

**BEINGALIVE**  
AIDS/HIV SERVICES **SAN DIEGO**

**2007**

**HIV**

**CONSUMER**

**GUIDEBOOK**

**A RESOURCE GUIDE TO SAN DIEGO COUNTY SERVICES**

**Roche is proud  
to support**

# **Being Alive San Diego**

**We Innovate Healthcare**  
*from research to real life*



# 2004 HIV CONSUMER GUIDEBOOK

## ABOUT THIS GUIDEBOOK

The purpose of this guidebook is to provide up-to-date information about the services and resources available to individuals with HIV/AIDS, as well as their families, friends, loved ones, and service providers. We publish it annually in summer, and maintain a current copy at our website at [www.beingalive.org](http://www.beingalive.org).

The guidebook primarily includes agencies located in the city and county of San Diego. This guidebook is by no means exhaustive, and the inclusion of any organization or agency does not represent or imply an endorsement of any nature. Additionally, exclusion should in no way be interpreted as a disregard for an agency's mission or as an indication of

their quality of service.

We have made every effort to make each entry as complete as possible. Most listings will include the agency and program name, the visiting address, telephone and a description of services offered. Although every effort was made to confirm and update the information provided herein, we encourage individuals with HIV/AIDS and their service providers to contact the Peer Advocacy Office of Being Alive San Diego at (619) 291-1400 with any additions, corrections or clarifications. On page 100 we have provided an additions/change form which can be mailed or faxed to Being Alive.

**THE HIV CONSUMER GUIDEBOOK WAS MADE POSSIBLE BY FUNDING FROM:**

**Agouron Pharmaceuticals, Inc.**

**Kaiser Foundation**

**Housing & Community Development Act of 1974**

**RECEIVED THROUGH THE CITY OF SAN DIEGO COMMUNITY BLOCK GRANT PROGRAM**

**Titles I & II of the Ryan White C.A.R.E. Act**

**RECEIVED THROUGH THE SAN DIEGO COUNTY OFFICE OF AIDS COORDINATION**

**AND THE California Department of Health Services, Office of AIDS**



**FOR INFORMATION ON OBTAINING ADDITIONAL COPIES, PLEASE CONTACT:**

Being Alive San Diego: HIV Consumer Guidebook

4070 Centre Street, San Diego, CA 92103

V/TTY: (619) 291-1400; Fax: (619) 291-1491

E-mail: [info@beingalive.org](mailto:info@beingalive.org); Website: [www.beingalive.org](http://www.beingalive.org)

Copyright © 2004 Being Alive San Diego HIV Consumer Guidebook; Tenth Printing



4070 Centre Street, San Diego, CA 92103  
(619) 291-1400; Fax: (619) 291-1491  
E-mail: info@beingalive.org; Website: www.beingalive.org

## **MISSION STATEMENT**

**Being Alive San Diego's mission is: to deliver quality and compassionate services to people affected by HIV/AIDS and to provide education to those in need.**

## **HIV CONSUMER GUIDEBOOK**

### **EDITOR**

Joe Mundy

### **ASSOCIATE EDITOR**

Reginald Carroll, Mark Mead, Ben Irvin

### **CONTRIBUTOR**

Office of AIDS Coordination

### **LAYOUT AND DESIGN**

Jerry Meier, Joe Mundy  
and Venture Creative

### **TRANSLATION**

Cuahtemoc Lerma, Joe Mundy

### **TECHNICAL ASSISTANCE**

Ally Shieh

**Special thanks to all of Being Alive's volunteer Peer Advocates**

# TABLE OF CONTENTS

## PART 1

### GUIDE TO UNDERSTANDING HIV SERVICES 1

Introduction .....	2		
Health Care .....	2	Legal .....	6
Financial .....	4	Social .....	7

## PART 2

### RESOURCES AND SERVICES 9

Alternative/Complementary Therapies .....	11	Hotlines .....	56
Benefits .....	11	Housing .....	57
Burial/Cremation .....	13	Insurance .....	61
Buyers' Clubs and Other Suppliers .....	14	Laundry .....	62
Caregiver/Special Support .....	14	Legal Help .....	62
Case Management .....	15	Newsletters/Books .....	64
Clinics .....	28	Nutrition .....	65
Computers/Internet .....	20	People of Color .....	66
Consumer Advocacy .....	22	Pets .....	69
Counseling/Therapy .....	23	Pharmacies/Medical Supplies .....	69
Death & Dying .....	26	Recreation .....	71
Dentists .....	27	Safer Sex/Prevention .....	73
Doctors .....	28	Special Populations .....	75
Drug/Alcohol Programs .....	35	Blind .....	75
Drugs (Medications) .....	42	Deaf .....	75
Drug Assistance Programs .....	42	Hemophiliac .....	75
Clinical Trials .....	43	Immigrants/Undocumented .....	76
Early HIV Intervention Programs .....	44	Inmates/Ex-inmates .....	76
Education/Information .....	45	Military .....	77
Employment .....	49	Spiritual/Religious .....	77
Food .....	50	Support Groups .....	78
Guía en Español .....	51	Testing .....	82
Haircuts .....	52	Thrift Shops .....	85
Home Health .....	52	Tijuana/Border .....	85
Homeless/Emergency Resources .....	52	Transportation .....	86
Hospices/Skilled Nursing Facilities .....	55	Volunteers .....	87
Hospitals .....	55	Women & Children .....	89
		Prescription/Pharmaceutical Drug Assistance Table .....	94
		Glossary .....	96



**PART**

**1**

**GUIDE TO  
UNDERSTANDING  
SERVICES**

HEALTH CARE  
FINANCIAL  
LEGAL  
SOCIAL

# INTRODUCTION

This book is both a guide to understanding the health care system and a resource manual listing agencies and services. As a person living with HIV you can better navigate life if you are knowledgeable of issues and resources. We urge you to take charge of your body and your life. Don't be a victim. Live life as fully as you can, no matter what stage of illness you are experiencing. Remember, you are not alone. More than 13,000 people in San Diego County are HIV-positive. Many have learned that by taking control of their lives they are staying stronger and more productive, living a life of personal worth and dignity. Use this book to find the services, support and information you need.

This part of the book will help you understand issues surrounding HIV. It is divided into four sections: Health Care, Financial, Legal, and Social.

## HEALTH CARE

### HOW HIV WORKS

HIV is a virus that attacks and weakens your immune system, leaving it open to opportunistic illnesses not usually experienced by healthy individuals. HIV attacks various types of immune system cells (such as T-cells). It then uses these cells to reproduce itself. When HIV takes over a cell, that cell can no longer do its job and dies. When enough of the cells in a person's body are dead or damaged, they no longer are able to protect the body, and opportunistic infections begin to occur. At this point you may be HIV-symptomatic or have AIDS.

This is the simple explanation of HIV infection. The first thing you need to do is get tested.

### UNDERSTANDING YOUR TEST RESULTS

The ability to access many of the services listed in this book will depend on your HIV status. The most common terms used to describe your status are:

- HIV-negative
- HIV-positive or HIV asymptomatic
- HIV-symptomatic
- AIDS -Acquired Immune Deficiency Syndrome
- T-cell
- Viral load

**"HIV-negative"** means that there is nothing in your blood showing that you have been exposed to HIV infection. It does not guarantee that you are not infected. HIV can be undetectable for as long as six months and in some cases longer.

**"HIV-positive" or "HIV-asymptomatic"** means that you have been exposed to HIV. Your body is reacting to the infection internally, but you are not showing any sign of symptoms of the disease. At this point you should take a T-cell test and a viral load test to determine how serious the infection may be.

**"HIV-symptomatic"** means that you have developed symptoms of the infection that is the result of a damaged immune system. You probably have experienced a series of light "opportunistic diseases" (diseases specific to people with HIV).

**"AIDS: Acquired Immune Deficiency Syndrome"** The most accepted definitions are the ones provided by the CDC (Center for Disease Control) and the SSA (Social Security Administration). The CDC definition generally says that you have AIDS if your T-cells are below 200. The SSA definition is very strict and requires that you have experienced one or more serious opportunistic illnesses before a diagnosis of AIDS can be given. Only your doctor can diagnose you as having AIDS. Remember, it is the SSA definition that determines your ability to receive financial benefits.

**"T-cell"** refers to a type of white blood cell essential to the functioning of your immune system. Also known as a T-helper cell. T-cell

measurements are used to gauge the health of the immune system. The normal T-cell count of healthy individuals ranges from 1000-1400. One definition of AIDS is a T-cell count below 200. An HIV-positive individual should have blood tests to monitor their T-cell count on a regular basis.

**"Viral load"** refers to the actual number of HIV viral particles in the blood. There are different ways to measure viral load, and some tests are more sensitive than others. There are still many differences of opinion in the medical community about what a "good" and "bad" viral-load test is. Generally speaking, the "best" viral load is one in which the virus is undetectable – usually this means fewer than 500 particles.

You should be very concerned if your viral load is over 100,000. This is an indication that the virus is reproducing rapidly in your system. Viral loads should be checked on a regular basis – just like your T-cells. The best advice is to discuss your results with your doctor or other health care provider.

### EARLY HIV INTERVENTION

Early intervention means taking action as soon as you find out you are HIV positive. By accepting and dealing with your situation, you can keep yourself healthier.

Remember, there are many people who have lived more than ten years without experiencing any symptoms.

Educate yourself. Start reading HIV newsletters and self-care manuals, join a support group, investigate the County's free Early Intervention Program (EIP), talk with a peer advocate at Being Alive, take a class in HIV education, stress management or meditation.

Select a doctor carefully. Start now to keep track of your health. Monitor your viral load. New drug combination therapies have had good results lowering viral loads in many people. Ask for copies of your test results and records. Learn how to talk to health professionals without intimidation. Ask questions, then be ready to question the answers. Learn as much as you can.

### CHOOSING A DOCTOR

**See a Doctor With HIV Experience:** Most major cities around the United States have doctors and clinics specializing in helping people with HIV or AIDS. These doctors generally stay on top of the new medications and treatments used to treat HIV. They are usually more aware of symptoms and other warning signs associated with HIV-related illnesses, often recognizing and treating an infection before it becomes more serious. They are also more aware of the effects of various drugs and potential drug interactions, and are generally better able to help you explore various options of treatment. People with low incomes should consider such clinics as Ciaccio, North County Health, or Owens Clinic, all of which have HIV specialists.

## Questions to Ask Your Doctor

Interview a prospective doctor. Your relationship with him will be very important. Ask him these kinds of questions:

- Do you know much about HIV? Do you have many HIV patients? (How can this doctor help you?)
- Do you have time to discuss HIV and answer my questions?
- Do you believe in working on an equal basis with a patient? Will you consider my ideas of what I want or need?
- Do you understand my culture? Do you get along with gay people or people of color? Can you speak my language? (Does the staff speak your language? Can you understand the words the doctor uses?)
- If I must go on Medi-Cal or Medicare, will you accept it? Do you take my private insurance?

## TYPES OF CARE AND TREATMENTS

You may want to consider many types of care and treatments. What works for one person may not work for another. Be open to every possible treatment, whether it is conventional medicine or complementary therapies.

**Conventional Medicine:** “Conventional” or “Western” medicine uses many different approaches in dealing with HIV. While one approach is to try to weaken the virus as much as possible so that it can’t survive, reproduce or grow stronger, another approach is to try to strengthen the body so that it can do a better job of fighting it.

There is still hope being held out for a vaccination that can be used not only in those not exposed to HIV, but also in those already dealing with the complications of AIDS.

**Complementary Therapies:** Even though you may be using “conventional” medicine, you may want to also consider using complementary or holistic therapies in treating HIV. “Holistic” care tries to bring together all aspects of life. The holistic belief is that the body, mind and spirit are one, working in harmony with the environment. Many people believe that positive thought may be as potent as any drug. Investigate diet, meditation, massage, and chiropractic. Visit the HARP (Holistic AIDS Response Program) offices.

**Other Therapies:** You may find that some of the different treatments available to you will fit your heritage, culture, and lifestyle better than the options conventional medicine alone provides. Many individuals choose to use treatments and methods of care that are culturally based, such as Chinese herbal medicine and acupuncture, or American Indian remedies.

## SYMPTOMS AND ILLNESS

**Never ignore what your body is telling you!** An important part of taking control of your life is preparing for times you may be ill. Never ignore what your body is telling you; you can no longer afford to! Learn to listen to it.

**Common problems that accompany HIV:** Common symptoms include: night sweats, fever that lasts more than a day, headaches, upset stomach and vomiting, diarrhea, shortness of breath, sustained coughing, sores or whitish patches in your mouth or throat, skin rashes, spots, or itching, fatigue, weight loss.

### Prepare for Times When You are Ill!

Keep certain items handy:

- The right kind of groceries. Include foods you enjoy as well as items

that will help you get better. Select some foods that are easy to eat and digest.

- A good supply of bottled water. It is important to replace fluids lost through sweat, fever or diarrhea. Cryptosporidia is a possible threat in almost all municipal water supplies.
- Medical Items. You should have a thermometer, mild headache remedies, something to help a stomach upset or diarrhea, a disinfectant for cleaning small cuts and scrapes, and common drugs or home care remedies.

## HIV AND HEPATITIS

Hepatitis is a virus that attacks the liver. It can be transmitted by blood through sex, sharing needles, tattoo or piercing equipment and straws to inhale drugs like cocaine or crystal. There are three main types of hepatitis—A, B and C. Depending on the type of hepatitis, infection can cause extreme illness with flu-like symptoms, yellow skin (jaundice) and, in severe cases, scarring of the liver and its ultimate destruction. Once the liver has been damaged beyond repair, the patient will die unless he or she can get a liver transplant— which is very difficult for people who also have HIV.

Not everyone infected with hepatitis will have symptoms right away. As with HIV, some people can go for years without realizing they are infected. But hepatitis C, especially, can continue to damage the liver and cause serious complications. Someone with hepatitis has to be very careful about taking any medicines (even over-the-counter medicines like Tylenol) and especially alcohol— which can quickly destroy the liver.

Because it is hard to know if you are infected with hepatitis, it is especially important if you have HIV to be tested for hepatitis as well. There are now vaccines for hepatitis A and B. People who are co-infected (infected with both HIV and hepatitis) face many additional challenges with their HIV drug combinations, and may need to consult a liver specialist in addition to their primary care physician.

## HIV AND TUBERCULOSIS (TB)

TB is an infectious disease that primarily affects the lungs. People with HIV, however, often develop TB in other parts of their body as well. There are two phases of TB: latent TB infection and active TB disease. It is estimated that 10% of the U.S. population has latent TB infection, meaning they have breathed in the TB germ at some point in their life and the body has walled off the germ. With latent infection the person is not sick and cannot spread TB to anyone else.

However, latent TB infection can progress to active TB disease. Individuals with a healthy immune system have a 5-10% chance of progressing to TB disease at some point in their lives. But individuals with a compromised immune system from HIV have a 5-10% chance of progression per year (equivalent to almost 100% chance throughout their lives) when they have TB infection. Medication to treat TB infection greatly reduces this risk of progression. It is strongly recommended that people with HIV get a TB skin test and medical evaluation to know their TB status and options for treatment.

For those that develop active TB disease, recognizing the symptoms is extremely important. These symptoms include: persistent cough, coughing up blood or sputum, persistent fever, unexplained weight loss, chest pains, and night sweats. Please contact your private physician or San Diego County’s TB Control Program at (619) 692-8610 if you are experiencing any TB-like symptoms.

## DRUGS

**HIV and Medicine:** While there is still no cure for HIV, progress has been made in the fight against the virus and the future looks hopeful. Researchers have developed drugs that in the right combination (antiviral cocktails) lower the level of HIV in the blood (viral load) which can greatly delay the onset of AIDS; treat or prevent opportunistic infection; and boost the immune system.

It appears that HIV may become a manageable disease for many people. Several effective drugs are available now, and more are coming. You may want to consider buying a “Physician’s Desk Reference (PDR)” which lists most of the medications available in the US, plus their usage and side effects and dangers. Being Alive’s Peer Advocacy and your local library also have copies for reference.

**Clinical Trials:** You might think of being a volunteer in helping to research new medicines. Drug companies must test their products under controlled conditions before they get approval to sell them. If you decide to participate you may receive free medical care and counseling, in addition to compensation in many cases. You may gain access to newer, more effective medications. However you may also experience unpleasant side effects, or receive a placebo (medication that has no relevant effect) for testing purposes. At the initial interview you might ask these questions:

- What about side effects of the drug being tested?
- How much of my time will you need?
- Will you pay for my tests, medical care and transportation?
- Will you give me information on the drug during trial?
- Has this drug been tested before? What were the results?

## FINANCIAL

HIV/AIDS can change your financial status. Worrying about money can affect your health and how you feel about yourself. Having HIV or AIDS may change your life-style, causing a great deal of stress. Stress can only work against you. Don’t limit your choices. Control your finances.

Note: Case Management: A case manager should be consulted for public benefits, health insurance, housing, and emergency resources.

## EMPLOYMENT

**What if I lose or leave my job?** If you find out you are HIV positive, you don’t have to stop working. You are not required to tell anyone about your HIV status.

The best way to keep a job is by staying healthy and productive. See the Health Care section of this book to learn about preventing illness and controlling symptoms. Be aware of your right to “reasonable accommodation” and how your employer must cooperate to keep you at work.

See the Legal section for information on “reasonable accommodation.” Consider all the options before leaving your current job. Protect your livelihood. If you decide to leave your job, ask your employer to provide you with written information about any benefits which may be available to you. Be sure to ask about continuing your group health insurance.

Employment opportunities also are available for HIV+ individuals who can work on a limited basis.

**What if I want to return to work after being on disability?** First, realize that you cannot legally be denied employment for being HIV

## OTHER AREAS OF HEALTH

**Nutrition:** What you eat can affect your health and sense of well being. You should try to keep healthy as a defense against illness and avoid food that lowers your resistance. Make sure you get plenty of calories, protein, and nutrients. HIV may keep your body from taking in all the important nutrients in food. Consider vitamins and other nutritional supplements. Remember, raw foods, undercooked eggs and meats, sushi and non-pasteurized milk may carry harmful bacteria.

Consider how alcohol, caffeine or tobacco affects your behavior and body. Drink lots of fluids. This promotes digestion and replaces lost fluids from diarrhea or night sweats. Local water supplies may be contaminated with cryptosporidia, and you may want to drink only bottled distilled water.

Remember – eating properly provides you with the strength and stamina needed to fight infection and maintain your immune system.

**Dental Care:** HIV can pose a threat to your oral health, especially through gum disease. It is a good idea to maintain regular check-ups and preventive treatments. If you are ever refused treatment by a dentist due to your HIV status, seek legal help. If you do not have dental insurance, the CARE Act provides basic dental service to people with HIV.

**Vision:** A variety of sight-threatening disorders have been attributed to AIDS. Unfortunately, one of the most common, cytomegalovirus (CMV) has symptoms that are often overlooked. Any onset of floaters (spots) or areas of distorted or hazy vision should be evaluated immediately since blindness can rapidly result. CMV responds to ganciclovir and other drugs, which can be administered in several ways, including an implant device. Again, be aware of any changes in your vision because the sooner you see your doctor, the better your chances of saving your eyesight.

positive, or having AIDS. But also consider human nature, and that many unethical potential employers may not want to hire you.

## INSURANCE

**Will being HIV positive or developing AIDS affect my insurance?** Understand your insurance policy and how to keep it.

There are several different types of health insurance, disability, and life insurance - different rules apply to each of them. You should get expert help on questions or problems, even if you think you understand it all.

Health insurance is usually provided to you through your employer. If your job provides group coverage and you continue to work, you are covered by the policy even with HIV or AIDS. The first step is to gather all the papers that explain your rights, responsibilities, and costs. Then have a lawyer or professional benefits counselor explain the policy and your responsibilities.

Insurance companies are regulated by state laws. Employers that “self insure” (make direct health care payments) are not regulated. This is an important difference that could affect the limits on HIV-related coverage.

## HEALTH INSURANCE

**What kind of health insurance do I have?** Health insurance may be provided by a government agency, a business, or purchased individually. Most plans are part of an employee benefit package.

Health insurance falls into three major categories:

- **Health Maintenance Organizations (HMO).** They choose your health care providers. Some let you select from a list, but the amount of choice depends on the plan.
- **Indemnity Plans.** In most cases, you choose your providers, but you pay more than for an HMO. You usually have to pay a larger share-of-cost and higher deductibles or co-payments.
- **Preferred Provider Organizations.** PPO's are a cross between HMO's and indemnity plans. Your choices determine your share of the cost.

What are the amounts of my policies annual and lifetime 'caps' on prescription drugs, hospitalization, home care, and other procedures?

There are many more questions you should explore with the help of a qualified counselor. Keep a log of all your conversations with insurance companies. Include who you talked to, the date and time of the conversation, and what was said. Make it part of your insurance files. Do not stop asking questions until they have all been answered to your satisfaction. Insist on respect and appropriate service.

NOTE: Treatments for complementary therapies (such as acupuncture) not covered by your insurance, often can be provided through negotiation. Present proof of the efficacy of those treatments.

## DISABILITY INSURANCE

Just as health insurance provides for your medical care, disability insurance supplies money for living expenses. It provides part of your salary when you are unable to work full time. Employers may purchase coverage for you, as part of a group plan, or you may buy it yourself.

Most employers are required to participate in the 'State Disability Program'. You could be eligible for these benefits as well. Disability plans can be quite varied; check yours carefully. Know when benefit payments will begin and end.

## LIFE INSURANCE

Life insurance may be either "whole life" or "term." Whole life policies may have a cash value that you can borrow against or use to pay premiums. Term policies usually don't, especially when bought through a group. Check the details of any plan you have.

Be especially aware of whom you name as beneficiary, because all of the proceeds will go to that person should you die. You may name either individuals or organizations as your benefactors. If the money goes to your estate, anyone you owe can make a claim. Benefits to a beneficiary are protected. See the Legal section for information on wills and durable powers of attorney.

Another important feature of some life insurance policies is a "waiver of premium." If you become disabled, your coverage continues without further premium payments. Check with the insurance company as soon as you can.

Viatical settlement companies have been established for the purpose of buying life insurance policies from persons with life-threatening illnesses. Many companies involved in viatical settlements have recently come under scrutiny. Investigate very thoroughly before signing anything.

**What if I lose my Insurance with my job?** You may be able to keep your health insurance coverage, even if you become unable to work. A Federal law called COBRA (for "Comprehensive Omnibus Budget Reconciliation Act") allows you to keep your group health plan for eighteen months, if you take over the payments from your employer. It lasts eighteen months.

