



JANUARY-MARCH 2014

# 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.

## ASAP Counseling and Case Management: Expanding Substance Use Care into the LGBTQ Communities

For all of his hard work to stay clean and housed, Ray still didn't have a home or financial and medical benefits, and still used speed to stay awake when he stayed on the street. He wanted a place to live so he could care for his boyfriend and their dog, but when he came to AHP, he was not hopeful. "No one really helps me anyway," he lamented. Within six months, a case manager from ASAP—the Alliance Health Project's pioneering AIDS and Substance Abuse Program—had helped Ray and his family (including

substances. In the early days of the epidemic, these services were hospital-based. Since then, ASAP has expanded into the community. And the program's longer name —ASAP Counseling and Case Management Services—reflects the team's expanding focus beyond HIV alone to the broader LGBTQ communities.

Two ASAP programs highlight AHP's expanded efforts to reach LGBTQ people. AHP was able to help Ray through its Assertive Case Management with Motivational Enhancement (ACM MI) program. ACM MI supports both gay and bi men and men who

*"No one really helps me anyway," Ray lamented. Within six months, an Alliance Health Project case manager had helped Ray, his partner, and their dog, move into a residential hotel.*

the dog) move into a residential hotel. At the same time, an AHP psychiatrist helped Ray manage the depression that struck when his parents, angry after Ray came out to them, kicked him out of their house.

ASAP was one of the first to offer HIV-related counseling to HIV-positive people who used

have sex with men who don't identify as gay or bi by assisting them with access to medical care, permanent, affordable housing, and the complex menu of San Francisco's social service system. ACM MI case managers and clients don't just tackle practical issues, but, more importantly, the psychological

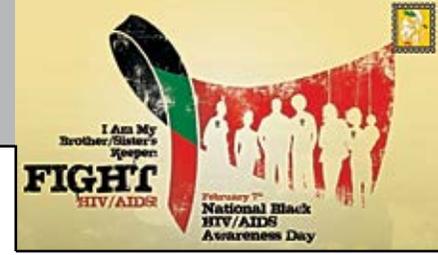
## SPECIAL EVENTS

**FEBRUARY**

### 7 NATIONAL BLACK HIV / AIDS AWARENESS DAY

Friday, February 7, 2014, 6:00 PM to 9:00 PM

Join AHP's HIV Counseling and Testing Services at National Black HIV/AIDS Awareness Day March from City Hall to Quaker House. AHP's mobile testing van counselors will test folks at Quaker House throughout the event. For more information about the march, contact Vincent Fuqua at the San Francisco Department of Public Health: [Vincent.Fuqua@sfdph.org](mailto:Vincent.Fuqua@sfdph.org).



issues related to being homeless, surviving without medical care, or struggling with mental health and substance use issues.

At the same time as ASAP provides these crucial expanded frontline services, it also seeks to research and develop new models of care. The Minority AIDS Initiative, Targeted Capacity Enhancement (MAI TCE) Drinking Study applies innovative counseling techniques to help gay and bi men and men who have sex with men who don't identify as gay or bi reduce the frequency that they have had five or more drinking in one sitting in the prior 30 days. Research has identified such "binge drinking" as a driver for HIV infection. The MAI TCE study, which looks at how a single-session clinical intervention might raise a participant's consciousness of how drinking can

undermine a person's sexual health decision making process, is open to individuals regardless of HIV status. Study staff meet help participants explore the ambivalence and rationalizations that are a normal part of changing behaviors that, however unhealthy, people value.

Both ACM MI and the MAI TCE Drinking Study work with individuals regardless of their level of commitment to change. They prioritize assisting individuals to better understand how current behaviors influence the success of short- and long-term goals. ACM MI case managers help clients develop the behavioral skills they need to create better and more complete lives. MAI TCE Drinking Study

*continued on the reverse*

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.

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

**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 three-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 and those recovering from a disabling mental illness who want to discuss the possibility of returning to work.

**Open to All**

**Psychoeducation Group\***

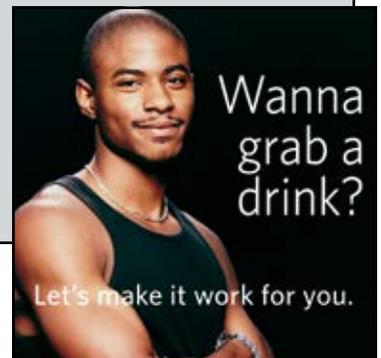
A 10-week group focused on topics—including communication, finances, and mental health—that enhance living skills and increase overall wellness.

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



**Substance Use Care, continued from front**

counselors create a safe place for clients to talk about how their assumptions affect drinking and sexual health decision-making. For more information about the Assertive Case Management–Motivational Interviewing Program or to enroll in the MAI TCE research study, please call 415-476-3902 and ask to speak with the triage clinician on duty. ■

**LOOKING BACK / LOOKING FORWARD**

**ART FOR AIDS: A NIGHT OF SPIRIT AND HEROICS!**

AHP's 17th annual **Art for AIDS** auction raised more than \$270,000 on Friday, October 25. Spirited auction participants snapped up 150 works of modern and contemporary art during an evening of competitive bidding at both live and silent auctions.

High bidders took home works by local and world-renowned artists such as Theophilus Brown, Ferris Plock, Philip Hua, Michael Kenna, Hung Liu, Catherine Mackey, Kristine Mays, Rex Ray, Jock Sturges, Michal Venera, and Tim Yankowsky, to name just a few. Taking in the views both inside and outside from the spectacular City View at the Metreon, guests enjoyed scrumptious food from Bisou, Garibaldi's, Precita Park Café, Boon Eat and Drink, Big Bottom Market, Hey, Cookie!, Alphaflores Cookies, and Whole Foods Market.

AHP welcomed two special guests: event MC and drag king extraordinaire, Vegas Jake (aka AHP trainer Jen Shockey); and Lenny the Cop (aka Lenny Broberg), who coaxed the guests into donating directly to AHP's crucial mental health services during our second year of "hero bidding." Forty-nine bidder-donors—our heroes—raised a whopping \$12,300 in less than ten minutes.

A warm thank you to the generous artists, sponsors, wine and beverage purveyors, restaurants, and business partners who donated their astonishing goods to the event! More than 150 extraordinary volunteers and all of AHP's staff helped to make this year's auction a grand success. If you couldn't make it to the evening, view the art and learn more about the event at [artforaids.org](http://artforaids.org), or check us out on Facebook: [facebook.com/Art4AIDS](https://www.facebook.com/Art4AIDS). If you would like to volunteer next year, contact [lisa.roth@ucsf.edu](mailto:lisa.roth@ucsf.edu).

**KEEP UP WITH AHP'S DIGITAL UNIVERSE**

First, check our new website. Second, join our mailing list to receive our new digital newsletter: AHP Connections. Third, check out our blog, Right Now! at [www.ucsf-ahp.org/ahp\\_blog/](http://www.ucsf-ahp.org/ahp_blog/). Fourth, read about LGBTQ, HIV, and mental health issues on our Facebook page at [www.facebook.com/AHPsf](https://www.facebook.com/AHPsf)—and don't forget to "Like" us! ■

