



JULY-SEPTEMBER 2013

EVENTS & SERVICES

The UCSF Alliance Health Project supports the mental health and wellness of the lesbian, gay, bisexual, transgender and queer (LGBTQ) and HIV-affected communities in constructing healthy and meaningful lives.

Mental Health Crisis Management at AHP

What is a mental health crisis? Imagine you feel so depressed, anxious, or overwhelmed that it is not possible to function, or that you start planning how to hurt yourself or someone else. Mental health crises have various causes, but they share the characteristics of extreme emotional distress

to assess and manage mental health crises whether they unfold at the AHP Services Center or, specifically for HIV-positive clients, in the community. If you believe you or a loved one is in crisis, call or drop in and ask for the Crisis Team. If you are already an AHP client, you may decide to discuss how you're feeling with your

AHP has a dedicated Crisis Team: specially trained clinicians able to respond quickly to mental health crises. If you believe you or a loved one is in crisis, call or drop in and ask for the Crisis Team.

or disorders of thinking, and critical personal and social impairment. Depending on the severity of these symptoms, conventional mental health care—psychotherapy or group support—may not be enough to help you. You need more help more quickly.

The Alliance Health Project has a dedicated Crisis Team: specially trained clinicians prepared to respond quickly

current AHP clinician. Your clinician may decide to consult with the Crisis Team while you are still in the building. In response, Crisis Team staff may meet you, either alone or with your clinician, to further assess your situation and help figure out a plan so that you and those around you can stay safe and alleviate the crisis. Many Crisis Team interventions are one-time

contacts, completed when a Crisis Team member links you to additional services at AHP and elsewhere. Sometimes Crisis Team follow-up visits will help monitor the situation and ensure that stabilizing services are in place. In the most extreme situations, Crisis Team staff will assess whether a client has a plan and intention to harm him or herself or others and/or whether a client is able to

care for his or her own needs. Sometimes, this assessment results in the decision to hospitalize a client in order to carry out further evaluation. If AHP sends you to a psychiatric hospital, Crisis Team staff will follow up with your hospi-

continued on the reverse

SPECIAL EVENTS

JUNE 28-30

CELEBRATE LGBTQ PRIDE WEEKEND WITH AHP

AHP invites current and past volunteers, staff, and clients to join us for three LGBTQ pride weekend events:

Friday, June 28, 2013: Trans March

Saturday, June 29, 2013: San Francisco Dyke March

Sunday, June 30, 2013: San Francisco Pride Parade

For information, please call: 415-502-7276.

JULY

17

WORKSHOP: MAPPING OUR DESIRES ABUNDANCE AND SEXUALITY FOR LBT WOMEN

Wednesday, July 17, 2013, 6:00 pm to 8:30 pm

Is desire an important part of your life? Would you like it to be more prominent in your life? Would you like to figure out how to get your needs met? Please join us for an interactive workshop and discussion on cultivating abundance in in your life. **Open to lesbian, bisexual, and transgender women. Free of charge.** Meets at the **AHP Services Center**, 1930 Market Street. Space is limited; pre-registration required, call 415-476-6448, ext. 1.

For more info, call 415-476-3902 and ask for the triage staff person. TTY number 415-476-3587. Most groups require an assessment process. Drop-in groups do not require an assessment or RSVP.

For People who are Lesbian, Gay, Bisexual, Transgender, or Queer

Sex & Sobriety*

A 14-week group focusing on topics such as navigating sober sexuality and attaining emotional intimacy. For gay and bisexual men with at least six months of current, continuous sobriety from their drug(s) of choice.

SNAP Talk!

Thursdays, 7:00 pm to 8:30 pm at SF LGBT Center, 1800 Market Street. A drop-in group for gay and bisexual men in their 20s and 30s who are newcomers to the city and want to talk and get support about adjusting to life here.

Aging*

A 14-week group for gay and bisexual men age 50 and up to talk about issues of aging in their lives.

Men's Group*

Ongoing group for gay and bisexual men exploring issues of mental and physical wellness.

Strong & Proud*

An empowering and supportive, 10-week group for lesbian, gay, bisexual, transgender and queer

people who have concerns about trauma, substance abuse, or other aspects of mental health.