Another plan called OBRA helps eleven months beyond that, if you are disabled (by Social Security's definition) at the time you leave work. With twenty-nine months of coverage, you will then be eligible for Medicare.

If you can not afford to keep up with premium payments, you may still get help. Programs such as Medi-Cal HIPP (for "Health Insurance Premium Payment") and CARE/HIPP can make it possible to keep your coverage.

All of these plans have cut-off dates so act quickly. The application process can be confusing, so ask a trained counselor for help.

## HOUSING ASSISTANCE

**What if I can't afford to pay my rent?** There aren't many affordable housing options, and living on a limited income could decide what and where you call home. Worrying about losing your home or where you are going to live can affect your health.

Begin to look at your options. Decide what you can live on in case you lose your job. Look at the different ways in which you can cut down on household expenses. The utility companies offer discounts on you bills if you aren't able to work. Maybe taking in a roommate will help. Whatever you do, don't limit your choices. Begin to look at this as soon as possible.

If you have a place to live, but have problems with mortgage payments or rent, contact a financial or social counselor. You may be able to get help making ends meet, or work out a plan for easier payment terms. Ask about rent subsidies if you have a job but not enough income to meet your needs.

Perhaps things aren't working out with roommates or family. If you are ill, the place where you live now may not work for you if its design or location makes it difficult to care for yourself. There is limited help available.

- **Emergency Housing** - A place to live, some times providing meals, for up to ninety days.
- **Transitional Housing** - A place to live for up to one year.
- **Permanent or Long-term Housing** - This assistance provides you with a semi-permanent place to live.

## LIVING EXPENSES

**Can I maintain my standard of living?** Maintain your quality of life by taking care of living costs quickly and realistically.

You should not skip meals or compromise on having clean, comfortable surroundings. If you are having trouble, get help soon. There are public and private groups that may offer direct aid. Other programs, some run by the state, county, or federal government, can help you meet your needs for wholesome food.

You need heat, electricity, and dependable telephone service to take care of yourself properly. Contact phone and utility companies for special rates or payment programs. Do this before you get in trouble with meeting your bills. They would rather help you avoid trouble than try to restart services once they've cut you off. If you need help dealing with them, counselors know the best ways to get through the system.

Be ready to offer proof of your need. Any company or agency will want to see how your income and debts affect your ability to pay. Statements from your doctor may also help. They don't have to include a diagnosis - just evidence that you need special consideration and the requested services to maintain your health.

## ASSET CONVERSION

**What kind of health insurance do I have?** HIV and AIDS will change the way you look at things. HIV and AIDS are also very financially demanding.

These and other reasons may lead you to think about the things you value and how they fit into your life. Consider how past investments can benefit you now. Include retirement funds, pension plans, or insurance policies that can be converted in whole or in part to cash for your short-term needs.

If you're disabled and have an 'Individual Retirement Account' (IRA), you may be allowed to draw from it without penalties. The same may be true of other tax-sheltered retirement income.

A number of investment companies buy life insurance policies from people who are diagnosed as terminally ill. If you use them, you'll receive a percentage of the policy's face value while you're alive. They receive what's left over upon your death. Some insurance carriers may offer similar programs. Get good advice and consider your situation carefully before selling your insurance. Make sure that your insurance can be converted within six weeks. Many companies possess the assets to convert your policy to cash quickly. Plans, payment methods, and requirements vary among buyers.

Try not to make decisions quickly or out of despair. Plan ahead and choose the best course of action, for both now and the future. Weigh today's needs against tomorrow's promises, for yourself and your loved ones.

## FINANCIAL EMERGENCIES

**What can I do if I have no money?** As much as you might plan ahead, you may find yourself with a lot of needs and no money.

Take control right now. First, respond to immediate concerns - food, shelter, and health care. Don't try to tough it out! Trying to go it alone can make you more dependent, later. Seek out temporary relief in the form of food, services, or emergency loans and grants. When those things are taken care of, work on less pressing problems, like debts and credit.

Contact anyone you owe money to. Take action! Don't wait for them to call you. By giving them time to consider options, you may be able to work out delayed or reduced payments.

Get help from a financial counselor. Try to find one familiar with HIV and AIDS. It's important to remove as much stress from your life as possible. Remember, avoiding problems will only make things worse in the long run.

## LEGAL

You don't lose any rights as a citizen and a human being because of HIV or AIDS. Due to fear and prejudice, however, your rights may be challenged. Giving up your rights, or letting someone disrespect them, is a sure way to lose control of your life. Don't do it - don't let anyone else do it.

Learn as much as you can on your own, but remember that legal issues can be complicated. Although many people may offer you advice, the best source for legal information and services is a lawyer or trained advisor. Don't be misled by well-meaning friends or family members.

Many legal services are free or available at low-cost to persons with HIV or AIDS. It may be best to get advice or a referral from these legal advisors first.

If you are uncomfortable with an advisor or legal service, try someone else.

## CIVIL RIGHTS AND DISCRIMINATION

**People who don't know very much about HIV and AIDS are often afraid of those infected.** This kind of ignorance and fear may lead them to treat you unfairly, perhaps illegally. Don't take it! Your rights have not changed because of your HIV or AIDS status.

Protect yourself against discrimination by knowing your rights.

Privacy, fair housing and equal employment opportunities are protected by law. Federal, state, and local regulations may apply. If someone harms you thinking you have HIV or AIDS, whether they actually know or not, they are breaking the law.

## PRIVACY AND WORK

**Who should I tell, and who needs to know about my HIV status?** Letting employers know about your HIV status may affect your job and benefits. You are not required to tell them. However, you should get professional guidance in deciding who needs to know your situation. If

you decide to tell anyone, they must keep the information confidential.

If you become ill, or need special considerations on the job for doctor visits, working conditions, or special hours, a doctor may write a letter to your employer. This is a way of asking for "reasonable accommodation". You do not need to state your HIV status. The letter should say you're able to perform the essential job duties with some accommodations. Health care professionals who work with HIV or disabled persons are usually familiar with this procedure.

**What if someone guesses my status or asks about it?** You don't have to tell them. Your HIV or AIDS status is a very personal issue and should only be discussed with those you select such as your doctor or close friend.

**If I tell someone I'm HIV positive, or have AIDS, how can I be sure others won't find out?** You can't, so think before you speak. Protect your right to privacy - if you tell someone, remind them of the special trust you've placed in them. California law provides special protection to HIV antibody status that may prevent people from telling others without your permission.

## CONFIDENTIALITY IN TESTING AND TREATMENT

**Who will know about my infection?** Testing centers, health care facilities, and counseling agencies will know your status and have certain obligations to protect your privacy. Different agencies follow different policies:

- **ANONYMOUS TESTING:** Some agencies offer anonymous testing. No one will ask your name. Instead they'll use a number to match you with your test results.
- **CONFIDENTIAL TESTING:** Others offer confidential testing. They match your name to the test result. Medical personnel, insurance bureaucracies, and the health department may have access to this record.

Some doctors' offices and clinics, and all emergency rooms are the least confidential. Insurance companies, employers, health care workers, and government agencies may all have access to your file. This is more likely if you make any insurance or disability claims, apply for a job, or try to buy insurance.

Besides medical providers and counselors, other professionals may have an obligation to protect your right to privacy. Always ask, and if you don't feel comfortable, go elsewhere.

## WILLS

**If I die, how can I provide for those I leave behind?** Having a will is the only way to ensure your wishes for distribution of assets will be followed (assets are all your belongings, car, house, bank accounts, silverware, furniture and everything else you own). If anything happens to you, it makes things easier for your family, friends, and loved ones. It prevents legal problems and helps them through this difficult time.

Make sure your property will be given to the people you wish. Put your desires in writing. Without a will, your assets will be distributed according to California law, which may or may not be in accordance with your wishes.

Although you can hand-write a will by yourself, doing so is not the best choice. Use the advice of a lawyer. The San Diego Volunteer Lawyer Program and AIDS Legal Services Project both offer free legal clinics.

## POWER OF ATTORNEY

**What if I get too sick to make my own decisions?** A power of attorney allows someone you choose to make legal, health or property decisions for you. It's a legal document that extends your self-control to a trusted friend or family member. If you become unable to make decisions for yourself, that person can handle health or property matters for you. Choosing the right person is one of the most important things you can do. Without a power of attorney, someone else may ask the court for your decision-making authority.

There are two kinds of powers of attorney - conventional and durable. With a conventional power of attorney your agent has no authority if you

become too sick to take care of yourself. The durable power of attorney, however, may be used even when you are unable to make personal decisions due to illness. You may authorize someone to make choices about your money, belongings, and health care. The durable power of attorney is generally the best choice. Get advice on how much power to grant another person, and which documents are best for you.

Although there are other ways to give legal authority to another person, the power of attorney may be the safest. Some people choose to enter "joint tenancies." Adding another person to the title on your bank accounts or real estate deeds are examples of joint tenancy. When property is held in joint tenancy, the survivor owns the asset entirely upon the death of the other joint tenant.

There are many ways to control your life, even if you're very ill and need the help of others. Plan for gathering the best support network you can.

## IMMIGRATION LAW

HIV and AIDS can prevent a person from entering the United States. Those already here must be tested for HIV when applying for a green card. Positive results can lessen your chance of staying. Exceptions are possible. Get the advice of a qualified counselor or immigration lawyer.

If you have a green card, you may be eligible for medical benefits in California.

Caution! If you have a green card and visit outside the United States, you can be kept from coming back if you are HIV positive. Don't make the decision lightly to cross borders. If you're not a legal citizen, your rights may be limited. However, your HIV status won't necessarily keep you from becoming a citizen. If you have had a green card for five years or more, you may file for US citizenship. In some circumstances, you can become a US citizen after being a permanent resident for only three years.

Laws about HIV/AIDS and immigration are changing all the time. Be sure to get accurate and up-to-date information before making any important decisions.



## SOCIAL

People with HIV and AIDS come from different cultures and backgrounds. They speak different languages. They are rich, poor, gay, straight, Anglo, African, Asian, Latino, and Native American. They are men, women, and children. Their differences and their similarities give them strength to face the challenges of HIV.

It is difficult to deal with HIV and AIDS all by yourself and you shouldn't try. If you've just found out you're HIV positive you probably feel very alone. But you're not. Not far from you are people who know the challenges you face. Many are HIV infected and affected themselves. They have learned from others how sharing enriches their lives.

Perhaps you are dealing with a loved one who is infected with HIV. There's help for you, too. Groups for families, friends, and lovers give support, education, and comfort. Hundreds of questions arise from the realities of HIV and AIDS. You must find the most personal answers yourself, but caring individuals and groups can help you find your way.

## CASE MANAGEMENT

**Who can help me with all the issues concerning HIV and AIDS?**

A case manager is a paid or volunteer professional whose job is to help you manage your life, health, and community resources. Case managers help you find services and resources and connect you with others who can assist you in using them.

You can find a case manager through private or public organizations as well as through some government agencies. Case managers are sometimes provided by your insurance program or through a hospital.

A case manager provides practical help, including making appointments, coordinating services, managing medical concerns, and lending a friendly ear. A case manager can assist you in taking control of your life.

Some case managers specialize in social issues, some in medical

treatment. Others help with benefits and financial needs. Your level of personal need and illness may determine whether you qualify for case management services. Don't be afraid to ask for a case manager or to ask for help.

## PEER ADVOCACY

**How can anyone know how I feel?** A peer is someone like you. An advocate is a champion for your cause.

Peer advocates are trained individuals who are HIV positive, and may have AIDS. They have decided to face their own challenges, and also help you with yours. They can relate to the problems and feelings associated with HIV and AIDS. They know the power of action, control, and personal resolve.

With the diversity of those affected or infected by HIV, almost every culture, age group, sex and life style is represented by individuals who have faced the fear and uncertainty that comes with HIV and AIDS. These people have already learned from experience. They having dealt with the pitfalls already. They know how to help you avoid various problems related to HIV and AIDS.

Knowing someone living a productive and exciting life in spite of HIV and AIDS can help you do the same.

## SUPPORT GROUPS AND COUNSELING

**Where can I go to talk to people who understand?** While all HIV-affected people share a common bond, you may want to meet with others more like yourself - those that are more likely understand the special concerns you have.

There are many groups that focus on various treatments, stages of illness, and ways of dealing with HIV and AIDS. They change frequently and new ones start often. Most HIV or AIDS support organizations keep a list of current groups and meeting times. You should also look in pamphlets, newsletters, and the newspaper.

I'm not comfortable in groups. Can I find one person to talk to?

Many organizations offer one-on-one counseling. Sometimes this is what best fits your personal needs and your personality. Eventually though, you might be interested in trying a support group.

## RECREATION

**Where can I go to relax and learn?** There are many things to do with your life even with HIV or AIDS. Life can still be fun and fulfilling. Enjoying the company of others and getting involved in recreational activities can make life easier and less stressful.

There are places where you and your friends can go to learn more, enjoy special group activities, discover new ideas and just visit when you need a friend. Try CASA, Christie's Place, CSSE, Latino Coordinated Services Center or Being Alive's drop-in centers.

## WOMEN & CHILDREN

**Are there special concerns for women and children with HIV infection?** More women and children are facing the challenge of HIV. Although many of the issues they face are similar to those faced by men, women also face additional and unique challenges.

If you are an HIV-infected woman or have children who are infected, you may find little time to take care for your own needs because of the care you are giving your children. You must find ways to take care of yourself. Special programs are available to help you cope with the additional stress and the work load you are experiencing.

Since women were not among the original high risk groups for HIV less is known about HIV in women. The symptoms of HIV infection in women are often overlooked. Women were not getting appropriate preventative care.

If you are a woman, get regular check-ups and ask your doctor about your risk for HIV. If you are already HIV positive, getting care now will help you and your family live a better life.

Children faced with HIV infection may not understand what is happening to themselves or to their family. Talk to your child about HIV. Explain what he or she is ready to hear; be honest and get help from a trained professional. Never underestimate your child's own inner strength.

Children may not know or be able to recognize the symptoms involved with HIV an AIDS-related illness. Listen to your child carefully. Early intervention is especially important for them.

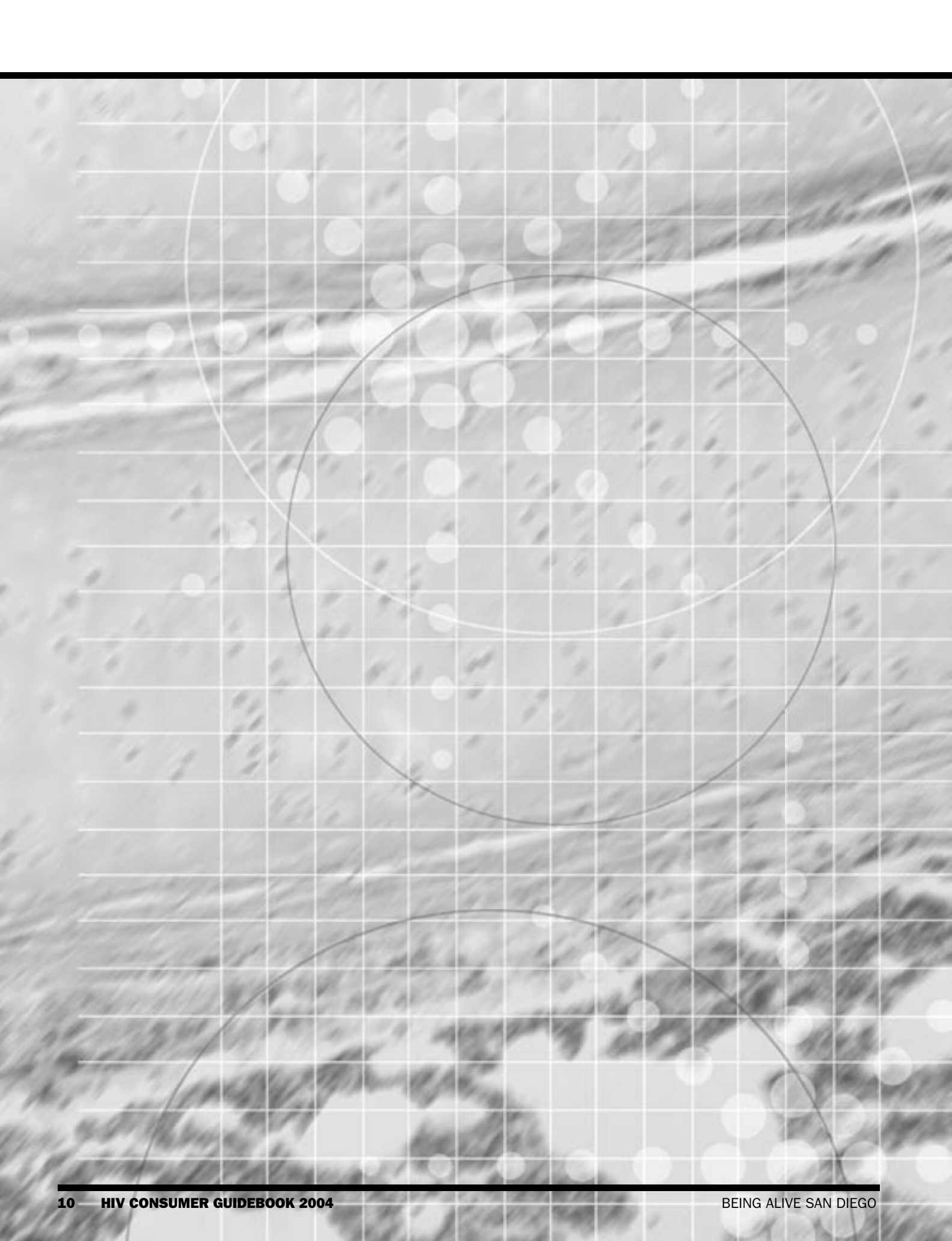
Find health care and other support that is understanding of your needs as a woman, a mother, and an individual challenged by HIV. If you experience any problems in getting services for your child or yourself, look in the legal section of this book for help.

**PART**

**2**

**RESOURCES & SERVICES**

**SAN DIEGO  
CALIFORNIA  
NATIONAL**



# ALTERNATIVE/ COMPLEMENTARY THERAPIES

(ALSO SEE "NUTRITION" AND "EDUCATION")

---

## HIV SERVICES

---

### Holistic AIDS Response Program (HARP)

#### THE CENTER - HEALTH SERVICES

2313 El Cajon Blvd., San Diego, CA 92104

(619) 718-6401; Fax: (619) 718-6446

Website: [www.thecentersd.org](http://www.thecentersd.org)

E-mail: [eallison@thecentersd.org](mailto:eallison@thecentersd.org)

On-site and voucher services for chiropractic, acupuncture, massage services, Reiki, reflexology and hypnotherapy. CONTACT: Ed Allison, HARP Coordinator

---

## THERAPISTS

---

### Carol Elliot & Colleen Timmons, LA

3320 Second Ave., San Diego, CA 92103

(619) 294-8985; Fax: (619) 291-6860

Acupuncture, complementary HIV therapy.

### Dr. Suzanne Frazier

2911 Fourth Ave., San Diego, CA 92103

(619) 299-5600; Fax: (619) 299-1606

Website: [www.mfchiro.com](http://www.mfchiro.com)

Chiropractic. Insurance, sliding scale for PWA's.

### Holistic Health Center

3060 Fifth Ave., Ste. 4, San Diego, CA 92103

(619) 297-3100; Fax: (619) 282-3100

Therapeutic massage, Tui Na, Jin Shin, acupuncture.

*Practitioner: Susan Burke*

### Marguerite Hung, L. Ac. OMD

236 F St., Chula Vista, CA 91910

(619) 422-1200; Fax: (619) 422-1269

Acupuncture. Insurance, cash, sliding scale for people with HIV/AIDS.

### Dr. Michael Kohler

7740-D El Camino Real, La Costa, CA 92009

(760) 944-4444; Fax: (760) 944-0918

Chiropractic medicine. Accepts insurance, cash, but not Medi-Cal. Sliding scale for people with HIV/AIDS.

### Dr. Finbarr Mulvey

#### OLDE MISSION CHIROPRACTIC

1582 W. San Marcos Blvd., Ste. 205, San Marcos, CA 92069

Voice/Fax: (760) 591-4922

Chiropractic services available. Cash and most insurance welcome.

### Pacific Center of Health & Medicine

3501 Fourth Ave., San Diego, CA 92103

(619) 542-0884; Fax: (619) 542-0949

Oriental medicine, acupuncture, massage, and chiropractic medicine. Takes insurance, cash or Medi-Cal. Bilingual. Long experience with HIV. Practitioners: Richard Gold Ph. D, CA, and Alex Tiberi, L.Ac.

### Progressive Health Services

4783 Pescadero Ave., San Diego, CA 92107

(619) 222-9904

20-minute Rapid HIV results, HIV DNA/RNA by PCR, T-cell subsets, STD testing, urology, GYN, donor insemination, LGBTI health care, self-exam/self-help, integrated medicine, nutrition, acupuncture, herbs.

### Don Risser, L. Ac.

2203 B St., San Diego, CA 92102

(619) 615-0860

Acupuncture, herbal medicine, and massage.

### Joseph Watson, DO

1011 Camino del Mar, Suite 234, Del Mar, CA 92014

(858) 792-2635; Fax: (858) 481-1026

Homeopathy, osteopathy, acupuncture, nutrition, exercise and spiritual healing.

---

## RELATED SERVICES

---

### Natural Alternatives

#### CARL MATTINA, PH.D., NHD

3635 Texas St., San Diego, CA 92104

Phone/Fax: (619) 692-9658

Website: [drkarl.org](http://drkarl.org)

E-mail: [info@drkarl.org](mailto:info@drkarl.org)

As a Doctor of Natural Health and a Nutritional Wellness Coach, Dr. Mattina can assist you in taking a productive role in your own healing and health maintenance. Learn how natural health methods support the immune system and promote optimum response. Investigate the power of herbs and enjoy a lifestyle overhaul. Learn to open your mind to new ideas, naturally. Sliding-scale fees.

## BENEFITS

(ALSO SEE "INSURANCE")

Whatever your status now, begin looking through the items in this guide. Keep files of both your financial and medical history (ask for copies from your doctor). Consult your case manager.

