



QUICK REFERENCE GUIDE TO SERVICES
HIV DEPARTMENT

Acupuncture

Acupuncture services are available to all HIV-positive patients receiving medical care at AltaMed. To qualify for services, you will need:

- Be registered as an AltaMed medical client at any of our three sites (ELA, Pico, El Monte)
- Speak to your doctor about being referred to acupuncture services
- Once referred, schedule an appointment with the front office receptionist

AIDS Drug Assistance Program (ADAP*)

ADAP provides access to medications to those who are uninsured and assistance with insurance plans that do not cover HIV/AIDS treatment medications. To enroll in ADAP, schedule an appointment with our benefits counselor or case manager and provide:

- Proof of Los Angeles County residency
- Proof of Income
- Picture Identification
- If not an AltaMed client, proof of HIV diagnosis is required

*Be advised that this program requires that you renew on an annual basis.

Case Management

Our Case Management department is comprised of several specialty programs designed to assist you in accessing the services you need. Programs include: Benefits Specialty, Non-medical Case Management, Youth Case Management (ages 13-24) & Housing Case Management

These programs are intended to help improve your health and the quality of life by connecting you to valuable services. Services offered under Case Management include:

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| <i>Transportation Assistance</i> | <i>Dental referrals</i> |
| <i>Substance Abuse Treatment Referrals</i> | <i>Local Food Bank referrals</i> |
| <i>Housing resources</i> | <i>Partner Notification Services</i> |
| <i>Referrals to other services within AltaMed</i> | <i>Linkage to Legal Services</i> |
| <i>Linkage to Public Benefits (ADAP, SSI, SDI, SSDI, Medi-Cal, Medicare, GR, WIC, and others)</i> | |

To obtain Case Management services, schedule an appointment with the front office receptionist. At the time of your appointment you will need to provide:

- Proof of Los Angeles County residency
- Proof of Income Verification
- If not an AltaMed client, proof of HIV Diagnosis is required

Dental Services

Our Dental program offers preventative care, examinations, x-rays, cleaning and emergency services. To qualify for services you will need to:

- Be registered as an AltaMed client
- Schedule an appointment with a case manager to determine eligibility & to enroll in our Dental program
- Provide proof of LA county residence
- Provide income verification
- If not an AltaMed client, provide proof of HIV diagnosis

Dietitian

Consultations with a Registered Dietitian can help you develop a plan for eating a healthy, well-balanced diet and staying healthy. We recommend that you meet with our Registered Dietitian at least once every 6 months. To access services, you will need to:

- Be a registered AltaMed client at any of our three sites (ELA, Pico, El Monte)
- Schedule an appointment with front office receptionist at our ELA site

HIV/AIDS Medical Care

To access medical services at any of our three clinics, schedule an appointment with a case manager and register as an AltaMed client. You will need to provide:

- Proof of HIV Diagnosis
- Proof of Los Angeles County residency
- If applicable, proof of insurance
- Proof of Income
- Picture Identification

Home-Based Case Management: LIFE Program

Our Living Independently Feeling Empowered (L.I.F.E) program is intended to help you access vital services to regain and maintain a healthy independent life.

Services include:

Home Maker Services
Certified Home Health Aide
Counseling
Medical Monitoring

Nutritional Supplements
Case Management
Treatment Education
Durable Medical Equipment

To qualify for services under the LIFE Program, you will need:

- Completed referral form from your doctor along with current HIV diagnosis
- Provide Proof of Los Angeles County residency
- Provide Income Verification

Mental Health & Psychiatry

Our mental health team offers individual, couples and family therapy, annual assessments, as well as support groups for men, women, and families living with or affected by HIV/AIDS. To qualify for services, you will need to:

- Be registered as an AltaMed client
- Provide proof of LA County residence
- Provide income verification
- Schedule an appointment with any available mental health therapist
- If not an AltaMed client, provide proof of HIV diagnosis

*You can be referred to our Psychiatrist for additional treatment needs and assessment. To access psychiatric services, simply schedule an appointment with the front office staff. Registration as an AltaMed client is necessary.

Pharmacy Services

To receive your medications through our pharmacy, you will need to:

- Register as an AltaMed client
- Have updated ADAP and/or medical insurance coverage
- Notify your doctor or case manager that you would like to use the AltaMed pharmacy

Treatment Education & Advocacy

To better understand your diagnosis, treatment options and possible side-effects, take the time to meet with our Treatment Adherence Educator. Services include one-on-one consultation, informational workshops and educational public forums.

To access services, you will need to:

- Schedule an appointment with our Treatment Adherence Educator with the front office

HIV PREVENTION PROGRAM

Our team of HIV Prevention Specialists and HIV Test Counselors are trained to provide safer sex and health promotion education to anyone regardless of HIV status. Services include:

Free STD & HIV Testing

Social Educational Events & Activities

Safer Sex/STI Educational Workshops

Comprehensive Risk Counseling Services (CRCS)

Street Smart Program

Healthy Relationships Program

Popular Opinion Leader Program

To access services offered by our Prevention Program you will need to:

- Simply call (323) 307-0160
 - Ask to speak to a prevention specialist
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Mobile HIV Testing Unit

Provides free confidential HIV Testing throughout Los Angeles County. Test results are provided within 20 minutes. Follow us on twitter at _____.

- Has had unprotected sex or shares injection drug paraphernalia

Comprehensive Risk Counseling Services

A comprehensive 3 to 5 month program for HIV positive individuals and those at-risk of contracting the disease. Services include in-depth risk reduction counseling sessions and referrals to mental health and other supportive services. To qualify for Comprehensive Risk Counseling Services, you must meet the following criteria:

- Be Latino Male
- Be HIV positive or HIV negative with risks for infection
- Have unprotected sex or shares injection drug paraphernalia
- Agree to attend 5 intervention sessions

Street Smart

Is a specially-designed program for youth ages 13 to 24. This 8-session group promotes self-awareness, self-esteem, and reducing risky behavior. To qualify for Street Smart, you must meet the following criteria:

- Be Latino Male
- 13-24 years old
- Have unprotected sex or shares injection drug paraphernalia
- Agree to attend the 8 intervention sessions

Mi Voz, My Voice (Healthy Relationships)

A 5-session group level intervention for persons living with HIV. This program supports HIV-positive persons in decisions around HIV disclosure to family and friends as appropriate, sex and needle-sharing partners, and adoption of risk-reduction behaviors to prevent transmission of STD/HIV. To qualify for Mi Voz, My Voice, you must meet the following criteria:

- Be HIV positive
- Be Latino Male who has sex with men
- 18-29 years old
- Have unprotected sex with men
- Agree to attend the 5 intervention sessions

Sigueme (Popular Opinion Leader)

A program for leaders and trendsetters in the gay community that encourage safer sexual norms and behaviors within their social networks through risk-reduction conversations. To qualify for Sigueme, you must meet the following criteria:

- Be a Gay or Bisexual Latino man
- 18-29 years old
- Be identified by others as being a natural leader
- Be willing to encourage safer sexual behaviors with friends and peers

Personalized Cognitive Counseling (PCC)

Is a single counseling session designed to reduce unprotected anal intercourse (UAI) among men who have sex with men (MSM) who have previously been tested for HIV. To qualify you must:

- Be male
- Have had an unprotected anal intercourse encounter within the past 3 months
- Have taken an HIV test before