

A publication of the Affected Communities Committee of the HIV Health Services Planning Council  
Paid for by the Sacramento TGA Part A Ryan White Grant Funds

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### What is Fentanyl?

Fentanyl is a synthetic opioid that is similar to morphine. However it is 50 to 100 times stronger, or more potent, than morphine. It is typically used to treat severe or chronic pain.

However, more recently, it has been manufactured and distributed illegally resulting in an increase in overdose deaths. Drug dealers often mix fentanyl with other drugs, such as cocaine, methamphetamine or heroin.

In an article\* published by Deidre McPhillips, CNN, "More than 100,000 people died of drug overdoses in the United States during the 12-month period ending April 2021, according to provisional data published Wednesday by the US Centers for Disease Control and Prevention.

That's a new record high, with overdose deaths jumping 28.5% from the same period a year earlier.

Opioids continue to be the driving cause of drug overdose deaths. Synthetic opioids, primarily fentanyl, caused nearly two-thirds (64%) of all drug overdose deaths in the 12-month period ending April 2021, up 49% from the year before, the CDC's 's National Center for Health Statistics found."

### Fentanyl in Sacramento?

In an article dated November 4, 2021, the Sacramento County Department of Health Services states that , "More people in Sacramento County are now dying from fentanyl poisoning than from gun violence". \*\*

It further states that, the overwhelming majority of fentanyl deaths are due to counterfeit prescription pills. According to the District Attorney's crime lab, 97% of pills sold on the street are counterfeit and 97% of those pills contain fentanyl, a potent opioid estimated to be 80 times more powerful than morphine.

The articles states that fentanyl is odorless and drugs contaminated with fentanyl are almost impossible to tell from drugs that are not contaminated. An estimated 87 people, mostly young adults, have died of fentanyl overdoses in 2021, and 88 died in 2020, a threefold increase from 2019.

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\* <https://www.cnn.com/2021/11/17/health/drug-overdose-deaths-record-high/index.html>

\*\* <https://www.saccounty.gov/news/latest-news/Pages/Fentanyl-Awareness-Safety-Fair-is-Nov-6.aspx>

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### ***How can you treat a fentanyl overdose?***

Naloxone, commonly known as Narcan, is a medicine that can help treat a fentanyl or opioid overdose when given timely. It blocks the effects of opioids and can quickly restore normal breathing to a person experiencing slowed or stopped breathing due to an overdose.

### ***Looking for more information?***

For more information on Narcan, or if you are struggling with opiate addiction and are interested in medication-assisted treatment (MAT), please contact Harm Reduction Services (916) 456-4849, or their Education, Response and Access (ERA) case manager at (916) 236-7311.

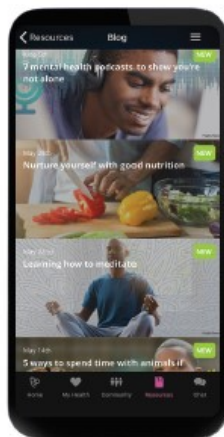
## **Positive Peers**

Positive Peers is a private social media app exclusively for young people, ages 13–34, living with HIV. It allows you to manage your health and connect with others. You can connect with others living with HIV and share stories, advice and community resource information. The app provides medication reminders and allows you to track your doctors visits and lab results. Registration is required including verification of HIV status and age. To register you'll need a function smartphone and a valid email address.

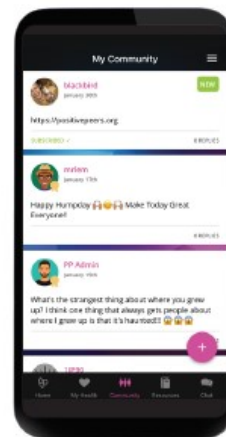
For more information or to register, go to: <https://positivepeers.org/>



Health management tools with medication & appointment reminders.



Accurate, easy-to-understand HIV health education information & community resources.



Local social networking in a community conversation & private chats.