---

## BENEFITS PROGRAMS

---

### State Disability Insurance (SDI)

(800) 480-3287 Spanish: (866) 658-8846

Eligibility is based on State contributions you have made while working for the last 18 months. You need to apply within 49 days from the last day worked. Only doctors verification is necessary and processing takes 2 weeks. SDI checks range from \$50 to \$602/week paid every two weeks up to a total of 52 weeks. HOURS: 8am-5pm Monday-Friday

## **Social Security Disability Insurance (SSDI)**

(800) 772-1213

Website: [www.ssa.gov](http://www.ssa.gov)

SSDI (or SSA) is a retirement fund which can be collected early when disabled. Eligibility is based on Federal contributions (FICA) you made while working. Generally, you must have worked 5 years out of the last ten years. Checks begin five months after date of disability. Medicare is automatically available after 24 months of receiving SSDI. You can receive SSDI and SDI at the same time. HOURS: 7am-7pm Monday-Friday

## **Supplemental Security Income (SSI)**

(800) 772-1213

Website: [www.ssa.gov](http://www.ssa.gov)

SSI is for disabled people with limited assets and low income. In order to be eligible you can have financial assets of \$2,000 or less, one car and one house, but you cannot have such things as stocks and bonds, IRAs, savings accounts, or life insurance with cash value. With an AIDS diagnosis you can gain immediate access to these benefits by applying for "Presumptive Disability"; otherwise, you must wait for the application process. Medi-Cal comes automatically with SSI. HOURS: 7am-7pm Monday-Friday

## **Medicare**

(800) 633-4227

Website: [www.ssa.gov](http://www.ssa.gov)

A Federal health insurance program for disabled people run by Social Security available 29 months after the SSDI onset date or 24 months after receiving SSDI. Regular health insurance stops automatically when Medicare begins; however, Medicare does not cover custodial care, prescription drugs, dental or eye care, hearing AIDS and routine checkups. As more and more Medicare recipients move to HMOs, the HMOs have begun to cover prescription drugs, eye care, etc. Check out local HMOs to see what is offered. Supplemental insurance is available only to people over 65; check out the AIDS Drug Assistance Program (ADAP) and Medi-Cal.

## **Public Assistance Information (PAI)**

### **SAN DIEGO COUNTY HEALTH AND HUMAN SERVICES AGENCY**

(619) 557-0422; (858) 514-6885; Toll-free: (866) 262-9881

Website: [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

Provides referrals for programs listed below. Generally, the application process can take as long as 45 days. Contact the San Diego County Department of Social Services in your zip-code area. Call to get the most up-to-date information regarding the programs listed below.

### **Medi-Cal**

(619) 557-0422; (858) 514-6885; (916) 636-1980

Toll-free: (866) 262-9881

Website: [www.medi-cal.ca.gov](http://www.medi-cal.ca.gov)

Medi-Cal is public medical assistance for people with limited financial resources. The eligibility criteria is the same as SSI. Under "presumptive disability" you can be enrolled within a month. Coverage is for basic medical needs. The Access Center, (619) 293-3500, offers free Medi-Cal application counseling.

## **IHSS (In Home Supportive Services)**

### **AGING & INDEPENDENCE SERVICES**

780 Bay Blvd., Ste. 200, Chula Vista, CA 91911

(619) 476-6200; Fax: (619) 422-2622

Website: [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

A program for disabled people which provides workers to help with non-medical home assistance. Eligibility is the same as Medi-Cal. The number of worker hours assigned depends on the severity of your illness. You receive funds to pay someone to do the work at basic minimum wage. Many people hire friends or family members. Be sure to clarify that you are HIV+ so referral will be given to the appropriate social worker. IHSS is reviewed annually.

### **CalWORKs (formerly AFDC)**

(619) 557-0422; (858) 514-6885; Toll-free: (866) 262-9881

CalWORKs provides financial assistance to low income families. Maximum award depends on the number of children. There are restrictions on the amount of time individuals can access AFDC.

### **Food Stamps**

(619) 557-0422; (858) 514-6885; Toll-free: (866) 262-9881

Website: [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

Applications to receive food stamps are available by contacting the San Diego County Health and Human Services Agency in your zip code area. The maximum income level varies according to the number of people in your family. Property and income limits apply. Anyone on SSI cannot receive food stamps.

### **General Relief**

(619) 557-0422; (858) 514-6885; Toll-free: (866) 262-9881

"GR" provides financial assistance for people who do not meet disability criteria for SSI or CalWORKs. Financial assets cannot exceed \$50; car value \$1,500. You must pay GR back, either by working in a program or promising to pay from any future SSI award if you are disabled.

## **CMS (County Medical Services)**

(858) 492-4444; Fax: (858) 495-1399

CMS is a limited medical program to help those people with very low incomes. CMS usually covers treatments not covered by the Ryan White CARE Act. CMS is not restricted to people with HIV and AIDS. The rules for this program are complex and subject to change.

---

## **FINANCIAL COUNSELING**

---

### **EME Tax & Business Services**

1010 Second Ave., Ste. 250-B, San Diego, CA 92101

(619) 234-8299

Provides tax-preparation assistance to clients of Being Alive San Diego on a sliding-fee-scale basis. CONTACT: David Eilert

## Money Management International & Consumer Credit Counseling Service of San Diego & Imperial Counties

(888) 298-CCCS (2227)

Website: [www.cccssdic.org](http://www.cccssdic.org)

E-mail: [info@cccssdic.org](mailto:info@cccssdic.org)

Provides financial education, money-management counseling, debt repayment, and default mortgage strategies. Education and counseling services free of charge to HIV/AIDS clients.

## Volunteer Income Tax Assistance (VITA)

(800) 829-1040

Website: [www.irs.gov](http://www.irs.gov)

Assistants will complete your income tax forms. Call the IRS for a list of sites in Southern California.

---

## OTHER RESOURCES

---

### AMHP Financial Services

#### NAMI SAN DIEGO

(619) 584-5564; Fax: (619) 294-9598

Acts as a representative payee providing accounting services for people with HIV who cannot manage their finances due to mental health problems, substance abuse, or homelessness. Must be referred by a case manager. This program is voluntary.

### Medi-Cal Card Reissue

#### FAMILY RESOURCE CENTER

#### SAN DIEGO COUNTY HEALTH AND HUMAN SERVICES AGENCY

3851 Rosecrans St., San Diego, CA 92110

(619) 266-3961

Come in and complete forms necessary to replace or reissue Medi-Cal cards. Forms can be mailed to you if you request.

### Universal Lifeline Service

(800) 310-2355

Offers a discount to Pacific Bell customers with limited incomes.

---

## BENEFITS FOR IMMIGRANTS/UNDOCUMENTED

---

(SEE "SPECIAL POPULATIONS")

---

## BENEFITS FOR THE MILITARY

---

(SEE "SPECIAL POPULATIONS")

# BURIAL/CREMATION

(ALSO SEE "DEATH & DYING")

---

## BURIAL PROGRAMS

---

### Indigent Burial Program

#### AGING & INDEPENDENCE SERVICES

#### PUBLIC ADMINISTRATOR

5201-A Ruffin Rd., San Diego, CA 92123

(858) 694-3500

Website: [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

Will cover the costs of disposition of remains of deceased who have no estate or family able to pay for them. To make an indigent burial referral or to request additional information regarding this program, contact the Public Administrator's office and ask to speak to the indigent burial duty officer.

---

## CREMATION SERVICES

---

All of these services have experience in dealing with HIV. Membership fees can sometimes freeze total cost. Ask where cremation takes place and what is done with the ashes.

### ACCU-Care, FD1528

2562 State St., Ste. E, Carlsbad, CA 92008

(800) 323-1342; Fax: (760) 729-9014

### Anderson-Ragsdale Mortuary, FD1329

5050 Federal Blvd., San Diego, CA 92102

(619) 263-3141; Fax: (619) 263-1507

Offers cremation and burial services.

### Balboa Cremation Services, FD1370

4658 30th St., San Diego, CA 92116

(619) 563-8810; Fax: (619) 563-5707

### California Cremation & Burial Chapel, FD1357

5880 El Cajon Blvd., San Diego, CA 92115

(619) 234-3272; Fax: (619) 286-2674

### California Funeral Alternative, FD1624

1020 E. Pennsylvania Ave., Escondido, CA 92025

(760) 737-2890; Fax: (760) 737-2892

Website: [www.funeralplan.com/cafuneralt](http://www.funeralplan.com/cafuneralt)

E-mail: [cafuneralt@yahoo.com](mailto:cafuneralt@yahoo.com)

Offers cremation and burial services.

### El Camino Memorial Park

5600 Carrol Cyn Rd., San Diego, CA 92121

(858) 453-8827; Fax: (858) 453-8827

### Humphrey Mortuary, FD964

753 Broadway, Chula Vista, CA 91910

(619) 425-9111; Fax: (619) 425-6055

Offers cremation and burial services. Membership in the San Diego Memorial Society is qualification for a discount.

### **Mayer Mortuary, FD1424**

2859 Adams Ave., San Diego, CA 92116  
(619) 281-7055

### **Merkely-Mitchell Mortuary, FD119**

3655 Fifth Ave., San Diego, CA 92103  
(619) 295-2177; Fax: (619) 295-6039

Offers cremation and burial services.

### **Neptune Society, FD1352**

14065 Highway 8 Business, El Cajon, Ca 92021  
(619) 561-6400; Fax: (619) 390-8024

### **San Diego Memorial Chapel, FB1575**

2441 University Avenue, San Diego, CA 92104  
(619) 692-3090; Fax: (619) 692-0896  
Website: [www.sandiegofuneralhome.net](http://www.sandiegofuneralhome.net)

Offers from direct cremation to full funeral services to all of San Diego County. Ten percent discount to people with HIV/AIDS for services selected.

### **San Diego Memorial Society**

4883 Ronson Ct., Ste. L, San Diego, CA 92111  
(858) 874-7921; Fax: (858) 874-7931  
Website: [www.funerals.org/SanDiego/](http://www.funerals.org/SanDiego/)

The only non-profit mortuary, offering cremation and burial services through Humphrey Mortuary.

### **San Diego Telophase Society, FD1272**

7851 Mission Center Ct., #104, San Diego, CA 92108  
(619) 299-0805; Fax: (619) 299-8417

---

## **MORTUARIES**

---

While prices vary, burial cost is significantly higher than direct cremation. Most mortuaries are experienced in dealing with HIV. Check the phone book.

NOTE: If you do not legally specify who will handle your burial or cremation, the responsibility goes to your family.

## **BUYERS' CLUBS AND OTHER SUPPLIERS**

The following list is arranged alphabetically by state and city. Each buyers' club carries its own selection of vitamins, nutritional supplements, drugs approved in other countries, and alternative medical therapies such as Compound Q, shark cartilage, iscador, and albendazol. We cannot endorse or recommend specific groups.

### **California**

#### **CAPITOLA**

Embrace Life: (800) 448-1170

#### **GROVER BEACH**

Lifelink: (888) 433-5266

Website: [www.lifelinknet.com](http://www.lifelinknet.com); Fax: (805) 473-2803

### **Colorado**

#### **DENVER**

Denver Buyers' Club: (303) 329-9379

### **District of Columbia**

#### **WASHINGTON, DC**

Carl Vogel Center: (202) 638-0750

### **Florida**

#### **FT. LAUDERDALE**

Life Extension Foundation: (800) 841-5433

### **Georgia**

#### **ATLANTA**

AIDS Treatment Initiatives: (404) 659-2437

Nutrition counseling, complimentary gym available

### **Massachusetts**

#### **BOSTON**

Boston Buyers' Club: (617) 266-2223

### **New Jersey**

#### **NEWARK**

DAAIR: (973) 497-2333

Website: [www.daair.org](http://www.daair.org) ; Fax: (973) 497-0498

### **Texas**

#### **HOUSTON**

Houston Buyers' Club: (800) 350-2392; Fax: (713) 521-7419

Website: [www.houstonbuyersclub.com](http://www.houstonbuyersclub.com)

## **CAREGIVER/SPECIAL SUPPORT**

---

### **CAREGIVER/IN-HOME SUPPORT**

---

### **AALL Care In-Home-Support Services**

7801 Mission Center Ct., Ste. 106, San Diego, CA 92108

(619) 297-9601; Fax: (619) 297-4225

1145 San Marino Dr., Ste. 306, Lake San Marcos, CA 92069

(760) 471-7033; Fax: (760) 471-2871

### **Firstat Nursing Services**

411 Camino Del Rio South, #100, San Diego, CA 92108

(619) 220-7600

Provides insurance-covered nursing care and homemaker/companion services on a private pay basis. CONTACT: Karen Bean

### **Homemaker Registry**

#### **AGING & INDEPENDENCE SERVICES**

Private pay: (858) 495-5069

IHSS: (858) 495-5233

Provides phone referral for homemakers. Only lists name. Hiring and background references up to patient. No training or monitoring.

## **IHSS (In Home Supportive Services)**

### **AGING & INDEPENDENCE SERVICES**

780 Bay Blvd., Ste. 200, Chula Vista, CA 91911  
(619) 476-6200; Fax: (619) 422-2622  
Website: [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

A program for people on Medi-Cal which provides funds for workers to help you in your home. The number of work hours depends on the severity of your illness. Salary is basic wage (\$6.25/hr.) Intake will give you the address of the office nearest you. NOTE: If family members, lovers, or friends cannot serve as your IHSS worker, it is often difficult to find a decent worker. Call the Homemaker Registry at (858) 495-5233 (only if you are allocated hours), ask your case manager or look on the bulletin board at Being Alive.

### **Just Right Home Care**

3636 Fourth Ave., Ste. 302, San Diego, CA 92103  
(619) 682-5200

Provides personal care only (no nursing).

Office HOURS: 7:30-5:30. ELIGIBILITY: HIV+ (at any stage of the disease), San Diego County resident. CONTACT: Judi Copeland (Director)

### **Lenora's Assisted Living Services**

P. O. Box 1036, Lemon Grove, CA 91946  
(619) 461-3946

Provides home care in clients' homes.

### **Respite Services**

#### **BEING ALIVE SAN DIEGO**

4070 Centre St., San Diego, CA 92103  
V/ITY: (619) 291-1400; Fax: (619) 291-1491  
Website: [www.beingalive.org](http://www.beingalive.org)  
E-mail: [info@beingalive.org](mailto:info@beingalive.org)

Provides volunteer caregivers on a temporary basis.

### **San Diego Palliative Home Healthcare**

4311 Third Ave., San Diego, CA 92103  
Toll-free: (866) 688-1600  
Website: [www.advancedcare.org](http://www.advancedcare.org)

An advanced disease management program using an interdisciplinary team approach for homebound patients in need of skilled care. Provides expert and compassionate home care for patients seeking relief from suffering and a better quality of life. Accepts Medicare, Medi-Cal and most private insurance, and also works cooperatively with waiver programs.

### **UCSD Home Care**

6711 Convoy Ct., San Diego, CA 92111  
(619) 543-8255

Medicare-certified, state-licensed home health agency. Provides nursing, physical therapy, occupational therapy, speech therapy and home health aides.

---

## **SPECIAL SUPPORT**

---

(ALSO SEE "SPIRITUAL/RELIGIOUS")

### **Being Alive Hospital Visitation Team**

4070 Centre St., San Diego, CA 92103  
(619) 291-1400; Fax: (619) 291-2975

Provides visits to the hospitalized or home-bound.

### **PFLAG**

#### **(Parents, Families and Friends of Lesbians & Gays)**

(619) 579-7640  
(619) 295-2192 en español  
(760) 726-7524 in North County  
Website: [www.pflag.com](http://www.pflag.com)  
E-mail: [info@pflag.com](mailto:info@pflag.com)

Parents, families and friends of lesbians and gays. Monthly meetings in San Diego & Carlsbad.

## **CASE MANAGEMENT**

There are various kinds of case management programs. Each is run in a different way. The following list has been divided up into large, small, and medical case management. A case manager can be very helpful in directing you through the maze of benefits and services. A case manager should assess your health and financial situation, set up a plan to help you decide which services you need, and provide assistance in getting those services. He/she should maintain a handle on your situation. Keep in touch with your case manager.

#### **Ask about the case manager!**

- Does the case manager come to my home or do I have to go to his/her office?
- How available will my case manager be? Monthly? Quarterly? On request?
- If I call in, will my case manager call back the same day?
- Will he/she help get my social security disability and other financial benefits?
- If I have problems with Medi-Cal, will the case manager advocate for me?

#### **Ask about the case management program.**

- Does anyone on the staff speak my language and understand my culture?
- Does the staff seem knowledgeable? Are they social workers, nurses or what?
- Can the program pay for a home health aide or a counselor for home visits?
- Is the staff trained to take applications for the CARE/HIPP insurance program?
- Can I get emergency help to pay my utility bills or a security deposit? Will the program give me access to emergency funding pools?
- Can home visits be arranged on weekends or evenings on occasion if my family or friends need to be present?

NOTE: If you are HIV+ but have no symptoms some programs will accept you, but most only accept people who are HIV symptomatic or have an AIDS diagnosis.

---

## LARGE CASE MANAGEMENT PROGRAMS

---

### Centralized Screening for County of San Diego HIV/AIDS Case Management Programs

Website: [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

#### AIDS Case Management (ACM)

SAN DIEGO COUNTY HEALTH & HUMAN SERVICES AGENCY (HHSA)

OFFICE OF AIDS COORDINATION (OAC)

3043 Fourth Ave., San Diego, CA 92103

(619) 296-3400; Fax: (619) 296-2368

(Collect calls only from county jails to 296-5924 or 296-5860)

HOURS: Referrals can be called in Mon.-Fri., 8am-5pm at (800) 510-2020.

ELIGIBILITY: HIV+

TARGETS: HIV+ ex-offenders and substance abusers. Special program for inmates in the San Diego County jails. Special program called Intensive Case Management that targets homeless substance abusers for placement in an inpatient treatment program.

#### AIDS Waiver Program (AWP)

AGING & INDEPENDENCE SERVICES

9335 Hazard Way, San Diego, CA 92123

(800) 510-2020; Fax: (858) 495-5247

NOTE: This program is available only through June 30, 2004.

HOURS: Referrals can be called in Mon.-Fri., 8am-5pm.

ELIGIBILITY: Medi-Cal recipient, diagnosed with AIDS or symptomatic HIV disease, a resident of San Diego County, under the care of physician, in need of assistance with activities of daily living.

TARGET: Medi-Cal recipients only.

#### Community Connection Resource Center

3960 Park Blvd., Ste. H, San Diego, CA 92103

(619) 260-6348; Fax: (619) 260-6551

Website: [www.communityconnection-ca.com/san\\_diego.htm](http://www.communityconnection-ca.com/san_diego.htm)

HOURS: Mon., Wed.-Fri., 8:30am-5:00pm; Tue., 8:30am-8:30pm; open every third Saturday

ELIGIBILITY: Diagnosed HIV+ (at any stage of the disease)

TARGET: Multi-diagnosed with HIV and substance abuse or mental health issues, but serves all the HIV+ community.

Offers case management, peer advocacy and support group (Moving Forward) for HIV+ individuals.

#### North County Health Services (NCHS)

COMMUNITY CASE MANAGEMENT PROGRAM

150 Valpreda Rd., Ste 211, San Marcos, CA 92069

(800) 347-7604; Fax: (760) 736-3210

Website: [www.nchs-health.org](http://www.nchs-health.org)

HOURS: Referrals can be called in Mon.-Fri., 8am to 5pm.

ELIGIBILITY: Diagnosed HIV+ (in any stage of the disease), a resident of San Diego County (area served includes Ramona, Julian and Borrego Springs). An AIDS-waiver program for people on Medi-Cal is available. WIC, a special supplemental program for women, infants and children is also available.

---

## SMALL CASE MANAGEMENT PROGRAMS

---

These programs are often smaller and targeted toward certain groups.

### CASA (Coordinated Assistance Services Advocacy)

SAN YSIDRO HEALTH CENTER

4004 Beyer Blvd., San Ysidro, CA 92173

(619) 662-4192 for Program Director

(619) 662-4161 for Case Management

Fax: (619) 662-4109

Website: [www.syhc.org](http://www.syhc.org)

HOURS: Referrals can be called in Mon.-Fri., 8am-5pm.

ELIGIBILITY: Diagnosed HIV+ (at any stage of the disease), a resident of the South Bay (including National City, Chula Vista, Imperial Beach, San Ysidro, Otay, and Bonita) and/or a patient of the San Ysidro Health Center.

TARGET: Latinos, but serves everyone.

### Comprehensive Health Center

HIV CASE MANAGEMENT PROGRAM

1855 First Ave., Ste. 300A, San Diego, CA 92101

(619) 235-0305; Fax: (619) 231-2138

HOURS: Referrals can be called in Mon.-Fri., 8:30am-5:30pm. Extra hours to 7pm on Tuesdays.

ELIGIBILITY: Diagnosed HIV+ (at any stage of the disease) San Diego county resident.

TARGET: All ethnicities, homeless, ex-inmates are welcome. Bilingual case managers.

### HIV/AIDS Services Case Management & Peer Support

NEIGHBORHOOD HOUSE ASSOCIATION (NHA)

286 Euclid Ave., Suite 310, San Diego, CA 92114

(619) 266-9400; Fax: (619) 243-2281

Website: [www.neighborhoodhouse.org](http://www.neighborhoodhouse.org)

NHA-HIV/AIDS services provides comprehensive, culturally competent case management, peer support and advocacy for people of color with a special emphasis on African Americans and Latinos; to insure access to new treatments and related support services that will help individuals and families remain in care. Case management includes services for recently released from jail or prison.

### Jewish Family Service of San Diego

Main office: 3715 Sixth Ave., San Diego, CA 92103

(619) 229-2856; Fax: (619) 229-2852

Website: [www.jewishfamilyservicesd.org](http://www.jewishfamilyservicesd.org)

Free psychiatric case management services to individuals with HIV who are homeless or at risk for homelessness and have mental health needs. Special focus is on the dually diagnosed, e.g., mental disorders and/or substance abuse. The program aims to assist individuals to obtain stable, permanent housing, health care and self-sufficiency. Case manager is out-stationed. Please call for an appointment. Hours are Mon.-Thu., 8:30am-5pm; Fri., 8:30-4pm.

## North Park Family Health Center

3544 30th St., San Diego, CA 92104  
(619) 515-2449; Fax: (619) 683-7570  
Website: [www.fhcsd.org](http://www.fhcsd.org)

Affiliated with Family Health Centers of San Diego.

HOURS: Referrals can be called in Mon.-Fri., 8am-5pm.

