

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.

Partners Testing Together at AHP

You've been seeing someone new for a month. You really think he's someone you could have a future with. In the past, if you met a guy you liked, you would make sure he had

two or more people define themselves as a couple (or in a multi-person relationship), then they can test together. Simply ask for "couples counseling" when you call 415-502-TEST for an appoint-



The AHP couples testing counselor provided a safe place for us to discuss "what if's" and he helped us address our concerns."

tested recently, and each of you would go get a test. But this guy is different. From the start, you've been able to talk honestly and openly with each other. You both figure that just maybe if you're going to share a life, you could be there for each other during the HIV testing experience.

Now you can. AHP used to offer only individual counseling and testing, and people in relationships (couples or more than two people) may still test individually. But now they have the option of testing together.

What defines a couple or relationship for us? It's simple: if

ment, or when you meet with your counselor.

During couples counseling and testing, counselors focus discussion on the present and the future and limit the discussion to issues related to HIV and STD prevention. Counselors will not discuss past situations or events, so questions will not force partners to disclose information to each other that they do not want to reveal. Instead, counseling focuses on moving forward.

As always at AHP, if either partner tests preliminary positive, the counselor introduces the client to a specialist who helps link

the client to a range of medical, emotional support, and partner services. The counselor also helps the client explore next steps. The same is true in couples testing; either partner can receive this linkage counseling. The only difference is that both partners could test preliminary positive.

If that happens, AHP's linkage specialist could work with the partners together or separately depending on their preferences. A great benefit of testing together is that partners have the opportunity to discuss

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SPECIAL EVENTS

STREET FAIR TESTING

Sunday September 29, 11:00 AM to 5:00 PM: Folsom Street Fair
Sunday, October 6, 11:00 AM to 5:00 PM: Castro Street Fair
Drop by for your next semiannual test at AHP's mobile HIV testing van at the autumn street fairs!

OCTOBER

11 DATING: KEEPING IT SIMPLE AND GETTING WHAT WE WANT A WORKSHOP FOR GAY AND BISEXUAL MEN

Friday, October 11, 2013, 6:30 PM to 9:30 PM

Does dating and getting to know men sometimes seem far from being simple or fun? Learn the basics of dating, what makes for good dating, and how to get what you want. Free of charge. Open to gay and bisexual men. Meets at the AHP Services Center, 1930 Market Street. Space is limited; pre-registration required. Register by calling 415-476-6448.

25 17TH ANNUAL ART FOR AIDS

Friday, October 25, 2013, 5:30 PM to 9:30 PM

Join us at the City View at Metreon, 4th Floor, to bid on 170 carefully selected works of contemporary art during our live and silent auctions. Enjoy fabulous food, cocktails, and wine. Doors open at 5:30 pm. Admission is \$125 at the door. For more information and to view the art go to www.artforaids.org.



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.

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

Tuesdays, 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.

Partners Testing , *continued from front*

issues around sex, sexuality, and HIV and STD prevention with a knowledgeable and neutral third person. A good example of this is discussing the conditions of an open relationship, one in which partners may have sex with other people. During counseling, partners may want to go over some of the rules they have set up to maintain the open relationship and still prevent STDs. Another example might be discussing how partners interested in experimenting with three-

way sex can do so safely. A counselor can facilitate an open conversation about such issues and suggest helpful options for negotiating agreements that sustain sexual satisfaction without compromising health or trust. Sometimes partners may not want to discuss sex during the session, a choice that counselors always respect. But no matter what topics become the focus of counseling, testing together can be a supportive, safe experience for partners. ■

Not sure . . . how you made it home last night?

Are you a man who has sex with other men? Have you had five or more drinks at one time in the past 30 days? If so, we'd like to talk to you. You may be eligible for a \$20 Safeway gift card. For more information, please call 415-939-6882. ■



LOOKING BACK / LOOKING FORWARD

ALLIANCE HEALTH PROJECT CELEBRATES PRIDE!

AHP celebrated San Francisco Pride this year with new wheels! In place of our hallmark cable car, we traveled up Market Street with our new mobile testing van. More than 50 AHP staff, volunteers and supporters waved flags, carried our banner, and chanted "Who are we? AHP! What do we do? We help you through!" Two hundred other contingents celebrated San Francisco's rich LGBTQ history and the recent Supreme Court victories striking down DOMA and Proposition 8. AHP also proudly co-sponsored the Trans March on June 27 and the Dyke March in Dolores Park on June 28.



NEW VAN LAUNCH PARTY

On June 26, National HIV Testing Day, AHP celebrated 25 years of mobile testing by launching our new mobile HIV testing van. In the past, we've relied on ingenuity, will, rolling carts, car trunks, and a longstanding partnership with the Stop AIDS Project. Now, we have a van of our own! The staff and volunteers were joined by San Francisco Department of Health staff, Eileen Loughran and John Melichar, who talked about the importance of realizing the national agenda for HIV testing by offering mobile testing services, and State Senator Mark Leno's district representative Anna Damiani, who awarded AHP a certificate of acknowledgement to honor the day. ■