Queer Women's Disability & Chronic Illness Group*

Ongoing group for lesbian, bisexual, queer and trans women to discuss their health challenges, learn self-care strategies, process common emotions, and explore strategies for working with health care providers.

Transgender Support Group*

Ongoing group for transgender and gender variant people who want to explore their gender, relationship issues, self esteem, and mental and physical well being. Open to all genders.

For HIV-Positive People and People with AIDS

Living and Thriving with HIV Support Groups

Ongoing groups to talk about relationships, dating, sex, aging, being positive in San Francisco, medical issues, and more. Ongoing groups require 3-month commitment.

Positive Life:

A Group for Newly HIV-Positive People

A 14-week group for people who have recently tested positive or who are new to dealing with their infection.

Drop-In Group for HIV-Positive People and People with AIDS

Mondays, 6:30 pm to 8:00 pm. General support group for anyone living with HIV.

Support Group for People Considering Returning to Work

For HIV-positive people who want to discuss the possibility of returning to work.

Open to All

ASAP (AIDS Substance Abuse Program) Drop-In Group for People with Substance Use Concerns

Thursdays, 10:30 am to 12:30 pm. First-time attendees need to arrive 15 minutes early.

Drugs, Alcohol, and Creative Arts Group

An 8-week group focusing on expressive arts (drawing, bodywork, meditation, and more) for anyone with current substance use concerns. ■

★ Membership in groups marked with a star (★) is limited based on income and insurance restrictions.

Crisis Management, *continued from front*

tal care team to help ensure that you receive the ongoing mental health services you need after leaving the hospital. *Crisis Team staff rarely use psychiatric holds, and work hard to find less restrictive solutions.*

The Crisis Team's principles always prioritize your emotional health and well-being and the safety of you and those around you. Please call us if you or a loved one is experiencing a mental health crisis. The Crisis Team is open Monday through Friday 9:00AM to 5:00PM, with the exception of Tuesdays when the Team closes at 1:00PM. To contact the Crisis Team, call 415- 476-3902. After hours, call the San Francisco Mobile Crisis Team at 415-970-4000 or San Francisco General Hospital Psychiatric Emergency at 415-255-3815, or go to a the nearest hospital emergency room. ■

A Legacy of Giving

With the **Sally Van Doren Legacy Fund**, AHP honors Sally Van Doren, PharmD, an AHP Community Advisory Board member, a colleague who founded BioSoteria, a medication safety company, an advocate for HIV and LGBTQ issues, and a friend. Sally died suddenly in 2012. ✨ In memory of Sally's leadership and commitment to AHP and the LGBTQ and HIV-affected communities, the **Sally Van Doren Legacy Fund** supports AHP's direct client services. Fund donors will be following in Sally's footsteps: in addition to applying wit and intelligence to help AHP's board make effective decisions, Sally gave generously—more than \$50,000. ✨ Please make a donation in Sally's memory at <http://tinyurl.com/mksqgtum> ■



LOOKING BACK / LOOKING FORWARD

AHP'S VERY OWN MOBILE TESTING VAN!

After 29 years of HIV testing, AHP, with the generous support of the Phillip and Melanie Nash Memorial Trust and Dublin Nissan, has purchased a new mobile testing van! In May, we started using our own wheels. Now it's easier than ever to get an HIV test: *Know Yourself, Know Your Status, Know Your Community!*



VOLUNTEER APPRECIATION

On May 17, AHP hosted its annual volunteer party at the Century Club of California, a small token of our gratitude to those who helped AHP serve close to 8,000 clients over the past year. Melinda James, a former AHP intern turned award-winning videographer—see her work at <http://aboutherfilms.com>—added the excitement of a movie set by filming volunteers for a video about AHP. If you are a volunteer and want to be included, call DK Haas 415-476-6394.

ART FOR AIDS

October 25, 2013: Art for AIDS, San Francisco's premier art auction and AHP fundraiser, held at the gorgeous City View at Metreon. More than 170 modern and contemporary art works await your bidding! Gourmet food, fine wine, and cocktails. For more information, visit www.artforaids.org or contact Jose Portillo at 415-502-7276 or jose.portillo@ucsf.edu. ■