ELIGIBILITY: Diagnosed HIV+ (at any stage of the disease), San Diego County resident.

TARGET: People of color, but welcomes everyone.

## San Diego American Indian Health Center

### HIV CASE MANAGEMENT

2630 First Ave., San Diego, CA 92103  
(619) 234-2139 or (619) 234-3917; Fax: (619) 234-1525  
Website: [www.sdaihc.org](http://www.sdaihc.org)

HOURS: Referrals can be called in Mon.-Fri., 8am-5pm.

ELIGIBILITY: Diagnosed HIV+ (at any stage of the disease), San Diego resident.

TARGET: Persons of Native American descent, but welcomes all.

CONTACT: Elmer F. Bisarra, Case Manager

## S.E.A.R. Center (Southeast Abundant Resources Center)

324 N. 47th St., San Diego, CA 92102  
(619) 264-7351; Fax: (619) 264-3540

HOURS: Mon-Thurs, 9am-5pm; Fridays, 9am-4pm (by appointment only)

ELIGIBILITY: Diagnosed HIV+ (at any stage of the disease) San Diego County resident.

TARGET: People of color and ex-inmates, but welcomes everyone.

## Special Infectious Disease Program (S.P.I.D.)

### SAN DIEGO VA MEDICAL CENTER

3350 La Jolla Village Dr., (MC 1185), San Diego, CA 92161  
System: (858) 642-3180; Fax: (858) 552-4311

Hospital-based case management program.

HOURS: Referrals can be made Mon.-Fri., 8am-4:30pm.

ELIGIBILITY: Diagnosed with HIV disease, veteran with honorable discharge, some income limitations. CONTACT: Kim Woodworth, LCSW (858) 642-3181 or Sheryl Becker, MN, RN (858) 642-3186. To check on eligibility call: (858) 552-7523.

## UCSD Mother, Child & Adolescent HIV Program

150 W. Washington St., San Diego, CA 92103  
(619) 543-8080; Fax: (619) 298-2698  
Website: [www.avrctrials.org](http://www.avrctrials.org)

---

## MEDICAL CASE MANAGEMENT PROGRAMS

---

These programs are more limited in scope while emphasizing medical care.

## Ciaccio Memorial Clinic

### NORTH PARK FAMILY HEALTH CENTER

3544 30th St., San Diego, CA 92104  
(619) 515-2424; Fax: (619) 683-7588  
Website: [www.fhcsd.org](http://www.fhcsd.org)

Case manager is available on the premises from 8:30am-5pm, Monday-Friday to assist the clinic's HIV+ patients in addressing medically-related needs; also provides information and referral. Part of the Family Health Centers of San Diego network of clinics.

## Kaiser Permanente Internal Medicine Clinic

4647 Zion Ave., San Diego, CA 92120  
(619) 528-2564; Fax: (619) 528-6917

Case manager available on the premises from 9:30-5:00pm, Monday-Friday to assist the clinic's HIV+ patients in addressing medical/psychiatric needs; also provides information and referral. CONTACT: Priscilla Lane

## Neighborhood Healthcare

### (formerly Escondido Community Health Center)

641 E. Pennsylvania Ave., #102, Escondido, CA 92025  
(760) 737-7896; Fax: (760) 737-7888  
Website: [www.nhcare.org](http://www.nhcare.org)

Case manager is available on the premises from 8:30-5:00pm, Monday-Wednesday to assist the clinic's HIV+ patients in addressing medically-related needs (available by phone Thursdays and Fridays.) Also provides information and referral.

## Scripps Mercy Hospital

4077 Fifth Ave., San Diego, CA 92103  
(619) 260-7084; Fax: (619) 686-3846  
Website: [www.scrippshealth.org](http://www.scrippshealth.org)

Case managers are available to help the newly-diagnosed HIV+ patient to access appropriate services and satisfy medical needs. HOURS: M-F, 8am-8pm. CONTACTS: Carmen Lucy or Charlie Mador

## Tri-City Community Health Center

### VISTA COMMUNITY CLINIC

161 Thunder Dr., #212, Vista, CA 92083  
(760) 631-5030; Fax: (760) 941-2641  
Website: [www.vistacommunityclinic.org](http://www.vistacommunityclinic.org)

Case managers are available on the premises Monday, Wednesday, Thursday and Friday from 8-5, on Tuesday from 10:30am-7:30pm. They assist the clinic's HIV+ patients in addressing medically-related needs and provide information and referral.

---

## OUT-STATIONED CASE MANAGEMENT

---

### Being Alive San Diego

(IN COLLABORATION WITH NORTH COUNTY HEALTH SERVICES,  
AIDS WAIVER PROGRAM AND COUNTY OF SAN DIEGO  
HOMELESS OUTREACH TEAM)

4070 Centre St., San Diego, CA 92103  
V/TTY: (619) 291-1400; Fax: (619) 291-2975

A case manager is available part-time Monday through Friday; no appointment is necessary. Call a Peer Advocate for times of availability.

### Christie's Place

2440 Third Ave., San Diego, CA 92103  
(619) 702-4186; Fax: (619) 702-5924  
Website: [www.christiesplace.org](http://www.christiesplace.org)

Case manager is available (via outstation) by appointment.

### Owen Clinic, UCSD

(IN COLLABORATION WITH NORTH COUNTY HEALTH SERVICES)

4168 Front St., San Diego, CA 92103-8681  
(619) 543-3995  
Website: <http://health.ucsd.edu/owenclinic/index.html>

Mondays 9am-2pm, Tuesdays 9am-12pm, Thursdays 9am-2pm, Fridays 9am-2pm. CONTACTS: Willie Acrey or Laura Schaefer

---

## SPECIAL PROGRAMS

---

### Intensive Case Management Program (ICM)

AIDS CASE MANAGEMENT (ACM)

SAN DIEGO COUNTY HEALTH & HUMAN SERVICES AGENCY (HHS)

OFFICE OF AIDS COORDINATION (OAC)

3043 Fourth Ave., San Diego, CA 92103.  
(619) 296-3400; Fax: (619) 296-2368  
Website: [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

The Intensive Case Management program places substance abusers in inpatient treatment programs. Clients can receive treatment for up to 12 months while receiving weekly intensive case management services. Clients can self-refer or be referred through any agency. The program goal is for immediate placement. Detox services are available. Case managers are available Mon.-Fri., 8am-5pm for screening and placement.

## CLINICS

(ALSO SEE "DOCTORS")

The following clinics are experienced in HIV care. While most offer medical services, a few offer dental. The ones that do not offer free care to people with HIV through the CARE ACT are listed at the end of this section.

---

### RYAN WHITE CARE ACT CLINICS

---

These clinics offer free medical care for people with HIV through the Ryan White CARE Act (hospitalization not included). There is no

restriction on income. However, if you have private insurance, Medi-Cal, Medicare or CMS it will be accepted first.

### Clinic Services

- HIV STAGING: a two visit process to conduct an initial medical assessment of persons with HIV infection and refer the client to appropriate care.
- EARLY INTERVENTION: clinical care required to maintain a patient on appropriate drugs to curb HIV or prevent PCP. Clients are often referred to the AIDS Drug Assistance Program when they have no drug coverage.
- ONGOING PRIMARY CARE: general outpatient care including regular office visits, nursing services, x-rays, laboratory services and pharmacy services.

### Ciaccio Memorial Clinic

NORTH PARK FAMILY HEALTH CENTER

3544 30th St., San Diego, CA 92104  
(619) 515-2587; Fax: (619) 683-7588  
Website: [fhcsd.org](http://fhcsd.org)

*Brian Woolford, M.D.*

*Joseph Jackson, M.D.*

*James Hartmeyer, M.D.*

Part of the Family Health Centers of San Diego network of clinics.

### Comprehensive Health Center

1855 First Ave., Ste. 300A, San Diego, CA 92101  
(619) 235-4211; Fax: (619) 235-4517  
*John Chau, M.D.*

### Downtown Family Health Center

1145 Broadway, San Diego, CA 92101  
(619) 515-2525; Fax: (619) 515-0214  
Website: [fhcsd.org](http://fhcsd.org)

*James Hartmeyer, M.D.*

Part of the Family Health Centers of San Diego network of clinics.

### Logan Heights Family Health Center

1809 National Ave., San Diego, CA 92113  
(619) 515-2300; Fax: (619) 233-2647  
Website: [fhcsd.org](http://fhcsd.org)

*Joseph Jackson, M.D.*

Part of the Family Health Centers of San Diego network of clinics.

### Neighborhood Healthcare

641 E. Pennsylvania Ave., #102, Escondido, CA 92025  
(760) 737-7896  
Website: [www.nhcare.org](http://www.nhcare.org)  
*Daniel Harrison, M.D.*

### North County Health Services (NCHS)

150 Valpreda Rd., San Marcos, CA 92069  
(760) 736-6767; Fax: (760) 736-6782  
Website: [www.nchs-health.org](http://www.nchs-health.org)  
*Sam Poniachik, M.D.*

### NCHS Oceanside/Carlsbad Health Center

408 Cassidy St., Oceanside, CA 92054  
(760) 757-4566; Fax: (760) 757-3004  
*Denise Gomez, M.D.*

### **NCHS Ramona Health Center**

217 E. Earlham, Ramona, CA 92065  
(760) 789-1223  
*John Simpson, M.D.*

### **NCHS Encinitas Health Center**

629 2nd St., Encinitas, CA 92024  
(760) 753-7842  
*Patricia Chu, M.D.*

### **Owen Clinic, UCSD**

4168 Front St., San Diego, CA 92103-8681  
(619) 543-3995  
Website: <http://health.ucsd.edu/owenclinic/index.html>

Medical appointments: Call the UCSD Healthcare Scheduling Services Department at (888) 309-8273. Press option 5 when prompted.

This is a special clinic devoted to HIV. Accepts Medi-Cal, Medicare, private insurance, Ryan White. Social worker provided to help people with HIV/AIDS receive benefits.

*Director: Chris Matthews, M.D.*

### **San Ysidro Health Center**

4004 Beyer Blvd., San Ysidro, CA 92173  
(619) 662-4161; Fax: (619) 662-4109  
Website: [www.syhcc.org](http://www.syhcc.org)  
*Joseph Caperna, M.D.*  
*Ronelle Campbell, D.O.*

### **Tri-City Community Health Center**

#### **VISTA COMMUNITY CLINIC**

161 Thunder Dr., #212, Vista, CA 92083  
(760) 631-5030; Fax: (760) 941-2641  
Website: [www.vistacommunityclinic.org](http://www.vistacommunityclinic.org)  
*Philip Bolduc, M.D.*  
*Victor Souza, M.D.*

---

## **NON-RYAN WHITE CARE ACT CLINICS**

---

Some of the following clinics refer people with HIV to other clinics. Some treat, but not for free.

### **Beach Area Family Health Center**

3705 Mission Blvd., San Diego, CA 92109  
(619) 515-2444  
Website: [www.fhcsd.org](http://www.fhcsd.org)

Part of the Family Health Centers of San Diego network of clinics.

### **Chase Avenue Family Health Center**

1111 W. Chase Ave., El Cajon, CA 92020  
(619) 515-2499  
Website: [www.fhcsd.org](http://www.fhcsd.org)

Part of the Family Health Centers of San Diego network of clinics.

### **Clinicas de Salud del Pueblo, Inc.**

900 Main St., Brawley, CA 92227  
(760) 344-6471; Fax: (760) 344-8410  
*George Fareed, M.D.*

### **ECS Family Health Centers**

FALLBROOK COMMUNITY CLINIC  
617 E. Alvarado St., Fallbrook, CA 92028  
(760) 728-3816

OTAY FAMILY HEALTH CLINIC  
1637 Third Ave., #B, Chula Vista, CA 91911  
(619) 425-1780

### **Grossmont/Spring Valley Family Health Center**

8788 Jamacha Rd., Spring Valley, CA 91977  
(619) 515-2555  
Website: [www.fhcsd.org](http://www.fhcsd.org)

Part of the Family Health Centers of San Diego network of clinics.

### **High Desert Family Medicine (formerly Jacumba Mountain Health)**

44460 Old Hwy. 80, Jacumba, CA 91934  
(619) 766-4071

### **Kaiser Permanente Internal Medicine Clinic**

4647 Zion Ave., San Diego, CA 92120  
(619) 528-2564; Fax: (619) 528-6917

Special HIV program. For Kaiser members only.

### **Linda Vista Health Care Center**

6973 Linda Vista Rd., San Diego, CA 92111  
(858) 279-0925; Fax: (858) 279-0377  
Website: [www.lvhcc.com](http://www.lvhcc.com)

Targets Asian/Pacific Islanders, Latinos and other underserved populations; refers people with HIV to UCSD Adult Clinic or Comprehensive Health Center. Accepts Medi-cal, Medicare, and private insurance.

### **Mid-City Community Clinic**

4290 Polk Ave., San Diego, CA 92104  
(619) 563-0250

### **Mountain Health Center**

P.O. Box 37, 31115 Hwy. 94, Campo, CA 91906  
(619) 478-5311

### **National City Family Clinic**

1136 D Ave., National City, CA 91950  
(619) 336-2300

### **Naval Hospital HIV Clinic**

#### **NAVAL MEDICAL CENTER SAN DIEGO, 2-WEST (INFECTIOUS DISEASE/INTERNAL MEDICINE)**

34800 Bob Wilson Dr., San Diego, CA 92134-5000  
(619) 532-6194  
Website: [www.nmcsd.med.navy.mil](http://www.nmcsd.med.navy.mil)

Active duty military personnel, medical retirees, and their dependents.

## Neighborhood Healthcare

Website: [www.nhcare.org](http://www.nhcare.org)

### EL CAJON

855 E. Madison Ave., El Cajon, CA 92020  
(619) 440-2751

### LAKESIDE

10039 Vine St., Lakeside, CA 92040  
(619) 390-9975

### LA MESA

7339 El Cajon Blvd., Suite I, La Mesa, CA 91941  
(619) 668-6280

## Pine Valley Mountain Health Center

28876 Old Hwy. 80, Pine Valley, CA 91962  
(619) 473-0078

## Sherman Heights Family Health Center

450 24th St., San Diego, CA 92102  
(619) 515-2435  
Website: [www.fhcsd.org](http://www.fhcsd.org)

Part of the Family Health Centers of San Diego network of clinics.

## Special Infectious Disease Program (S.P.I.D.)

### SAN DIEGO VA MEDICAL CENTER

3350 La Jolla Village Dr., (MC1185), San Diego, CA 92161  
(858) 642-3180; Fax: (858) 552-4311

For members or former members of the armed forces who have HIV.

---

## SPECIAL PROGRAMS

---

## Medical Specialty Care

### (RYAN WHITE CARE ACT)

This program provides medical treatment by certified specialists (in such areas as oncology, ophthalmology, and so on) by referral from your doctor. However, you are only eligible for it if you do not have another source of payment (private insurance, Medi-Cal, Medicare.) Funds are administered by the Council of Community Clinics.

## Patient Aid Program

### LEUKEMIA SOCIETY OF AMERICA

(858) 277-1800

Provides up to \$750 in reimbursement for medical expenses for patients with leukemic cancers (e.g., lymphoma) secondary to AIDS. Contact the Patient Services Manager.

## Roche Amplicor Patient Assistance Program

(Viral-load testing)

(888) TESTPCR (837-8727)

Free viral-load testing for those who qualify. No specific income requirements – call to see if you're eligible. Se habla español.

---

## DENTAL CLINICS

---

(ALSO SEE "DENTISTS")

The following clinics offer free limited dental care for people with HIV through the CARE Act. The Act covers only those people without dental insurance.

## Comprehensive Health Center

3177 Oceanview Blvd., San Diego, CA 92113  
(619) 231-9300

## Hillcrest Dental Clinic

3544 30th St., San Diego, CA 92104  
(619) 515-2434

Website: [www.fhcsd.org](http://www.fhcsd.org)

Part of the Family Health Centers of San Diego network of clinics.

## Logan Heights Family Health Center

1809 National Ave, San Diego, CA 92113  
(619) 515-2394  
Website: [fhcsd.org](http://fhcsd.org)

Part of the Family Health Centers of San Diego network of clinics.

## Neighborhood Healthcare

425 N. Date St., Escondido, CA 92025  
(760) 737-2018  
Website: [www.nhcare.org](http://www.nhcare.org)

## North County Health Services (NCHS)

150 Valpreda Rd., San Marcos, CA 92069  
(760) 736-6767; Fax: (760) 736-6782  
Website: [www.nchs-health.org](http://www.nchs-health.org)

## San Diego American Indian Health Center

2630 First Ave., San Diego, CA 92103  
(619) 234-2158; Fax: (619) 234-0206  
Website: [www.sdaihc.org](http://www.sdaihc.org)

## San Ysidro Health Center

4004 Beyer Blvd., San Ysidro, CA 92173  
(619) 662-4180  
Website: [www.syhc.org](http://www.syhc.org)

---

## COMPUTERS/INTERNET

---

### COMPUTERS

---

## Adaptive Computer Empowerment Services (A.C.E.S.)

8525 Gibbs Dr., Ste. 100, San Diego, CA 92123  
(858) 244-1226; Fax: (858) 571-0919  
Website: [www.adaptive.org](http://www.adaptive.org)  
E-mail: [padams@adaptive.org](mailto:padams@adaptive.org)

Non-profit corporation that repairs, upgrades and distributes donated computer ware to persons with disabilities who otherwise cannot obtain it. A.C.E.S. also repairs and upgrades existing computers, provides assistance in locating hardware and software, offers training in the use of e-mail and the internet, and arranges for reduced rates with internet service providers for the disabled community.

---

## INTERNET

---

---

### INTERNET ACCESS

---

For people without a home computer, come into Being Alive's Central Office, located at 4070 Centre St., and a Peer Advocate can help you access the following sites:

#### **CASA (Coordinated Assistance Services Advocacy)**

##### **SAN YSIDRO HEALTH CENTER**

4004 Beyer Blvd., San Ysidro, CA 92173  
(619) 662-4161; Fax: (619) 662-4109  
Website: [www.syhcc.org](http://www.syhcc.org)

CASA offers free use of a computer. Call for more information.

#### **David Bonhett Cyber Center**

##### **THE CENTER – HILLCREST (MAIN OFFICE)**

3909 Centre St., San Diego, CA 92103  
(619) 692-2077 x 107  
Website: [www.thecentersd.org](http://www.thecentersd.org)  
E-mail: [lsullivan@thecentersd.org](mailto:lsullivan@thecentersd.org)

Computer lab that offers free public Internet access, word processing, e-mail services, chat forums, computer courses and one-on-one tutoring.

#### **The Learning Center**

##### **CENTER FOR SOCIAL SUPPORT & EDUCATION (CSSE)**

3960 Park Blvd., Ste. F, San Diego, CA 92103  
(619) 325-2773; Fax: (619) 574-8014  
Website: [www.csseonline.org](http://www.csseonline.org)  
E-mail: [csse@csseonline.org](mailto:csse@csseonline.org)

Offers various computer classes and Internet access. The Learning Center is a Computer Technology Center (CTC). HOURS: Mon, Tue, Thu, 1-5pm

---

## WEBSITES

---

- *A&U (Art & Understanding) Magazine*: [www.aumag.org](http://www.aumag.org)
- *ACT UP- New York*: [www.actupny.org](http://www.actupny.org)
- *AIDS Action Committee*: [www.aac.org](http://www.aac.org)
- *AIDSinfo*: [www.aidsinfo.nih.gov](http://www.aidsinfo.nih.gov)
- *AIDS Education Global Information System (AEGIS)*: [www.aegis.com/](http://www.aegis.com/)
- *AIDS Health Fraud Task Force of California*: [www.aidsfraud.com](http://www.aidsfraud.com)
- *AIDS Healthcare Foundation*: [www.aidshealth.org](http://www.aidshealth.org)
- *AIDS Project L.A. (APLA)*: [www.apla.org](http://www.apla.org)
- *AIDS Treatment Data Network*: [www.atdn.org](http://www.atdn.org)
- *AIDS Treatment News*: [www.aids.org](http://www.aids.org) or [www.thebody.com/atn/atnpage.html](http://www.thebody.com/atn/atnpage.html)
- *AIDS Weekly Plus*: [ww2.aegis.com/pubs/aidswkly](http://ww2.aegis.com/pubs/aidswkly)
- *aidsmap*: [www.aidsmap.com](http://www.aidsmap.com)
- *AIDSmeds.com*: [www.aidsmeds.com](http://www.aidsmeds.com)
- *AIDS.ORG*: [www.aids.org](http://www.aids.org)
- *American Dietetic Association*: [www.eatright.org](http://www.eatright.org)
- *American Liver Foundation*: [www.liverfoundation.org](http://www.liverfoundation.org)
- *American Pain Foundation*: [www.painfoundation.org](http://www.painfoundation.org)
- *amfAR*: [www.amfar.org](http://www.amfar.org)
- *Auntie Helen's*: [www.auntiehelens.org](http://www.auntiehelens.org)
- *Being Alive Los Angeles*: [www.beingalivelosangeles.org](http://www.beingalivelosangeles.org)