## Prepping for PrEP

The CDC clinical practice guidelines for prescribing PrEP have been updated in 2021 to include cabotegravir, a PrEP injection given every two months, as well as a recommendation to offer PrEP to anyone who requests it (Centers for Disease Control and Prevention, 2021). There is also information regarding same-day PrEP prescriptions, PrEP prescriptions via telehealth, and 2-1-1 PrEP dosing (Centers for Disease Control and Prevention, 2021). PrEP is safe and highly effective, when taken as prescribed, at preventing HIV infection through both sexual contact and injection drug use (Centers for Disease Control and Prevention, 2021). Throughout the Sacramento region, there are many locations offering either PrEP prescriptions or referrals to other locations where PrEP may be obtained. A list of locations offering PrEP-related services can be found at: [https://paetc.org/wp-content/uploads/2021/12/PrEP-Community-Resource-List\\_CVNI\\_V2.pdf](https://paetc.org/wp-content/uploads/2021/12/PrEP-Community-Resource-List_CVNI_V2.pdf)

### Additional Resources:

- Printable pocket guide for PrEP screening: [https://paetc.org/wp-content/uploads/2021/08/PrEP-Screening\\_Pocket-Guide\\_CVNI\\_V4.pdf](https://paetc.org/wp-content/uploads/2021/08/PrEP-Screening_Pocket-Guide_CVNI_V4.pdf)
- Printable pocket guide to open-ended sexual health questions: [https://paetc.org/wp-content/uploads/2021/09/Sexual-Health\\_Pocket-Guide\\_CVNI\\_V5.pdf](https://paetc.org/wp-content/uploads/2021/09/Sexual-Health_Pocket-Guide_CVNI_V5.pdf)
- Printable brochure with ICD 10 billing codes for PrEP and HIV: [https://paetc.org/wp-content/uploads/2021/08/PrEP-HIV-Combined-Billing-Codes\\_Brochure\\_CVNI\\_FINAL.pdf](https://paetc.org/wp-content/uploads/2021/08/PrEP-HIV-Combined-Billing-Codes_Brochure_CVNI_FINAL.pdf)

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  
Email: [aetc@ucdavis.edu](mailto:aetc@ucdavis.edu)  
Phone: 916-734-3365

### References:

Centers for Disease Control and Prevention. 2021, December 15. Pre-Exposure Prophylaxis (PrEP) Clinicians' Quick Guide. <https://www.cdc.gov/hiv/clinicians/prevention/prep.html>

## Friendship Line California 1-888-670-1360

For seniors and adults with disabilities, living alone during this pandemic, can cause emotional well-being issues of social isolation, stress and anxiety. The Institute on Aging's Friendship, with additional funding from the California Department of Aging, is available for people aged 60 years and older and adults living with disabilities to provide emotional support. Call 1-888-670-1360 for a caring, compassionate voice ready to listen and provide emotional support.

## **HIV/AIDS Awareness Days raise awareness about HIV/AIDS among specific populations and provide information about HIV prevention, testing, and treatment.**

These days include:

National Black HIV/AIDS Awareness Day - February 7

National Women and Girls HIV/AIDS Awareness Day - March 10

National Native HIV/AIDS Awareness Day - March 20

National Youth HIV/AIDS Awareness Day - April 10

National Transgender HIV Testing Day - April 18

National HIV Vaccine Awareness Day - May 18

HIV Vaccine Awareness Day - May 18

National Asian and Pacific Islander HIV/AIDS Awareness Day - May 19

HIV Long-Term Survivors Day - June 5

National Caribbean American HIV/AIDS Awareness Day - June 8

National HIV Testing Day - June 27

National HIV/AIDS and Aging Awareness Day - September 18

National Gay Men's HIV/AIDS Awareness Day - September 27

National Latinx\* AIDS Awareness Day - October 15

World AIDS Day - December 1

### **What is HIV Vaccine Awareness Day?**

This day is a chance to thank the volunteers, community members, health professionals, and scientists working together to find a safe and effective preventive HIV vaccine. It is also a time to educate communities about the importance of preventive HIV vaccine research.

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

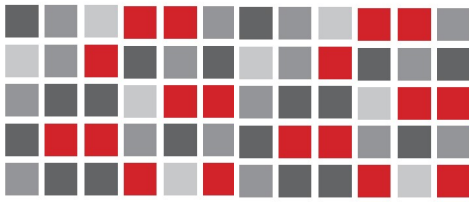
**Partner Services:**

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.**

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| 1st Monday of Every Month:<br><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:<br><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:<br><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