory Outpatient Care
- ⇒ Medical Case Management
- ⇒ Child Care
- ⇒ Emergency Financial Assistance
- ⇒ Food Bank/Home Delivered Meals
- ⇒ Health Education/Risk Reduction
- ⇒ Health Insurance Assistance
- ⇒ Housing
- ⇒ Medical Nutritional Therapy
- ⇒ Medical Transportation
- ⇒ Mental Health
- ⇒ Non-Medical Case Management
- ⇒ Oral Health
- ⇒ Outreach Services
- ⇒ Substance Abuse—Outpatient
- ⇒ Substance Abuse—Residential