- *Being Alive San Diego*: [www.beingalive.org](http://www.beingalive.org)
- *BETA*: [www.sfaf.org/beta/](http://www.sfaf.org/beta/)
- *The Body*: [www.thebody.org](http://www.thebody.org)
- *California NeuroAIDS Tissue Network (CNTN)*: [www.cntn.ucsd.edu](http://www.cntn.ucsd.edu)
- *CDC – Divisions of HIV/AIDS Prevention*: [www.cdc.gov/hiv/hivinfo.htm](http://www.cdc.gov/hiv/hivinfo.htm)
- *The Center*: [www.thecentersd.org](http://www.thecentersd.org)
- *Center for AIDS Prevention Studies (CAPS)*: [www.caps.ucsf.edu](http://www.caps.ucsf.edu)
- *Christie's Place*: [www.christiesplace.org](http://www.christiesplace.org)
- *Critical Path AIDS Project*: [www.critpath.org](http://www.critpath.org)
- *Cryptosporidiosis Information*: [www.cdc.gov/ncidod/diseases/submenus/sub\\_crypto.htm](http://www.cdc.gov/ncidod/diseases/submenus/sub_crypto.htm)
- *Cure-TB/Binational TB Referral Program*: [www.curetb.org](http://www.curetb.org)
- *DAAIR*: [www.daair.org](http://www.daair.org)
- *Daily Living with Chronic Illness*: [www.dailyliving.info](http://www.dailyliving.info)
- *Deaf Community Services*: [www.dcsosd.org](http://www.dcsosd.org)
- *Deaf Counseling, Advocacy and Referral Agency (DCARA)*: [www.dcara.org](http://www.dcara.org)
- *Deaf Resource Library*: [www.deaflibrary.org/](http://www.deaflibrary.org/)
- *Gay Men's Health Crisis*: [www.gmhc.org](http://www.gmhc.org)
- *FacialWasting.org*: [www.facialwasting.org](http://www.facialwasting.org)
- *Hemophilia and AIDS/HIV Network for the Dissemination of Information (HANDI)*: [www.Hemophilia.org](http://www.Hemophilia.org)
- *Hepatitis Information*: [www.HIVandHepatitis.com](http://www.HIVandHepatitis.com)
- *Hepatitis Magazine*: [www.hepatitismag.com](http://www.hepatitismag.com)
- *HIV Insite*: [www.hivinsite.ucsf.edu](http://www.hivinsite.ucsf.edu)
- *HIV Neurobehavioral Research Center (HNRC)*: [hnrc.ucsd.edu](http://hnrc.ucsd.edu)
- *HIV Travel Information*: [www.aegis.com/topics/travel.html](http://www.aegis.com/topics/travel.html)
- *HIV+ Heterosexual Dating Service*: [www.clicqx.com/hivdates.html](http://www.clicqx.com/hivdates.html)
- *HIV/AIDS Treatment Information Service (ATIS)*: [www.hivatis.org](http://www.hivatis.org)
- *Houston Buyers' Club*: [www.houstonbuyersclub.com](http://www.houstonbuyersclub.com)
- *ICAAC (Inter-science Conference on Antimicrobial Agents and Chemotherapy)*: [www.icaac.org](http://www.icaac.org)
- *InfoLine*: [www.informsandiego.org](http://www.informsandiego.org)
- *International Association of Physicians in AIDS Care*: [www.iapac.org](http://www.iapac.org)
- *lgbthealthchannel*: [gayhealthchannel.com](http://gayhealthchannel.com)
- *Lifelink*: [www.lifelinknet.com](http://www.lifelinknet.com)
- *Lipodystrophy group*: [groups.yahoo.com/group/lipodystrophy](http://groups.yahoo.com/group/lipodystrophy)
- *Medscape*: [www.medscape.com](http://www.medscape.com)
- *NAPWA*: [www.napwa.org.au](http://www.napwa.org.au)
- *National AIDS Treatment Advocacy Project (NATAP)*: [www.natap.org/](http://www.natap.org/)
- *National Association of HIV Over Fifty (NAHOF)*: [www.hivoverfifty.org](http://www.hivoverfifty.org)
- *New Mexico AIDS InfoNet*: [www.aidsinfonet.org](http://www.aidsinfonet.org)
- *NIAID (National Institute of Allergy and Infectious Diseases)*: [www.niaid.nih.gov/](http://www.niaid.nih.gov/)
- *Pain.com*: [www.pain.com](http://www.pain.com)
- *Elizabeth Glaser Pediatric AIDS Foundation*: [www.pedaids.org](http://www.pedaids.org)
- *POZ Magazine*: [www.poz.com](http://www.poz.com)
- *Positively Aware*: [www.tpan.com](http://www.tpan.com)
- *Project Inform*: [www.projinf.org](http://www.projinf.org)
- *PWA Health Group*: [www.aidsinfonyc.org/pwahg](http://www.aidsinfonyc.org/pwahg)
- *REACH- HIV/AIDS Resources*: [www.kc-reach.org/](http://www.kc-reach.org/)
- *Queer America- National Database of Lesbian and Gay Resources*: [www.queeramerica.com/](http://www.queeramerica.com/)
- *San Diego Indian Health Center*: [www.sdaihc.org](http://www.sdaihc.org)
- *San Francisco AIDS Foundation*: [www.sfaf.org](http://www.sfaf.org)
- *Townpeople*: [www.townpeople.org](http://www.townpeople.org)
- *Treatment Review*: [www.atdn.org/trs/trs.html](http://www.atdn.org/trs/trs.html)
- *Women Alive*: [www.women-alive.org](http://www.women-alive.org)

---

## E-MAIL LISTS

---

An e-mail list, also known as a "listserve", an "e-mail conference", or an "e-list", allows a group to communicate by e-mail. If you subscribe to a list, you will get any e-mail addressed to that group. To subscribe, you generally will send an e-mail with the following information on the first line of your message: "subscribe [name of list] [your first name] [your last name]."

### **AEGIS "AIDS" List**

[aids-request@lists.aegis.com](mailto:aids-request@lists.aegis.com)

Source of news reports on AIDS and treatment. Type "subscribe."

### **AIDS Mailing List ([sci.med.aids](mailto:sci.med.aids))**

[majordomo@wubios.wustl.edu](mailto:majordomo@wubios.wustl.edu)

Information about AIDS science and medical research. Type "subscribe AIDS [your e-mail address]."

**Website:** [www.aids.wustl.edu](http://www.aids.wustl.edu)

### **AIDSACT**

[listproc@critpath.org](mailto:listproc@critpath.org)

A list for AIDS activists to discuss advocacy and policy issues about prevention, research and treatment. Type "subscribe AIDSACT [first name] [last name]."

### **API-HIV**

[etta@apiahf.org](mailto:etta@apiahf.org)

Information and ideas around HIV prevention and research in the API (Asian-Pacific Islander) communities. Indicate (in your message) your interest in being included on this list.

### **CDC HIV/STD/TB Prevention News Update**

[preventionnews-subscribe@cdcnpin.org](mailto:preventionnews-subscribe@cdcnpin.org)

Brief summaries of daily news. Type "subscribe."

### **GLB-Medical**

[listserv@listserv.utoronto.ca](mailto:listserv@listserv.utoronto.ca)

Discussion to explore issues related to homosexuality and the medical profession. Type "subscribe glb-medical [first name] [last name]."

### **Hemophilia-Support**

[lists@web-depot.com](mailto:lists@web-depot.com)

Medical information and emotional support. Type "subscribe hemophilia-support."

### **HIV Mailing & Newsletter Lists**

[www.smartlink.net/~martinh/maillfrm.htm](http://www.smartlink.net/~martinh/maillfrm.htm)

### **HIV-Support**

[lists@web-depot.com](mailto:lists@web-depot.com)

Medical information and emotional support for persons with HIV. Type "subscribe hiv-support."

### **LIPIDLIST**

[listproc@critpath.org](mailto:listproc@critpath.org)

Forum for all people affected by metabolic disorders (e.g., lipodystrophy, body-shape changes, insulin resistance). Type "subscribe LIPIDLIST [first name] [last name]."

### **PI-TREAT (protease inhibitors)**

[www.pozlink.com](http://www.pozlink.com)

### **TREATMENT**

[listproc@critpath.org](mailto:listproc@critpath.org)

For sharing medical and scientific information to support treatment activism. Type "subscribe TREATMENT [first name] [last name]."

## **CONSUMER ADVOCACY**

### **CHAANGE (California HIVAIDS Advocacy Network Grassroots Evolution)**

1127 11th St., Ste. 214, Sacramento, CA 95814

(916) 869-1312

**Website:** [www.chaange.org](http://www.chaange.org)

**E-mail:** [chaange@aol.com](mailto:chaange@aol.com)

Grass-roots alliance of individuals, families and organizations that advocate on behalf of people infected and affected by HIV/AIDS. Focus is on funding and policies that guarantee access, care and treatment and prevention services.

### **Health Fraud Task Force of California**

**Website:** [www.healthfraud.org](http://www.healthfraud.org)

The Health Fraud Task Force of California was formed in 1990 and includes representatives of local community HIV/AIDS service organizations, health-care providers, people with AIDS and representatives from public health and law-enforcement. Provides information to assist people in making informed choices about their HIV/AIDS health-care.

### **HIV Consumer Council (HCC)**

#### **C/O OFFICE OF AIDS COORDINATION (OAC)**

P.O. Box 85524 MS P501-C, San Diego, CA 92186

(619) 296-3400 x 104; (888) 304-4422; Fax: (619) 296-2663

**Website:** [www.hivconsumercouncil.org](http://www.hivconsumercouncil.org)

**E-mail:** [consumercouncil@juno.com](mailto:consumercouncil@juno.com)

A committee of the HIV Planning Council designed to give consumers an active role in shaping the services provided by Ryan White CARE Act funding. The public is encouraged to attend regional and other meetings. Call for meeting times and places, or consult the website's calendar.

### **HIV Housing Committee**

3989 Ruffin Rd., San Diego, CA 92123

(858) 694-8712

Committee designed to provide a forum for consumer input regarding housing issues for those living with or affected by HIV/AIDS. The public is invited to attend these meetings, held at the County Health Services Complex, Coronado Room, 3851 Rosecrans St., San Diego.

### **HIV Planning Council**

#### **RYAN WHITE CARE ACT, TITLE I-II**

#### **C/O OFFICE OF AIDS COORDINATION (OAC)**

P. O. Box 85524, P501-C, San Diego, CA 92186-5524

3043 Fourth Ave., San Diego, CA 92103

(619) 296-3400; Fax: (619) 296-2688

**Website:** [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

A council appointed by the County Board of Supervisors to establish priorities for the allocation of Ryan White CARE Act funds. The public

is encouraged to attend meetings. Applications for membership are welcome, and are available by writing or calling the OAC.

### **North County AIDS Coalition**

#### **NORTH COUNTY HEALTH SERVICES**

150 Valpreda Rd., Community Room, San Marcos, CA 92069  
(760) 721-3422; Fax: (760) 439-7459

Meets on the 4th Thursday of each month from 12pm-2pm

### **People with Kaiser-San Diego (PWK)**

P.O. Box 85524, P501-C, San Diego, CA 92186-5524  
(619) 515-6686

HIV support for Kaiser Permanente patients. Members helping other members to connect with appropriate medical care and other support services. CONTACT: Peter Patch, (619) 515-6686 or Jere Erickson, (619) 583-2911

## **COUNSELING/THERAPY**

---

### **COUNSELING PROGRAMS**

---

#### **Alpha of San Diego**

4069 30th St., San Diego, CA 92104  
(619) 285-9997; Fax: (619) 285-7938  
Website: [www.alphaproject.org](http://www.alphaproject.org)

Provides counseling services, parenting classes, anger management classes.

#### **H.E.L.P.**

1290 Cushman Ave., San Diego, CA 92110  
(619) 275-4357; Fax: (619) 275-6381

Counseling, psychotherapy, and psychiatric evaluations provided in the home. Medicare, Medi-Cal, AIDS Waiver, most insurance, and private pay. CONTACT: Mary Adams

#### **The Center - Health Services**

2313 El Cajon Blvd., San Diego, CA 92104  
(619) 260-6380; Fax: (619) 718-6447  
Website: [www.thecentersd.org](http://www.thecentersd.org)  
E-mail: [comments@thecentersd.org](mailto:comments@thecentersd.org)

The Department of HIV Support Services includes:

- CHEMICAL DEPENDENCY COUNSELING PROGRAM: outpatient
- LIFE PROGRAM: co-factor program in immune strengthening
- HIV MENTAL HEALTH PROGRAM: individual, couples, group family counseling
- ON-DUTY/CRISIS PROGRAM: Monday-Friday, 9:00am to 9:00pm, Saturday, 9:00am-1:00pm- walk-in and phone counseling/referral crisis intervention resource.

CONTACTS: Counseling programs, on-duty counselor; LIFE, Stacy

**The above programs offered centrally at Centre Street and on a limited basis at:**

#### **THE CENTER- NORTH COUNTY**

370 Mulberry Dr., Ste. A, San Marcos, CA 92069  
(760) 744-0220; Fax: (760) 744-5219; TTY: (760) 752-3097  
Website: [www.thecentersd.org/centernc.htm](http://www.thecentersd.org/centernc.htm)  
E-mail: [centernc@aol.com](mailto:centernc@aol.com)

The Center offers mental health counseling at CASA at the San Ysidro Health Center. Call (619) 662-4161 or (619) 260-6380 for more information.

#### **Christie's Place**

2440 Third Ave., San Diego, CA 92101  
(619) 702-4186; Fax: (619) 702-5924  
Website: [www.christiesplace.org](http://www.christiesplace.org)

Mental health counseling is offered by appointment to women, children and families.

#### **Counseling Ministries/CCS**

7863 La Mesa Blvd., Ste. 202, La Mesa, CA 91941  
(619) 462-2277; Fax: (619) 462-2465

Counseling Ministries/CCS (Christian Counseling Services) is a for-profit organization that offers mental health counseling for addictions, marital and other relationships, family, children, communication, spiritual guidance, alternative lifestyles and more. Accepts Medicare, United Behavioral Health, Blue Cross and others. Clients are seen by appointment only. Hours are Mon.-Thu., 9am-7pm; Fri., 9am-12pm; and Saturday by appointment.

#### **HIV Partner Counseling & Referral Services (PCRS)**

##### **SAN DIEGO COUNTY HEALTH & HUMAN SERVICES AGENCY**

3028 Fifth Ave., San Diego, CA 92103  
(619) 296-2120 x 136

Free, voluntary and confidential service that can help HIV+ individuals inform partners of their status. Counselors can advise about how to tell partners, they can be present when disclosure is made, they can inform the partner(s) in an anonymous and confidential manner or they can assist with a combination of these options. Services offered in Spanish and English. CONTACT: Tricia Nuñez

#### **Jewish Family Service of San Diego**

Main office: 3715 Sixth Ave., San Diego, CA 92103  
(619) 229-2856; Fax: (619) 229-2852  
Website: [www.jewishfamilyservicesd.org](http://www.jewishfamilyservicesd.org)

Free psychiatric case management services to individuals with HIV who are homeless or at risk for homelessness and have mental health needs. Special focus is on the dually diagnosed, e.g., mental disorders and/or substance abuse. The program aims to assist individuals to obtain stable, permanent housing, health care and self-sufficiency. Case manager is out-stationed. Please call for an appointment. Hours are Mon.-Thu., 8:30am-5pm; Fri., 8:30-4pm.

#### **Latino Coordinated Services Center**

3524 30th St., San Diego, CA 92104  
(619) 515-2579; Fax: (619) 297-1943  
Website: [www.fhcsd.org](http://www.fhcsd.org)

A drop-in center for HIV-infected and -affected individuals. Provides free counseling to Ryan White eligible clients and their family members. Also

accepts Medi-Cal, Medicare, Champus, Sharp and payments based on income (sliding fee scale). Services offered include case management, return-to-work assistance, peer advocacy, HIV testing and assisted referrals to primary health care and dental health services. Affiliated with Family Health Centers of San Diego.

### **Logan Heights Family Counseling Center**

2204 National Ave., San Diego, CA 92113  
(619) 515-2355

Provides free counseling to Ryan White eligible clients as well as family members. Accepts: Medi-Cal, Medicare, private, Champus, Ryan White, Sharp & sliding scale. Also see: North Park Family Health Center

### **Neighborhood House Association (NHA)**

#### **HIV/AIDS SERVICES**

286 Euclid Ave., Suite 310, San Diego, CA 92114  
(619) 266-9400; Fax: (619) 243-2281  
Website: [www.neighborhoodhouse.org](http://www.neighborhoodhouse.org)

NHA-HIV/AIDS services provides comprehensive, culturally competent case management, peer support and advocacy for people of color with a special emphasis on African Americans and Latinos; to insure access to new treatments and related support services that will help individuals and families remain in care. Case management includes services for recently released from jail or prison.

### **North County Health Services (NCHS)**

#### **COMMUNITY CASE MANAGEMENT PROGRAM**

150 Valpreda Road, Suite 211, San Marcos, CA 92069  
(800) 347-7604; Fax: (760) 736-3210  
Website: [www.nchs-health.org](http://www.nchs-health.org)

### **North County Health Services (NCHS)**

#### **ENCINITAS HEALTH CENTER**

629 Second St., Encinitas, CA 92024  
(800) 347-7604  
Website: [www.nchs-health.org](http://www.nchs-health.org)

### **Peaceful Transitions**

#### **STANLEY A. TERMAN, PH.D., M.D.**

3636 Fourth Ave., Ste. 210, San Diego, CA 92103  
(800) 64-PEACE (647-3223); Fax: (858) 546-0956  
E-mail: [PeacefulTr@aol.com](mailto:PeacefulTr@aol.com)

Offers a comprehensive program to help patients and families deal with the emotional, legal and spiritual needs encountered during the process of dying. Clients may choose any or all of the services provided, which include individual counseling, family communication facilitation, review of legal papers, bedside harp music and spiritual/pastoral guidance. Sliding-scale fees.

### **Positive Support Services**

#### **STEPPING STONE OF SAN DIEGO, INC.**

4476 30th St., San Diego, CA 92116  
(619) 543-1346; Fax: (619) 295-3706  
Website: [www.stepsstonesd.org](http://www.stepsstonesd.org)

Positive Support Services provides free individual and group counseling to men and women living with HIV and addictions. Support services are offered throughout the county. This program is culturally diverse and

empowering to gay, straight, and bi-sexual populations. All services are available in Spanish. CONTACT: Chris Thomas, x. 100

### **PROCABI (Bi-National AIDS Advocacy Project)**

2860 North Park Way, San Diego, CA 92104  
Phone/Fax: (619) 235-6151  
Website: [www.baap.org](http://www.baap.org)  
E-mail: [info@probcabi.org](mailto:info@probcabi.org)

Psychological counseling available by appointment only.

### **Professional Community Services**

900 N. Cuyamaca St., El Cajon, CA 92020  
(619) 449-8703

Provides HIV counseling on a sliding scale basis.

### **San Diego American Indian Health Center**

2602 First Ave., #100, San Diego, CA 92103  
(619) 234-0648; Fax: (619) 234-2158  
Website: [www.sdaihc.org](http://www.sdaihc.org)

Mental health counseling offered by a licensed psychologist and psychiatrist is available to American Indians.

### **UCSD Mother, Child & Adolescent HIV Program**

150 W. Washington St., San Diego, CA 92103  
(619) 543-8080; Fax: (619) 298-2698  
Website: [www.avrctrials.org](http://www.avrctrials.org)

Provides counseling to HIV-infected children, youth and families. CONTACT: Susan Okuno

### **Wellness & HIV Counseling**

#### **OWEN CLINIC, UCSD**

4168 Front St., San Diego, CA 92103  
(619) 543-2680  
Website: <http://health.ucsd.edu/owenclinic/index.html>

Provides client-centered counseling to help patients create healthier lifestyle changes. Typical behaviors addressed are smoking, exercise, diet, stress, safer sex and medication adherence. Trained HIV counselor provides emotional support to the newly diagnosed or patients in sero-opposite relationships. Services available only to members of the UCSD health care system. CONTACT: Frank Silva

---

## **DOMESTIC VIOLENCE COUNSELING**

---

### **Center for Community Solutions**

(858) 272-1767

Provides 24-hour hotline, in-person counseling, information, referral and advocacy.

### **Community Connection Resource Center**

4305 University Ave., #530, San Diego, CA 92105  
(619) 280-3220; Fax: (619) 280-9254  
Website: [www.communityconnection-ca.com/san\\_diego.htm](http://www.communityconnection-ca.com/san_diego.htm)

Provides court-approved 52-week Domestic Violence Intervention Program and a 19-week Anger Management Program. Classes are held in English, Spanish, Laotian, Cambodian and Arabic.

## Family Justice Center

707 Broadway, Ste. 700, San Diego, CA 92101  
(619) 533-6000; Toll-free: (866) 933-HOPE (4673)  
Website: [www.familyjusticecenter.org](http://www.familyjusticecenter.org)

The Family Justice Center offers counselors, police, prosecutors, housing and social service agencies to victims of domestic violence and allows them to get help for their needs at one place.

## Family Violence Intervention

### WOMEN'S RESOURCE CENTER

1963 Apple St., Oceanside, CA 92054  
(760) 757-3500; Fax: (760) 757-0680

Operates a 24-hour crisis hotline and provides a range of counseling and supportive services to victims of sexual assault and domestic violence. Also offers a one-year intervention and treatment program for domestic violence abusers.

## Relationship Violence Treatment & Intervention Program

### THE CENTER - HEALTH SERVICES

2313 El Cajon Blvd., San Diego, CA 92104  
(619) 260-6380; Fax: (619) 718-6447  
Website: [www.thecentersd.org](http://www.thecentersd.org)  
E-mail: [ihansen@thecentersd.org](mailto:ihansen@thecentersd.org)

Domestic violence counseling for same-sex couples. Both survivors' and offenders' groups available. CONTACT: Inge Hansen, x107 or the on-duty counselor

---

## SPECIAL PROGRAM

---

## Owen Clinic, UCSD

4168 Front St., San Diego, CA 92103-8681  
(619) 543-3995  
Website: <http://health.ucsd.edu/owenclinic/index.html>

Provides a psychiatrist free at the Center and at Ciaccio Clinic. Also provides a licensed clinical social worker to help with benefits/services for people with HIV who use hospital regardless of UC affiliation. CONTACT: Allen Watson.

---

## THERAPISTS

---

This is only a representative list of therapists with HIV experience. Most offer special rates for people with HIV.

## Carolyn Berger, Ph.D., Psychology

3348 Fourth Ave., San Diego, CA 92103  
(619) 299-4474

## Doug Braun-Harvey

3110 Camino del Rio So., Ste. 219, San Diego, CA 92108  
(619) 528-8360

Offers counseling for HIV+ with sexual behavior concerns, group therapy for gay men who are sexually dependent, and counseling for HIV+ with a drug and alcohol dependency.

## Leonora Calsada, LCSW, MPH

### UCSD MOTHER, CHILD & ADOLESCENT HIV PROGRAM

150 W. Washington St., San Diego, CA 92103  
(619) 543-8080; Fax: (619) 298-2698  
Website: [www.avrctrials.org](http://www.avrctrials.org)

Provides counseling to HIV-infected pregnant women.

## Martin Doucett, MA

430 Nutmeg St., San Diego, CA 92103  
(619) 227-6193

## J.M. Evosevich, Ph.D., FMC

901 Tahquitz Canyon Way, Ste. A201, Palm Springs, CA 92262  
(760) 323-8319

## Lois Gail, Ph.D., Psychology

4452 Park Blvd., #310, San Diego, CA 92116  
(619) 574-7525

(also takes women & children)

Medicare and Medi-cal accepted

## Joseph Jeffers, MFT

1807 Robinson Ave, Suite 204, San Diego, CA 92103  
(619) 295-0691

## Diane Kulstad, MFCC

Offices in San Diego & East County  
(619) 286-2935

## Colleen Linnertz, MA, IMF

1767 Grand Avenue, #4, San Diego, CA 92109  
(619) 301-3632  
Website: [journeybacktoself.com](http://journeybacktoself.com)  
E-mail: [colleen@journeybacktoself.com](mailto:colleen@journeybacktoself.com)

Using spirituality, holistic health and expressive arts to gain empowerment with issues of HIV, addictions and sexual compulsions. Art Camp for adults.

## Andrew Mattison, Ph.D.

2870 Fourth Ave., San Diego, CA 92103  
(619) 238-5557

## Emily McCutchan, MFT

3235 Fourth Ave., San Diego, CA 92103  
(619) 682-7002 or (619) 543-0079

## Chris Mercier, FMC

4545 Park Blvd., #105, San Diego, CA 92116  
(619) 260-8009

## William M. Noel, Ph.D.

2830 Fourth Ave., San Diego, CA 92103  
(619) 692-1552; Fax: (619) 692-0550

Specialty: Anxiety, affective and substance-abuse disorders. Individual, couples and HIV issues. Medi-Cal accepted on a sliding scale.

### **Susan Okuno, LCSW**

#### **UCSD MOTHER, CHILD & ADOLESCENT HIV PROGRAM**

150 W. Washington St., San Diego, CA 92103  
(619) 543-8080; Fax: (619) 298-2698  
Website: [www.avrctrials.org](http://www.avrctrials.org)

Provides counseling to HIV-infected children, youth and families.

### **Daniel O'Roarty, Ph.D. – Clinical Psychologist**

3368 Second Ave., Ste. A-3, San Diego, CA 92103  
(619) 297-0515  
[docdano46@hotmail.com](mailto:docdano46@hotmail.com)

Individual and couples counseling, support and positive re-direction away from the medical malaise of HIV.

### **Judy Schaim, MFT**

2850 Fourth Ave., #7, San Diego, CA 92103  
(619) 298-5536

### **Marinel Weaver, LCSW**

815 3rd Ave., Ste. 107, Chula Vista, CA 91911  
(619) 501-4052

Also has offices in Hillcrest and La Mesa:

4545 Park Blvd., Ste. #106, San Diego, CA 92116  
4700 Springs St., #204, La Mesa, CA 91941

Can do home visits and provide support for families/significant others. Tri-lingual-English/Spanish/Portuguese. Accepts Medicare, Pacific Care, Tri-Care, Champus and HMC..

---

## **RELATED SOURCES**

---

### **Albright Information & Referral Center**

#### **NAMI SAN DIEGO**

4480 30th St., San Diego, CA 92116  
(619) 543-1434; Toll-free: (800) 523-5933  
TTY/TDD: (619) 275-7164  
Website: [www.namisaniego.org](http://www.namisaniego.org)

### **County Mental Health (CMH)**

3851 Rosecrans St., San Diego, CA 92110  
(619) 692-8750  
Emergency Psych Unit: (619) 692-8200  
Inpatient: (619) 692-8227  
East County: (619) 401-5500  
Econdido: (760) 741-4461  
Oceanside: (760) 967-4475  
South Bay: (619) 427-4661  
Southeast: (619) 595-4400  
San Ysidro: (619) 428-5561

Services free.

### **Gifford Clinic/UCSD Outpatient Psychiatry**

140 Arbor Drive, San Diego, CA 92103  
(619) 497-6649

Psychiatric care (with medication monitoring). Accepts private insurance, or Medi-Cal or CMS if referred from the Access Line, (800) 479-3339. Counseling available with private insurance. Support groups available for people on medication referred by the Access Line. CONTACT: Cindy Baker

### **Heidorn Lifeline- Crisis & Suicide**

(858) 212-LIFE (5433)

### **San Diego Access & Crisis Line (Suicide Intervention Hotline)**

#### **UNITED BEHAVIORAL HEALTH**

(800) 479-3339; Hearing Impaired; TTY: (619) 641-6992

---

## **REFERRAL SOURCES**

---

### **Project Heartbeat**

(619) 477-0242; Toll-free: (888) 843-5800

For children and their family members; M-F, 8:30am-6:30pm

### **San Diego Psychiatric Society Referral Line**

(619) 279-4586

### **Psychologists Information & Referral Service**

San Diego: (619) 291-3451  
North County Coastal: (760) 436-5527  
North County Inland: (760) 489-1415

## **DEATH & DYING**

(ALSO SEE "SUPPORT GROUPS" AND "CAREGIVERS")

---

## **CLASSES IN TRANSITION AND GRIEF**

---

### **San Diego Hospice**

4311 Third Ave., San Diego, CA 92103  
(619) 278-6371; Toll-free: (866) 688-1600  
Website: [www.sdhospice.org](http://www.sdhospice.org)  
E-mail: [griefinfo@sdhospice.org](mailto:griefinfo@sdhospice.org)

Offers bereavement support groups.

---

## **HELP WITH TRANSITION**

---

### **End of Life Choices of San Diego (formerly Hemlock Society)**

P.O. Box 9592, San Diego, CA 92169  
(619) 233-4418

Organization established to educate mentally competent terminally ill about death and dying while providing emotional support to both patients and care givers. Monthly meetings. Read Final Exit, Derek Humphry.

### **Peaceful Transitions**

#### **STANLEY A. TERMAN, PH.D., M.D.**

3636 Fourth Ave., Ste. 210, San Diego, CA 92103  
(800) 64-PEACE (647-3223); Fax: (858) 546-0956  
E-mail: [PeacefulTr@aol.com](mailto:PeacefulTr@aol.com)

Offers a comprehensive program to help patients and families deal with the emotional, legal and spiritual needs encountered during the process of dying. Clients may choose any or all of the services provided, which include individual counseling, family communication facilitation, review

of legal papers, bedside harp music, and spiritual/pastoral guidance. Sliding-scale fees.

---

## MEMORIAL

---

### Names Project San Diego

1286 University Ave., Box 276, San Diego, CA 92103  
(858) 492-8452; Fax: (619) 542-0970

Website:

[www.sdinsider.com/community/groups/quilt/index.html](http://www.sdinsider.com/community/groups/quilt/index.html)

Assembles panels for the AIDS Quilt shown around the country. Call if you would like to make a panel in memory of someone who has died of AIDS. Workshops and instruction provided.

National Names Project: (415) 882-5500

---

## ORGAN DONATION

---

### California NeuroAIDS Tissue Network (CNTN)

#### HIV NEUROBEHAVIORAL RESEARCH CENTER (HNRC)

150 W. Washington St., San Diego, CA 92103  
(877) 543-8090

Website: [www.cntn.ucsd.edu](http://www.cntn.ucsd.edu)

For people with advanced HIV infection who wish to donate organs to research upon death. Research study involvement every 6 months.

## DENTISTS

---

### DENTISTS (MEDI-CAL)

---

The following dentists are HIV-experienced and take private insurance and Medi-Cal. Call for more referrals to Medi-Cal dentists at Denti-Cal, (800) 322-6384.

#### City Dental Group

936 Highland Ave., National City, CA 91951  
(619) 474-6200

#### Richard Ferguson, D.D.S.

##### NCHS RAMONA HEALTH CENTER

217 E Earlham, Ramona, CA 92065  
(760) 789-1223

Website: [www.nchs-health.org](http://www.nchs-health.org)

#### Neighborhood Dental Group

6244 El Cajon Blvd., #25, San Diego, CA 92115  
(619) 286-6909

#### Neighborhood Dental Group

4655 Cass St., #100, San Diego, CA 92109  
(858) 362-3540

#### NCHS San Marcos Health Center

150 Valpreda Rd., San Marcos, CA 92069  
(760) 736-6794

Website: [www.nchs-health.org](http://www.nchs-health.org)

#### Robert L. Scott, D.D.S.

342 N. Second St., El Cajon, CA 92021  
(619) 440-0094

HIV-experienced and friendly.

#### Smile Care Dental Centers

##### EL CAJON

1242 E. Main Street, El Cajon, CA 92021  
(619) 444-6355

##### MISSION VALLEY

1333 Camino Del Rio S., Ste. 202, San Diego, CA 92108  
(619) 260-4990

##### MIRA MESA

10788 Black Mtn. Rd., San Diego, CA 92126  
(858) 536-5550

#### Patrick Stonner, D.D.S.

##### NCHS SAN MARCOS HEALTH CENTER

150 Valpreda Rd., San Marcos, CA 92069  
(760) 736-6794

Website: [www.nchs-health.org](http://www.nchs-health.org)

#### Western Dental

4123 University Ave., San Diego, CA 92105  
(619) 521-0012

COMMENTS: Need note from doctor allowing treatment, and meds taken. Does not take CMS.

#### Western Dental

2948 University Ave., San Diego, CA 92104  
(619) 294-4500

Does not take CMS.

---

### DENTISTS (NO MEDI-CAL)

---

The following list of dentists have HIV experience, but only take private insurance, not Medi-Cal. For free referrals to other dentists, call the San Diego Dental Society Referral Service at (619) 275-0244.

#### College Dental Group

##### DR. BRIAN BEUHLER

467 College Blvd., #2, Oceanside, CA 92057  
(760) 631-3060

#### Dr. Ralph Gagliani

4711 Monroe Ave., San Diego, CA 92115  
(619) 284-1197

#### Dr. Carl Jepson

306 Walnut St., Ste. 39, San Diego, CA 92103  
(619) 298-2229

#### Dr. Jeff Keeney

1807 Robinson Ave., San Diego, CA 92103  
(619) 295-1512

### **Dr. Mark S. Richey**

1442 University Ave., San Diego, CA 92103  
(619) 297-6104

### **John C. Whitworth, D.D.S.**

3078 University Ave., San Diego, CA 92104  
(619) 295-8891

---

## **PUBLIC DENTAL SERVICES**

---

If you don't have Medi-Cal, CMS, or private insurance, the following clinics can offer you, a person with HIV, free dental care through the Ryan White CARE Act. Waiting time can be as long as two months unless it is an emergency. The following procedures are provided under the Primary Care Dental Pool:

- Diagnostic/Preventative**
- Oral Surgery**
- Periodontics**
- Restorative Dentistry/Amalgam (fillings)**
- Restorative Dentistry/Composite**
- Prosthetics**
- Prosthetics/Repair**

The following are available through the Dental Specialty Pool which is coordinated by the Council of Community Clinics:

- Endodontics**
- Restorative Dentistry/Crowns**
- Prosthetics/Removable**

To access these services contact one of the Clinics listed below:

### **Comprehensive Health Center**

3177 Oceanview Blvd., San Diego, CA 92113  
(619) 231-9300

### **Neighborhood Healthcare**

425 N. Date St., Escondido, CA 92025  
(760) 737-2018; Fax: (760) 737-7898  
Website: [www.nhcare.org](http://www.nhcare.org)

### **Hillcrest Dental Clinic**

3544 30th St., San Diego, CA 92104  
(619) 515-2434  
Website: [www.fhcsd.org](http://www.fhcsd.org)

Part of the Family Health Centers of San Diego network of clinics.

### **Logan Heights Family Health Center**

1809 National Ave., San Diego, CA 92113  
(619) 515-2394  
Website: [www.fhcsd.org](http://www.fhcsd.org)

Will take Medi-Cal if share of cost paid; Ryan White if nothing else available. Part of the Family Health Centers of San Diego network of clinics.

### **NCHS Ramona Health Center**

217 E. Earlham, Ramona, CA 92065  
(760) 789-1223  
Website: [www.nchs-health.org](http://www.nchs-health.org)

### **NCHS San Marcos Health Center**

150 Valpreda Rd., San Marcos, CA 92069  
(760) 736-6794  
Website: [www.nchs-health.org](http://www.nchs-health.org)

### **San Diego American Indian Health Center**

2630 First Ave., San Diego, CA 92103  
(619) 234-2158; Fax: (619) 234-0206  
Website: [www.sdaihc.org](http://www.sdaihc.org)

## **DOCTORS**

(ALSO SEE "CLINICS")

When choosing a doctor, interview him or her. Ask about treatment. Does he or she seem responsive? Does he or she have experience in HIV/AIDS? Do you think you can have a working relationship with him or her?

NOTE: the bilingual category is listed only if applicable or if requested. This list does not imply an endorsement.

---

## **PRIMARY CARE PHYSICIANS**

---

### **Balboa Park Internal Medicine**

2970 Fifth Ave., Suite 140, San Diego, CA 92103  
(619) 260-3456; Fax: (619) 260-3458  
*Gary N. Woodall, M.D.*  
*Calvin J. Small, M.D.*

MEDI-CAL: No

HOSPITAL: Scripps Mercy, Sharp Memorial

### **John Bastian, M.D. – Pediatrics (Immunologist)**

#### **CHILDREN'S HOSPITAL**

3020 Children's Way, MC5114, San Diego, CA 92123  
(858) 966-5961; Fax: (858) 966-6791

Referral: from other doctors

MEDI-CAL: Yes

BILINGUAL: Spanish

HOSPITAL: Children's

### **Chris Bengs, Jr., M.D. – Family Practice**

2910 Jefferson St., Ste. 100, Carlsbad, CA 92008  
(760) 729-8600; Fax: (760) 729-1499

MEDI-CAL: No

BILINGUAL: Spanish

HOSPITAL: Tri-City Hospital

### **Roger Bitar, M.D.**

(SEE KAISER PERMANENTE INTERNAL MEDICINE CLINIC)  
(619) 528-2564; Fax: (619) 528-6917

### **Philip Bolduc, M.D.**

(SEE TRI-CITY COMMUNITY HEALTH CENTER)  
(760) 631-5030; Fax: (760) 941-2641

**Daniel Bressler, M.D. – Internal Medicine**

4033 Third Avenue, #300, San Diego, CA 92103  
(619) 299-2570

Referral: Yes, but selective

BILINGUAL: Spanish

MEDI-CAL: No

HOSPITAL: Scripps Mercy

**David Buccigrossi, M.D.**

(SEE KAISER PERMANENTE INTERNAL MEDICINE CLINIC)

(619) 528-2564; Fax: (619) 528-6917

**Ronelle Campbell, D.O.**

(SEE SAN YSIDRO HEALTH CENTER)

(619) 428-4463; Fax: (619) 428-4646

**Joseph Caperna, M.D.**

(SEE OWEN CLINIC)

(619) 543-3995

**Marilyn Carlin, M.D. – Internal Medicine**

**SPECIAL MEDICAL GROUP**

9844 Genesee Ave., #100, La Jolla, CA 92037  
(858) 453-9200

Website: www.scripps.org

MEDI-CAL: Yes (only PPO)

BILINGUAL: Spanish

HOSPITAL: Scripps Memorial

**John Chau, M.D.**

(SEE COMPREHENSIVE HEALTH CENTER)

(619) 235-4211; Fax: (619) 235-4517

**Patricia Chu, M.D.**

(SEE NCHS ENCINITAS)

(760) 753-7842

**Ciaccio Memorial Clinic**

**NORTH PARK FAMILY HEALTH CENTER**

3544 30th St., San Diego, CA 92104  
(619) 515-2587; Fax: (619) 683-7570

Website: www.fhcsd.org

*James Hartmeyer, M.D.*

*Joseph Jackson, M.D.*

*Brian Woolford, M.D.*

MEDI-CAL: Yes

BILINGUAL: Spanish

HOSPITALS: UCSD, Scripps Mercy

**Comprehensive Health Center**

1855 First Ave., Ste. 300-A, San Diego, CA 92101  
(619) 235-4211; Fax: (619) 235-4517

Website: www.sdchc.com

*John Chau, M.D.*

*Arturo Valderrama, M.D.*

MEDI-CAL: Yes

BILINGUAL: Spanish

HOSPITAL: UCSD

**John Dodge, M.D. – Internal Medicine**

501 Washington, Suite 600, San Diego, CA 92103  
(619) 278-3360; Fax: (619) 278-3340

MEDI-CAL: No

BILINGUAL: Spanish

HOSPITAL: Scripps Mercy

**Downtown Family Health Center**

1145 Broadway, San Diego, CA 92101  
(619) 515-2525; Fax: (619) 515-0214

Website: www.fhcsd.org

*James Hartmeyer, M.D.*

MEDI-CAL: Yes

BILINGUAL: Spanish

HOSPITAL: UCSD, Scripps Mercy

**George Fareed, M.D.**

4231 Highway 86, Ste. 5, Brawley, CA 92227  
(760) 344-8750; Fax: (760) 344-0558

MEDI-CAL: No

BILINGUAL: Spanish

HOSPITALS: Pioneer Memorial, El Centro Regional

**Denise Gomez, M.D.**

(SEE NCHS CARLSBAD)

(760) 757-4566

**Daniel Harrison, M.D. – Internal Medicine**

(SEE NEIGHBORHOOD HEALTHCARE)

(760) 737-7896

**Shawn Harrity, M.D.**

(SEE OWEN CLINIC)

(619) 543-3995

**James Hartmeyer, M.D.**

(SEE DOWNTOWN FAMILY HEALTH CENTER)

(619) 515-2525; Fax: (619) 515-0214

**Rodney Hood, M.D. – Internal Medicine**

**CAREVIEW MEDICAL GROUP**

292 Euclid Ave., Ste. 210, San Diego, CA 92114  
(619) 262-7523; Fax: (619) 263-9601

MEDI-CAL: Yes

BILINGUAL: Spanish

HOSPITALS: Paradise Valley, Alvarado, Grossmont, Villa View, Alvarado, Scripps Mercy

**Robert Houghton, M.D.**

1855 First Ave., Ste. 200B, San Diego, CA 92101  
(619) 233-4044; Fax: (619) 233-4144

MEDI-CAL: Only with Medicare

BILINGUAL: Spanish

HOSPITAL: UCSD, Scripps Mercy

**Andrew Hull, M.D.**

(SEE UCSD MOTHER, CHILD, ADOLESCENT HIV PROGRAM)  
(619) 543-8080

**Andrew Israel, M.D.**

**HILLCREST INTERNAL MEDICINE**

4060 Fourth Ave., #505, San Diego, CA 92103  
(619) 298-1318; Fax: (619) 298-0843

Currently not taking new patients

MEDI-CAL: No

BILINGUAL: Spanish

HOSPITALS: Scripps Mercy, Mesa Vista

**Joseph Jackson, M.D.**

(SEE CIACCIO MEMORIAL CLINIC)  
(619) 515-2587

**Kaiser Permanente Internal Medicine Clinic**

4647 Zion Avenue, San Diego, CA 92120  
(619) 528-2564; Fax: (619) 528-6917

*Roger Bitar, M.D., Internal Medicine*

*David Buccigrossi, M.D., Internal Medicine*

*Dale K. Lieu, M.D.*

*Larry Miller, M.D.*

Referral: Only Kaiser patients

MEDI-CAL: Yes

BILINGUAL: Spanish, others available

HOSPITAL: Kaiser

**Daniel Lee, M.D.**

(SEE OWEN CLINIC)  
(619) 543-3995

**Dale K. Lieu, M.D.**

(SEE KAISER PERMANENTE INTERNAL MEDICINE CLINIC)  
(619) 528-2564; Fax: (619) 528-6917

**Chris Mathews, M.D.**

(SEE OWEN CLINIC)  
(619) 543-3995

**Alex Mercandetti, M.D. – Internal Medicine**

3930 Fourth Ave., #300, San Diego, CA 92103  
(619) 291-9285

Accepts referrals, but only under certain conditions

MEDI-CAL: No

BILINGUAL: Spanish, Tagalog, Hindi

HOSPITALS: Scripps Mercy, Sharp Memorial, Continental Rehab

**Larry Miller, M.D.**

(SEE KAISER PERMANENTE INTERNAL MEDICINE CLINIC)  
(619) 528-2564; Fax: (619) 528-6917

**William Mittendorf, M.D. – Internal Medicine**

**SCRIPPS MERCY MEDICAL GROUP**

501 Washington St., #600, San Diego, CA 92103  
(619) 278-3300; Fax: (619) 278-3345

MEDI-CAL: No

BILINGUAL: Spanish, Farsi

HOSPITAL: Scripps Mercy

**Jeff Mulvain, M.D. – Cardiology**

4060 Fourth Ave., #500, San Diego, CA 92103  
(619) 688-7800; Fax: (619) 688-7809

MEDI-CAL: Yes, if referred by another doctor

BILINGUAL: Spanish

HOSPITALS: Scripps Mercy, Sharp Memorial

**NCHS Encinitas Health Center**

629 Second St., Encinitas, CA 92024  
(760) 753-7842; Fax: (760) 753-7259

Website: [www.nchs-health.org](http://www.nchs-health.org)

*Patricia Chu, M.D.*

MEDI-CAL: Yes

BILINGUAL: Spanish

HOSPITAL: Tri-City Medical Center

**NCHS Oceanside/Carlsbad Health Center**

408 Cassidy St., Oceanside, CA 92054  
(760) 757-4566; Fax: (760) 757-3004

Website: [www.nchs-health.org](http://www.nchs-health.org)

Denise Gomez, M.D.

MEDI-CAL: Yes

BILINGUAL: Spanish

HOSPITAL: TriCity Hospital

**NCHS Ramona Health Center**

217 E. Earllham, Ramona, CA 92065  
(760) 789-1223

Website: [www.nchs-health.org](http://www.nchs-health.org)

*John Simpson, M.D.*

Referral: Yes, self-referral

BILINGUAL: Spanish

MEDI-CAL: Yes

**NCHS San Marcos Health Center**

150 Valpreda Rd., San Marcos, CA 92069  
(760) 736-6767; Fax: (760) 736-6795

Website: [www.nchs-health.org](http://www.nchs-health.org)

*Sam Poniachik, M.D.*

MEDI-CAL: Yes

BILINGUAL: Spanish

HOSPITAL: Palomar

**Jennifer Neely, M.D.**

(SEE OWEN CLINIC)  
(619) 543-3995

**Neighborhood Healthcare  
(formerly Escondido Community Health Center)**

641 E. Pennsylvania Ave., #102, Escondido, CA 92025  
(760) 737-7896  
Website: [www.nhcare.org](http://www.nhcare.org)  
*Daniel Harrison, M.D.*

MEDI-CAL: Yes  
BILINGUAL: Spanish, German, Arabic  
HOSPITALS: Palomar, Pomerado

**Melissa Noble, D.O.**

1685 E. Main St., Ste 301, El Cajon, CA 92021  
(619) 579-8681; Fax: (619) 579-0759

MEDI-CAL: No  
BILINGUAL: Spanish, Farsi  
HOSPITALS: Alvarado, Grossmont

**Steven Oppenheim, M.D.**

(SEE OWEN CLINIC)  
(619) 543-3995

**Owen Clinic, UCSD**

4168 Front St., San Diego, CA 92103  
(619) 543-3995; Fax: (619) 543-7841  
Medical appointments: Call the UCSD Healthcare Scheduling Services Department at (888) 309-8273. Press option 6 when prompted.

*Ronelle Campbell, D.O.*  
*Joseph Caperna, M.D.*  
*Shawn Harrity, M.D.*  
*Daniel Lee, M.D.*  
*Tyler Lonergan, M.D.*  
*Chris Mathews, M.D.*  
*Jennifer Neely, M.D.*  
*Steven Oppenheim, M.D.*

MEDI-CAL: Yes  
BILINGUAL: Spanish  
HOSPITAL: UCSD

**Park Center for Health**

4067 Park Blvd., San Diego, CA 92103  
(619) 296-0224; Fax: (619) 296-0433  
*Keith Vrbel, M.D.*  
*Internal Medicine*

MEDI-CAL: No  
HOSPITAL: Scripps Mercy

**Ray Pigeon, M.D. – Internal Medicine**

4060 Fourth Ave., #508, San Diego, CA 92103  
(619) 325-1667; Fax: (619) 325-1667

MEDI-CAL: No  
HOSPITAL: Scripps Mercy

**Andrew C. Ping, M.D.**

**SCRIPPS MERCY CLINIC**  
4020 Fifth Ave., San Diego, CA 92103  
(619) 260-7022; Fax: (619) 686-4125

MEDI-CAL: Yes  
BILINGUAL: Korean  
HOSPITALS: Scripps Mercy, Continental Rehab, Sharp, Kindred

**Sam Poniachik, M.D.**

(SEE NCHS SAN MARCOS)  
(760) 736-6767

**San Ysidro Health Center**

4004 Beyer Blvd., San Ysidro, CA 92173  
(619) 428-4463; Fax: (619) 428-4646  
Website: [www.syhc.org](http://www.syhc.org)  
*Ronnelle Campbell, D.O.*

MEDI-CAL: Yes  
BILINGUAL: Spanish  
HOSPITALS: Sharp, Scripps Chula Vista

**David Shamblaw, M.D. – Family Practice**

1855 First Ave., Ste. 200-B, San Diego, CA 92101  
(619) 233-4044; Fax: (619) 233-4144

MEDI-CAL: Only with Medicare  
BILINGUAL: Spanish  
HOSPITAL: Scripps Mercy

**John Simpson, M.D. – Internal Medicine**

(SEE NCHS RAMONA HEALTH CENTER)  
(760) 789-1223

**Calvin J. Small, M.D.**

(SEE BALBOA PARK INTERNAL MEDICINE)  
(619) 260-3456

**Victor Souza, M.D.**

(SEE TRI-CITY COMMUNITY HEALTH CENTER)  
(760) 631-5030; Fax: (760) 941-2641

**Special Infectious Disease Program (S.P.I.D.)**

**SAN DIEGO VA MEDICAL CENTER**

3350 La Jolla Village Dr., (MC1185), San Diego, CA 92161  
(858) 642-3180; Fax: (858) 552-4311

*Ramsey Asfour, M.D.*  
*John Guatelli, M.D.*  
*Susan Little, M.D.*  
*David Looney, M.D.*  
*Rick Pesano, M.D.*  
*Douglas Richman, M.D.*  
*Davey Smith, M.D.*  
*Joseph Wong, M.D.*

Accepts V.A. patients only  
MEDI-CAL: N/A  
BILINGUAL: Spanish  
HOSPITAL: V.A. Medical Center

**Stephen A. Spector, M.D.**

(SEE UCSD MOTHER, CHILD & ADOLESCENT HIV PROGRAM)  
(619) 543-8080

**Miles Stanich, M.D. – Internal Medicine**

4501 Mission Bay Dr., #3A, San Diego, CA 92109  
(858) 272-5330; Fax: (858) 274-0423

MEDI-CAL: No  
HOSPITAL: Sharp, Scripps Mercy

**Ann Stewart, M.D. – Internal Medicine**

4033 Third Avenue, #300, San Diego, CA 92103  
(619) 299-2570; Fax: (619) 299-0263

Referral: No  
MEDI-CAL: No  
HOSPITAL: Scripps Mercy

**Tri-City Community Health Center**

**VISTA COMMUNITY CLINIC**

161 Thunder Dr., #212, Vista, CA 92083  
(760) 631-5030; Fax: (760) 941-2641  
Website: [www.vistacommunityclinic.org](http://www.vistacommunityclinic.org)  
*Philip Bolduc, M.D.*  
*Victor Souza, M.D.*

MEDI-CAL: Yes  
BILINGUAL: Spanish  
HOSPITAL: Palomar, Tri-City Medical Center

**UCSD Mother, Child & Adolescent HIV Program**

150 W. Washington St., San Diego, CA 92103  
(619) 543-8080; Fax: (619) 298-2698  
Website: [www.avrctrials.org](http://www.avrctrials.org)  
*Andrew Hull, M.D.*  
*Stephen A. Spector, M.D.*

MEDI-CAL: Yes  
BILINGUAL: Spanish  
HOSPITAL: UCSD Medical Center

**Arturo Valderrama, M.D.**

(SEE COMPREHENSIVE HEALTH CENTER)  
(619) 235-4211; Fax: (619) 235-4517

**Keith Vrhel, M.D.**

(SEE PARK CENTER FOR HEALTH)  
(619) 296-0224

**Howard Williams, M.D. – Internal Medicine**

4060 Fourth Ave., #505, San Diego, CA 92103  
(619) 298-1318; Fax: (619) 298-0843

MEDI-CAL: No  
BILINGUAL: Spanish  
HOSPITAL: Scripps Mercy

**Gary N. Woodall, M.D.**

(SEE BALBOA PARK INTERNAL MEDICINE)  
(619) 260-3456

**Brian Woolford, M.D.**

(SEE CIACCIO MEMORIAL CLINIC)  
(619) 515-2587; Fax: (619) 497-6734

---

---

**SPECIFIC AREAS OF MEDICINE**

---

---

**DERMATOLOGISTS**

---

**Kimberly Butterwick, M.D.**

(SEE DERMATOLOGY ASSOCIATES OF SAN DIEGO COUNTY, INC.)  
(858) 455-7714

**Joseph College, M.D. – Dermatology**

910 E. Ohio Ave., #101, Escondido, CA 92025  
(760) 747-1980

Referrals accepted only from other doctors (self-referrals if allowed by plan)  
MEDI-CAL: Only by referral  
BILINGUAL: Spanish  
HOSPITAL: Palomar

**Dermatology Associates of San Diego County, Inc.**

9850 Genesee Ave., San Diego, CA 92037  
(858) 455-7714  
*Kimberly Butterwick, M.D., Dermatology*  
*Stacy Smith, M.D., Dermatology*

MEDI-CAL: No (but accept Medicare with Medi-Cal)  
BILINGUAL: Spanish  
HOSPITALS: Scripps La Jolla & Encinitas

**M. Christine Goskowicz, M.D. – Dermatology**

3900 Fifth Ave., Suite 250, San Diego, CA 92103  
(619) 462-6915

MEDI-CAL: Only by referral  
BILINGUAL: Japanese  
HOSPITALS: Scripps Mercy, UCSD

**Richard Kornberg, M.D.**

110 W. Pennsylvania Ave., San Diego, CA 92103  
(619) 298-7546; Fax: (619) 692-1397

MEDI-CAL: Yes  
BILINGUAL: Spanish  
HOSPITALS: Scripps Mercy, Sharp Memorial

**John Lindholm, M.D. – Dermatology**

2850 Sixth Ave., #702, San Diego, CA 92103  
(619) 574-7546

MEDI-CAL: Yes  
BILINGUAL: Spanish  
HOSPITAL: Scripps Mercy, Sharp, Scripps

**Daniel Marnell, M.D. – Dermatology**

6367 Alvarado Ct., #107, San Diego, CA 92120  
(619) 287-1882

MEDI-CAL: Yes, if referred by another doctor

BILINGUAL: Spanish

HOSPITALS: Alvarado, Sharp Memorial

**Stacy Smith, M.D.**

(SEE DERMATOLOGY ASSOCIATES OF SAN DIEGO COUNTY)  
(858) 455-7714

EAR, EYE, NOSE AND THROAT

**Pierre Rivet, M.D. – Ear, Nose, Throat**

4033 Third Ave., #104, San Diego, CA 92103  
(619) 294-2350; Fax: (619) 296-5719

MEDI-CAL: No

BILINGUAL: Spanish

HOSPITALS: Scripps Mercy, Alvarado

GASTROENTEROLOGY

**Michael Goldhammer, M.D. – Internal Medicine**

4033 Third Ave., #300, San Diego, CA 92103  
(619) 299-2570

MEDI-CAL: Yes, if HIV+

BILINGUAL: Spanish

HOSPITAL: Scripps Mercy

LIPODYSTROPHY

**Paul S. Campbell, D.O. – Dermatology**

1855 First Ave., Ste. 200-B, San Diego, CA 92101  
(619) 339-3100; Fax: (888) 272-4705  
Website: [www.wilshiresandiego.com](http://www.wilshiresandiego.com)

MEDI-CAL: No (some insurances accepted)

Specializing in treatment of lipodystrophy – permanent results

OPHTHALMOLOGY (DISEASES OF THE EYE)

**David C. Campbell, M.D. – Ophthalmology**

4060 Fourth Ave., Ste. 405, San Diego, CA 92103  
(619) 297-9131; Fax: (619) 297-6375

MEDI-CAL: Only on physician referral

BILINGUAL: Italian

HOSPITAL: Scripps Mercy

**William Freeman, M.D. – Ophthalmology**

**AIDS OCULAR RESEARCH UNIT, UCSD**

**JACOBS RETINA CENTER**

9415 Campus Point Dr., La Jolla, CA 92037  
(858) 822-3170; Fax: (858) 822-3169  
Website: [www.vitreous.ucsd.edu](http://www.vitreous.ucsd.edu)

MEDI-CAL: If referred by UCSD

BILINGUAL: Spanish

HOSPITAL: UCSD

**Forest Murphy, M.D. – Ophthalmology**

306 Walnut St., Suite 38, San Diego, CA 92103  
(619) 294-9694; Fax: (619) 294-9695

Sees AIDS patients with CMV.

MEDI-CAL: No

BILINGUAL: Tagalog

HOSPITAL: Sharp Cabrillo, Scripps Mercy

OPTOMETRY

**Louis Chesner, O.D.**

2404 Madison Ave., San Diego, CA 92116  
(619) 291-3836; Fax: (619) 291-4625

MEDI-CAL: Yes

BILINGUAL: Spanish

HOSPITAL: None

**Steven Larsen, O.D.**

**UPTOWN OPTOMETRY**

4096 Park Blvd., San Diego, CA 92103  
(619) 291-5505; Fax: (619) 231-4785  
E-mail: [larsen@abac.com](mailto:larsen@abac.com)

MEDI-CAL: Yes

BILINGUAL: Spanish

HOSPITAL: None

PODIATRY

**Martin R. Taubman, D.P.M.**

**Hillcrest office: Park-Lincoln Professional Building**  
3992 Park Blvd., San Diego, CA 92103  
(619) 298-1733; Fax: (619) 294-9604  
**National City office: Paradise Valley Hospital**  
655 S. Euclid Ave., Ste. 401, National City, CA 91950  
(619) 472-0252; Fax: (619) 294-9604

MEDI-CAL: Yes

HOSPITAL: Paradise Valley, Scripps Mercy, Sharp Cabrillo, Sharp Memorial, Mission Bay

---

## PROCTOLOGISTS

---

### **Thomas Sullivan, M.D.**

550 Washington St., Ste. 821, San Diego, CA 92103  
(619) 686-4011; Fax: (619) 293-3468

MEDI-CAL: No

BILINGUAL: Spanish

Hospitals: Scripps Mercy, Alvarado, Grossmont, Sharp

---

## SURGERY

---

### **Dennis Mayer, M.D. – General Surgery/Colorectal Surgery**

1835 El Cajon Blvd., Ste. C, San Diego, CA 92103  
(619) 295-8677; Fax: (619) 295-7935

MEDI-CAL: With Medicare only

HOSPITAL: Scripps Mercy

---

## CONSULTANTS

---

These doctors come from various fields. They are seen primarily on referral from a primary care physician, often in a hospital setting. We list them for reference.

### **Stanley Amundson, M.D. – Internal Medicine**

#### **SCRIPPS MERCY HOSPITAL & MEDICAL CENTER**

4077 Fifth Ave., San Diego, CA 92103

Not in private practice. Program Director for Internal Medicine, Scripps Mercy Hospital

MEDI-CAL: No

BILINGUAL: Available

HOSPITAL: Scripps Mercy

### **G. Ballon-Landa, M.D. – Infectious Diseases (HIV Specialist)**

4136 Bachman Place, San Diego, CA 92103  
(619) 298-1443

Accepts referrals from other doctors

MEDI-CAL: Only on referrals

BILINGUAL: Spanish

HOSPITALS: Scripps Mercy, Grossmont, Alvarado

### **David Bodkin, M.D. – Internal Medicine, Oncology/Hematology**

5555 Grossmont Center Dr., La Mesa, CA 91942  
(619) 644-4500; Fax: (619) 644-4533

Accepts referrals from other doctors

MEDI-CAL: Yes

BILINGUAL: Spanish

HOSPITALS: Grossmont, Scripps Mercy, Sharp Cabrillo, Sharp Memorial

### **Thomas W. Callan, M.D.**

5555 Grossmont Center Dr., La Mesa, CA 91942  
(619) 644-4500; Fax: (619) 644-4533

Accepts referrals from other doctors

MEDI-CAL: Yes

HOSPITAL: Grossmont

### **Raymond Chinn, M.D. – Infectious Disease**

7910 Frost St., #203, San Diego, CA 92123  
(858) 292-4211

Accepts referrals from other doctors

MEDI-CAL: Yes

BILINGUAL: Cantonese

HOSPITAL: Sharp

### **Hussein El-Newihi, M.D. – Gastroenterology**

1600 S. Imperial Ave., Ste. 8, El Centro, CA 92243  
(760) 353-5000; Fax: (760) 352-4892

MEDI-CAL: No

HOSPITALS: El Centro Regional, Pioneer Memorial

### **Larry Emdur, D.O. – Pulmonary**

5555 Reservoir Dr., #201, San Diego, CA 92120  
(619) 286-8803

E-mail: drdoc101@aol.com

Accepts referrals from other doctors

MEDI-CAL: No

BILINGUAL: Spanish, Filipino

HOSPITALS: Alvarado, Grossmont, Vencor, Scripps, Sharp, UCSD

### **Robert Epstein Jr., M.D. – Gastroenterologist, Internal Medicine**

4060 Fourth Ave., #240, San Diego, CA 92103  
(619) 291-6064; Fax: (619) 291-3078

MEDI-CAL: If referred from other doctors

BILINGUAL: Spanish

HOSPITALS: Scripps Mercy, Sharp Memorial, Vencor

### **Ted Gay, M.D.**

122 Escondido Ave., #101, Vista, CA 92084  
(760) 806-9263

Accepts referrals from other doctors, consultants (not a primary care physician)

MEDI-CAL: Yes

HOSPITALS: Palomar, Scripps Encinitas, Pomerado

### **Mostafa Hamby, M.D. – Gastroenterology**

1600 S. Imperial Ave., Ste. 8, El Centro, CA 92243  
(760) 353-5000; Fax: (760) 352-4892

MEDI-CAL: No

HOSPITALS: El Centro Regional, Pioneer Memorial

**Donald Herrmann, M.D. – Pulmonary**

5555 Reservoir Dr., #201, San Diego, CA 92120  
(619) 286-8803

Accepts referrals from other doctors

MEDI-CAL: Yes

BILINGUAL: Spanish, Filipino

HOSPITAL: Alvarado, Grossmont, Vencor, Scripps, Sharp, UCSD

**Philip Higgenbottom, M.D. – Infectious Disease**

**SCRIPPS CLINIC**

10666 N. Torrey Pines Rd., San Diego, CA 92037  
(858) 554-8096; Fax: (858) 554-5156

Accepts referral from primary care physician

MEDI-CAL: No

BILINGUAL: Spanish

HOSPITALS: Scripps Green

**Steve Kuriyama, M.D. – Infectious Diseases**

122 Escondido Ave., #101, Vista, CA 92084  
(760) 806-9263

Accepts referrals from other doctors, consultants (not a primary care physician)

MEDI-CAL: Yes

HOSPITALS: Palomar, Scripps Encinitas, Pomerado

**Ralph Ocampo, M.D. – Vascular Surgeon**

4060 Fourth Ave., #440, San Diego, CA 92103  
(619) 298-8891

Accepts referrals from other physicians or patients

MEDI-CAL: If referred by other doctor

BILINGUAL: Spanish

HOSPITALS: Scripps Mercy, UCSD, Coronado, Sharp Memorial, Vencor

**David Redfield, M.D.**

10666 N. Torrey Pines Rd., San Diego, CA 92037  
(858) 554-8005; Fax: (858) 554-5156

Accepts referrals from other doctors

MEDI-CAL: No

BILINGUAL: Spanish

HOSPITAL: Scripps Green Hospital

**Leland Rickman, M.D. – Infectious Diseases (HIV Specialist)**

**UCSD AMBULATORY CARE, URGENT CARE**

200 W. Arbor Dr., San Diego, CA 92103  
(619) 543-8214

Accepts referrals from other doctors only

MEDI-CAL: Yes

BILINGUAL: Available

HOSPITAL: UCSD

**Abraham Rothman, M.D. – Pediatric Cardiologist**

**UCSD MEDICAL CENTER**

200 W. Arbor Dr., San Diego, CA 92103  
(619) 543-5980; Fax: (619) 543-5994

Accepts referrals from other doctors who are child specialists

MEDI-CAL: Yes

BILINGUAL: Available

HOSPITAL: UCSD

**Theodore Thomas, M.D. – Nephrology**

4060 Fourth Ave., Ste. 220, San Diego, CA 92103  
(619) 299-2350; Fax: (619) 297-8379

Accepts referrals from other doctors

MEDI-CAL: Yes

BILINGUAL: Spanish

HOSPITAL: Scripps Mercy

---

**RESEARCH ONLY**

---

**Sam Bozzette, M.D.**

**VA HOSPITAL**

3350 La Jolla Village Dr., San Diego, CA 92161  
(858) 552-8585 x4324

**DRUG AND ALCOHOL**

The following are some of the drug and alcohol programs that offer services in the San Diego area. These facilities offer a variety of services, to include but are not limited to residential, non-residential, day treatment, and detoxification. The programs that receive funding by contract with the County of San Diego provide services without discrimination on the basis of age, sex, race, disability, or ability to pay. To obtain specific information about services offered, call the program directly.

---

**COUNTYWIDE**

---

**Alcoholics Anonymous Central Office**

7075 Mission Gorge Rd., Ste. B, San Diego, CA 92120  
(619) 265-8762

Website: [www.aasandiego.org](http://www.aasandiego.org)

Maintains a list of meetings throughout the county. Copies can be purchased for 25 cents. Open 24 hours.

**Deaf Community Services**

3930 Fourth Ave., Ste. 300, San Diego, CA 92103  
(619) 398-2441; TTY: (619) 398-2440; Fax: (619) 398-2444

Website: [www.dcofsd.org](http://www.dcofsd.org)

E-mail: [webmaster@dcofsd.org](mailto:webmaster@dcofsd.org)

**Episcopal Community Services (ECS)**

4305 University Ave., 4th Floor San Diego, CA 92105  
(619) 228-2800; Fax: (619) 228-2801

Website: [www.ecscalifornia.org](http://www.ecscalifornia.org)

ECS' Intervention Casework (ICW) component provides individual

counseling, support groups, behavior modification, and referral services for HIV-positive persons with substance abuse issues. Clients are interviewed to determine their needs. Participants are assisted in securing placement in inpatient and outpatient substance-abuse programs as well as sober-living services.

The **HIV Counseling and Testing** component provides mobile, on-site HIV testing, risk assessment and counseling to participants in county-funded alcohol-and-drug-treatment programs. M-F: 9am to 5pm. Contact: David LaLonde

### **Medication Adherence**

#### **HIV NEUROBEHAVIORAL RESEARCH CENTER (HNRC)**

150 W. Washington St., San Diego, CA 92103  
(619) 543-5020  
Website: [www.hnrc.ucsd.edu](http://www.hnrc.ucsd.edu)

Research study for HIV+ individuals who have a history of methamphetamine use, are in recovery and are on or are about to start anti-HIV medicines. Object of study is to learn how to help HIV-positive former methamphetamine users remain on anti-HIV medicines. CONTACTS: Randy Hall, (619) 543-5016 or Teresa Oyos, (619) 543-5045

### **Narcotics Anonymous Central Office**

P.O. Box 16505, San Diego, CA 92116  
(619) 584-1007

Open 24 hours.

### **National Institute of Drug Abuse (NIDA)**

#### **HIV NEUROBEHAVIORAL RESEARCH CENTER (HNRC)**

150 W. Washington St., 2nd Floor, San Diego, CA 92103  
(619) 543-5000  
Website: [hnrc.ucsd.edu](http://hnrc.ucsd.edu)

Research study to learn effects of past crystal meth use on thinking, memory and concentration. Call for ELIGIBILITY: Randy, 543-5016, or Teresa, 543-5045.

### **Public Health Nursing**

855 East Madison Ave., El Cajon, CA 92020  
(619) 441-6500

### **SANDAPP**

#### **(San Diego Adolescent Pregnancy Parenting Program)**

2716 Marcy Ave., San Diego, CA 92113  
(619) 525-7474

### **UCSD Edge Research Study**

#### **HIV NEUROBEHAVIORAL RESEARCH CENTER (HNRC)**

150 W. Washinton St., 2nd Floor, San Diego, CA 92103  
(619) 543-5086  
Website: [hnrc.ucsd.edu](http://hnrc.ucsd.edu)

The Edge is looking for sexually active HIV+ gay or bisexual men who use crystal meth and are willing to participate in a confidential research project. Qualified participants can earn up to \$255.00. CONTACTS: Jim Zians (619) 543-5086

### **San Diego Access & Crisis Line**

#### **UNITED BEHAVIORAL HEALTH**

(800) 479-3339; TTY: (619) 641-6992

Offers drug- and alcohol-abuse information 24 hours a day.

---

## **CENTRAL**

---

### **NON-RESIDENTIAL SERVICES**

---

#### **AIRS Family Counseling (adolescents)**

(800) 935-1030

Medi-Cal only.

#### **The Center – Health Services**

2313 El Cajon Blvd., San Diego, CA 92104  
(619) 260-6380; Fax: (619) 718-6447  
Website: [www.thecentersd.org](http://www.thecentersd.org)  
E-mail: [comments@thecentersd.org](mailto:comments@thecentersd.org)

Chemical-dependency counseling program. CONTACT: on-duty counselor

#### **Community Connection Resource Center**

4080 Centre St., Ste. 202, San Diego, CA 92103  
(619) 291-7900; Fax: (619) 291-7098

Website: [www.communityconnection-ca.com/san\\_diego.htm](http://www.communityconnection-ca.com/san_diego.htm)

Drug and alcohol outpatient program. Treatment includes acupuncture, education groups, process groups, individual counseling and support groups. Offers residential treatment for women, sober living for men and women and residential treatment for men with co-existing disorders, including substance abuse.

#### **CRASH Options For Recovery (women/children)**

5605 El Cajon Blvd., San Diego, CA 92115  
(619) 229-8201; Intake: (619) 233-8054

Website: [www.crashinc.org](http://www.crashinc.org)

Provides a safe and supportive treatment environment for alcohol and drug abusing pregnant and parenting women and their children. Individual, group and family counseling, support groups, parenting classes and educational services, on-site child development program and transportation assistance. Must be pregnant or have a child under 17 years of age.

#### **HIV & Recovery**

##### **CHRISTIE'S PLACE**

2440 Third Ave., San Diego, CA 92103  
(619) 702-4186; Fax: (619) 702-5924

Website: [www.christiesplace.org](http://www.christiesplace.org)

Support group meets on Tuesdays at 5:30-6:30pm.

#### **Harmony Recovery Center (women)**

6244 El Cajon Blvd., Ste. 15, San Diego, CA 92115  
(619) 587-8225

Outpatient drug-and-alcohol services and referral program for women. 12-Step meetings on site, referrals for domestic violence and community services.

#### **Kearny Mesa Regional Recovery Center**

6695 Convoy Ct., San Diego, CA 92111  
(858) 292-5670

Social model, non-residential recovery services for individuals and families. 12-step meeting, support groups, life skills workshops and a

broad variety of sober social activities. Special programs for volunteers and seniors. Free alcohol/drug-education services for adolescents, family-focused services, and outpatient treatment.

### **Live & Let Live Alano Club**

1730 Monroe Ave., Suite B, San Diego, CA 92116  
(619) 298-8008  
Website: [www.illac.org](http://www.illac.org)

12-step programs targeting gays and lesbians: AA, NA, CA, OA, MA, CODA, Crystal-Meth-Anon, Alanon and Nicotine-Anon groups. Coffee bar; drop-ins welcome. HOURS: M-F 10:30am-9pm; Sat-Sun 8:30am-9pm.

### **Alcohol & Substance Abuse Prevention (ASAP)**

#### **SAN DIEGO AMERICAN INDIAN HEALTH CENTER**

2602 First Ave., #100, San Diego, CA 92103  
(619) 234-0648; Fax: (619) 234-1979  
Website: [www.sdaihc.org](http://www.sdaihc.org)

The ASAP program provides education and treatment to individuals and families experiencing substance abuse. Primarily designed for members of the American Indian community, treatment may include traditional healing gatherings as well as outpatient counseling and outreach to residential facilities.

### **Mid-City Regional Recovery Center**

#### **EPISCOPAL COMMUNITY SERVICES (ECS)**

4305 University Ave., 4th Floor, San Diego, CA 92105  
(619) 228-2870  
Website: [www.ecscalifornia.org](http://www.ecscalifornia.org)

Family-centered services, educational material and referrals. Accessible to hearing impaired. Psychiatric diagnosis okay.

### **Mid-Coast Regional Recovery Center**

3340 Kemper St., San Diego, CA 92110  
(619) 523-8121  
Website: [www.mhsinc.org](http://www.mhsinc.org)

Juvenile & adult services. Proposition 36, SIP, outpatient services.

### **Palavra Tree**

1212 South 43rd St., San Diego, CA 92113  
(619) 263-7768  
Website: [www.palavratree.org](http://www.palavratree.org)

Neighborhood family alcohol/drug treatment, recovery and prevention center. This is a drop-in center, with two outreach coordinators performing HIV testing in the field. 12-step programs on site, AA, NA, OA, and CA. Targets African-Americans.

### **Pan-Asian Alcohol/Drug Treatment**

3288 El Cajon Blvd., Ste. 13, San Diego, CA 92104  
(619) 521-5720  
Website: [www.upacsd.com](http://www.upacsd.com)

Outpatient alcohol/drug treatment services. Targets Asian and Pacific Islander communities.

### **Positive Support Services**

#### **STEPPING STONE OF SAN DIEGO, INC.**

4476 30th St., San Diego, CA 92116  
(619) 521-1356; Fax: (619) 521-1360  
Website: [www.steppingstonesd.org](http://www.steppingstonesd.org)

Positive Support Services provides free individual and group counseling

to men and women living with HIV and addictions. Support services are offered throughout the county. This program is culturally diverse and empowering to gay, straight, and bi-sexual populations. All services are available in Spanish. CONTACT: Chris Thomas, x. 100

### **Project Hope (women/children)**

1760 Euclid Ave., San Diego, CA 92105  
(619) 527-0141; Fax: (619) 527-0257

Day treatment catering to African-American women, but open to all women (especially pregnant and parenting). This program is five days a week, five hours per day. 12-step programs on site. Childcare available.

### **Rachel's Women's Center (women)**

759 Eighth Ave., San Diego, CA 92101  
(619) 696-0873  
Website: [www.ccdsd.org](http://www.ccdsd.org)

Drug/alcohol treatment, 12-step drop-in center for AA, NA and step study. Overnight shelter, meals, showers, cots, sheets and hygiene.

### **San Diego Alano Club**

1944 30th St., San Diego, CA 92102  
(619) 233-9655

### **Signs of Life (SOL)**

4327 Ohio St, San Diego, CA 92104  
(619) 640-0855; TTY: (619) 640-2854; Fax: (619) 640-2768  
Website: [www.mcalisterinstitute.org](http://www.mcalisterinstitute.org)

Focus: Deaf, hard of hearing, and late-deafened individuals. Culturally sensitive outpatient substance abuse/dependence program. American Sign Language, counseling, treatment planning, education and referral services. Fees based on ability to pay.

### **Stepping Stone of San Diego, Inc.**

3425 Fifth Ave., San Diego, CA 92103  
(619) 295-3995; Fax: (619) 295-3706  
Website: [www.steppingstonesd.org](http://www.steppingstonesd.org)

90-day outpatient treatment program targeting the LGBT communities. Intake and assessments are on a first-come-first-served basis Mondays, Wednesdays and Fridays from 9am to 11am only. Please ask to speak with the staff person on duty.

### **Steps to Change Outreach Center**

#### **FAMILY HEALTH CENTERS OF SAN DIEGO**

3030 Imperial Ave., San Diego, CA 92102  
(619) 702-1103; Fax: (619) 702-1106  
Website: [www.fhcsd.org](http://www.fhcsd.org)

Drop-in center for IDU's offering case management, social support, HIV prevention and education, testing for HIV, hepatitis and STD's and a mobile medical clinic. This is a harm-reduction program.

### **Teen Options/Teen Recovery Center**

#### **MID-CITY COMMUNITIES CENTER**

#### **SAN DIEGO YOUTH & COMMUNITY SERVICES**

3660 Fairmount Ave., San Diego, CA 92105  
(619) 521-2250; Fax: (619) 521-5944  
Website: [www.sdycs.org](http://www.sdycs.org)

Aftercare program, counseling, family services, drug treatment, non-residential recovery program for adolescents and teens.

## Thankful Thursdays

### CENTER FOR SOCIAL SUPPORT & EDUCATION (CSSE)

3960 Park Blvd., Ste. F, San Diego, CA 92103  
(619) 325-2773; Fax: (619) 574-8014  
Website: [www.csseonline.org](http://www.csseonline.org)  
E-mail: [csse@csseonline.org](mailto:csse@csseonline.org)

AA meetings every Thursday from 6-7pm.

### Tim Huddleston Recovery Center

220 N. Euclid Ave., Suite 120, San Diego, CA 92114  
(619) 263-6663; Fax: (619) 263-0655

This is an outpatient treatment and education program that targets African-American men and women. Ryan White funds accepted.  
COORDINATOR: Phyllis Jackson

### Venture Day Program

6460 Boulder Lake Ave., San Diego, CA 92119  
(619) 698-9117

Client and family counseling, outpatient groups and assessment for 13- to-17-year-old adolescents.

---

## RESIDENTIAL SERVICES (CENTRAL)

---

### AMIGOS Sobrios (Latinos)

741 11th Ave., San Diego, CA 92101  
(619) 232-7754

6-to-12-month program is 12-step based, on social model, with peer counseling.

### Casa de Milagros (Latinas)

1127 South 38th St., San Diego, CA 92113  
(619) 262-4002; Fax: (619) 263-2230  
Website: [www.maacproject.org](http://www.maacproject.org)

Recovery home. Detox, counseling, 12-step, social-model, 6-to-12-month program.

### CRASH/Short-Term - City Heights

4161 Marlborough Ave., San Diego, CA 92105  
(619) 282-7274; Fax: (619) 282-7496  
Website: [www.crashinc.org](http://www.crashinc.org)

60- to 90-day drug-free residential treatment program with six-month aftercare component.

### Crossroads (women)

3594 Fourth Ave., San Diego, CA 92103  
(619) 296-1151; Fax: (619) 296-6218

Residential recovery home for women of all ages. Veterans, visually impaired, hearing impaired, HIV or AIDS accepted. Day-treatment program available.

### Golden Hill House II

446 26th St., 5th Flr., San Diego, CA 92102  
(619) 239-9691  
Website: [www.crashinc.org](http://www.crashinc.org)

Long-term program (9-12 months) for both male and female adults. Waiting list of 10 days, however, people who are HIV symptomatic or AIDS have priority.

### Heartland House (men)

5855 Streamview Dr., San Diego, CA 92105  
(619) 287-5460

12-step-based recovery home.

### Home Stretch

4989 El Cajon Blvd., San Diego, CA 92115  
(619) 287-2588; Fax: (619) 583-1712

Sober-living environment. Drug and alcohol education, 12-step meetings on premises, short- or long-term.

### House of Metamorphosis

2970 Market St., San Diego, CA 92102  
(619) 236-9492; Fax: (619) 232-0855  
Website: <http://houseofmetamorphosis.org>

Therapeutic community that offers long-term residential treatment (6-12 months).

### Pathfinders (men)

2980 Cedar St., San Diego, CA 92102  
(619) 239-7370; Fax: (619) 239-1817  
Website: [www.pathfindersrecovery.org](http://www.pathfindersrecovery.org)

Alcohol-primary residential center. For ambulatory adults (18 years or older.) Uses social model, 12-step treatment.

### Sobriety House/Volunteers of America (VOA)

1111 Island Ave., San Diego, CA 92101  
(619) 232-5173  
Website: [www.voa-swcc.org](http://www.voa-swcc.org)

Residential program that serves men and women of all ethnic groups. Residents are encouraged to restructure their lives, gain employment, attend vocational or educational activities.

### Stepping Stone of San Diego, Inc.

3767 Central Ave., San Diego, CA 92105  
(619) 584-4010; Fax: (619) 521-1701  
Website: [www.stepsstonesd.org](http://www.stepsstonesd.org)

Residential recovery program targeting gay men and women. Enrollment for sober-living homes – Enya House and Our House. Administration offices.

### Tradition One (men)

4104 Delta St., San Diego, CA 92113  
(619) 264-0141; Fax: (619) 264-7274

Long-term residential recovery home for men using 12-step recovery concepts.

### Tradition One (women)

3895 Newton Ave., San Diego, CA 92113  
(619) 266-0529

Short- and long-term residential recovery home for women using 12 step recovery concepts. Call for appointment.

### Turning Point (women)

1315 25th Street, San Diego, CA 92102  
(619) 233-0067  
Website: [www.comresearch.org](http://www.comresearch.org)

Long-term residential recovery home for 20 women ages 18 and older. A minimum of 90-day stay expected. Primary alcohol treatment center.

## **Veterans Administration**

### **ALCOHOL & DRUG TREATMENT PROGRAM**

3350 La Jolla Village Dr., San Diego, CA 92161  
(858) 552-7560

Residential and outpatient services for veterans include emergency care, detox, and 28-day inpatient treatment for alcohol and other drugs. Offers client and family therapy, AIDS education and training, and referral program.

## **Vietnam Veterans of San Diego**

4141 Pacific Hwy., San Diego, CA 92110  
(619) 497-0142  
Website: [www.vvsvd.net](http://www.vvsvd.net)

Residential and non-residential recovery services. Must have or seek employment. AA and other 12-step programs on premises. Long-term treatment (6-12 months).

## **Volunteers of America (VOA) 10-Day**

1111 Island Ave., San Diego, CA 92101  
(619) 232-0101  
Website: [www.voa-swcc.org](http://www.voa-swcc.org)

10-day drug-and-alcohol treatment program.

## **WayBack (men)**

2516 A Street, San Diego, CA 92102  
(619) 235-0592

12-step, social model; other self-help services available.

---

## DETOXIFICATION (CENTRAL)

---

## **Volunteers of America (VOA)**

1111 Island Ave., San Diego, CA 92101  
(619) 232-9343  
Website: [www.voa-swcc.org](http://www.voa-swcc.org)

Provides alcohol and drug detoxification rehabilitation for men and women in a 3-to-5-day program offered as part of a voluntary social-model recovery service. Wed-Sat AA meeting on premises.

---

## METHADONE CLINICS (CENTRAL)

---

## **Home Avenue Clinic**

3940 Home Ave., San Diego, CA 92105  
(619) 262-8000; Fax: (619) 266-7405

Offers a 21-day detox program and a maintenance program. Must have used heroin for one year or more and have a doctor's certification.

## **San Diego Mental Health Alliance**

7020 Friars Rd., San Diego, CA 92108  
(619) 718-9890

Offers a 21-day detox program and a maintenance program. Must have a one-year history of opiate use, verified by a doctor or probation officer. ID and two photos required.

---

## EAST COUNTY

---

---

### NON-RESIDENTIAL SERVICES

---

## **East County Regional Recovery Center**

1365 N. Johnson Ave., Ste. 108, El Cajon, CA 92020  
(619) 440-4801

Individual, group and family counseling and family-focused services. Drop-in center and prevention program. Outpatient counseling, intensive drug treatment and adolescent services are available.

## **East County Teen Recovery Center**

### **SAN DIEGO YOUTH & COMMUNITY SERVICES**

7733 Palm St. #108, Lemon Grove, CA 91945  
(619) 677-3333; Fax: (619) 463-2649  
Website: [www.sdycs.org](http://www.sdycs.org)

Treatment services for young people between the ages of 12 and 18 who are dealing with substance abuse.

## **Many Nations in Recovery**

### **SYCUAN DROP-IN CENTER**

1723 Harbison Canyon Rd., El Cajon, CA 92019  
(619) 445-6850

Services include peer counseling, referrals, AIDS education/training. Intensive drug treatment and adolescent services are available.

## **Parent Care Family Recovery Center (women/children)**

### **VISTA HILL FOUNDATION**

4990 Williams Ave., La Mesa, CA 91941  
(619) 668-4200; Fax: (619) 698-1665  
Website: [www.vistahill.org](http://www.vistahill.org)

Intensive outpatient substance abuse treatment and parenting education center for any mother or father. Child-care is provided.

## **Pegasus East**

7841 El Cajon Blvd., Ste. C, La Mesa, CA 91941  
(619) 697-2388; Fax: (619) 697-2038  
Website: [www.mhsinc.org](http://www.mhsinc.org)

Program for men and women with a primary axis-one mental illness, or dual diagnosis (primary mental illness and alcohol/substance abuse). There is also a program for individuals suffering from alcohol/substance abuse only. A CalWORKs provider. CONTACT: Derrick Jones

---

## RESIDENTIAL SERVICES (EAST)

---

## **Cobar House Inc.**

4318 Meade Ave., San Diego, CA 92116  
(619) 528-0999

Co-ed 90-day to 1-year program. AA and NA meetings on site.

## **CRASH/Short-Term East**

4890 67th Street, San Diego, CA 92115  
(619) 464-6207; Intake: (619) 233-8054  
Website: [www.crashinc.org](http://www.crashinc.org)

60- to 90-day drug-free residential treatment program with one-year aftercare component.

### **Freedom Ranch (men)**

1777 Buckman Springs Rd., Campo, CA 91906  
(619) 478-5696; Fax: (619) 478-2404

120-day program utilizing a social and 12-step model. CONTACT: Mike Huffaker

### **Kiva Women & Children's Learning Center**

2049 Skyline Dr., Lemon Grove, CA 91945  
(619) 465-7303 or (619) 466-9274

Residential recovery services for women who have children, and pregnant women with substance abuse issues. This is a six-and-one-half-month program. (Does not accept Ryan White funding.)

### **Phoenix House of San Diego, Inc. (adolescents 12-18 yrs.)**

23981 Sherilton Valley Rd., Descanso, CA 91916  
(619) 445-0405

Therapeutic community offering long-term residential adolescent treatment for alcohol and other drugs.

---

#### DETOXIFICATION (EAST)

---

### **McAlister Institute East**

1365 N. Johnson Ave., El Cajon, Ca 92020  
(619) 440-4801  
Website: [www.mcalisterinstitute.org](http://www.mcalisterinstitute.org)

Two-week residential (non-medical) alcohol and drug detoxification program. Co-educational; accepts ages 18-65. Provides outpatient services, outpatient detox, family-focused services for CPS-involved clients. Parolee partnership program and childcare services available.

---

#### METHADONE CLINIC (EAST)

---

### **San Diego Mental Health Alliance**

234 N. Magnolia Ave., El Cajon, CA 92020  
(619) 579-8373

Offers a 21-day detox program and a maintenance program. Must have a one-year history of opiate use, verified by a doctor or probation officer. ID and two photos required.

---

#### NORTH COUNTY

---

---

#### NON-RESIDENTIAL SERVICES

---

### **AIRS Family Counseling (adolescents)**

Vista, CA  
(760) 940-0880

Medi-Cal only

### **Fellowship Center**

737 E. Grand Ave., Escondido, CA 92025  
(760) 745-8478  
Website: [www.thefellowshipcenter.org](http://www.thefellowshipcenter.org)

Outpatient services for men.

### **Kinesis North**

474 W. Vermont Ave., Escondido, CA 92025  
(760) 480-2255; Fax: (760) 741-6645  
Website: [www.mhsinc.org](http://www.mhsinc.org)

Medi-Cal only. Outpatient dual-diagnosis chemical dependency program.

### **Options for Recovery, Vista (women)**

1010 E. Vista Way, Ste. F, Vista, CA 92083  
(760) 726-2656  
Website: [www.mhsinc.org](http://www.mhsinc.org)

Day-treatment and outpatient program for women with or without children suffering from drug and alcohol abuse. Voluntary drug testing is available Monday through Friday.

### **McAlister Institute North**

#### **NORTH COASTAL REGIONAL RECOVERY CENTER**

2821 Oceanside Blvd., Oceanside, CA 92084  
(760) 721-2781  
Website: [www.mcalisterinstitute.org](http://www.mcalisterinstitute.org)

Individual, group and family counseling/family-centered services. This is an outpatient/drop-in center that focuses on 12-step recovery and prevention. Adolescent services available.

### **North Inland Regional Recovery Center**

620 N. Ash Street, Escondido, CA 92027  
(760) 741-7708  
Website: [www.mhsinc.org](http://www.mhsinc.org)

Offers individual and group counseling, education, AA and NA meetings, relapse prevention. 90-day court-ordered or voluntary program.

### **North Rural Regional Recovery Center**

323 Hunter St., Ramona, CA 92065  
(760) 788-6246  
Website: [www.mcalisterinstitute.org](http://www.mcalisterinstitute.org)

This program offers individual and group counseling, education, AA and NA meetings, relapse prevention and social-model programming designed to aid individuals to become and remain alcohol- and drug-free.

### **Pegasus West**

560 Greenbrier Dr., Ste. B, Oceanside, CA 92054  
(760) 439-2785  
Website: [www.mhsinc.org](http://www.mhsinc.org)

This program is for men and women with a primary axis-one mental illness, or dual diagnosis (primary mental illness and alcohol/substance abuse).

---

#### RESIDENTIAL SERVICES (NORTH)

---

### **Choices**

733 S. Santa Fe Ave., Vista, CA 92083  
(760) 945-5290

Recovery house open to men and women. Outpatient program also available.

---

**MHS Family Recovery Center (women/children)**

1100 Sportfisher Dr., Oceanside, CA 92054

(760) 439-6702

Website: [www.mhsinc.org](http://www.mhsinc.org)

This is a residential (6-9 months), chemical dependency treatment and detoxification program. Serves pregnant, post-partum and parenting (child or children must be 17 or younger) women primarily in San Diego County.

**Fellowship Center (men)**

737 E. Grand Ave., Escondido, CA 92025

(760) 745-8478

Website: [www.thefellowshipcenter.org](http://www.thefellowshipcenter.org)

12-step-based social-model residential treatment for men age 18 and older. (4-12 months)

**North County Serenity House (women)**

123 S. Elm Street, Escondido, CA 92025

(760) 741-5098

Website: [www.ncsh.org](http://www.ncsh.org)

Group and individual counseling, drug/alcohol education, mental health, HIV and medical services, case management, child development.

**Serenity Too (women/children)**

130 S. Fig St., Escondido, CA 92025

(760) 746-2996

Website: [www.ncsh.org](http://www.ncsh.org)

Residential day-treatment program for women and children. Evening outpatient programs for men and women are also available. Child Development Center.

---

**DETOXIFICATION (NORTH)**

---

**Choices**

733 S. Santa Fe Ave., Vista, CA 92083

(760) 945-5290

**McAlister Institute North****NORTH COASTAL REGIONAL RECOVERY CENTER**

2821 Oceanside Blvd., Oceanside, CA 92084

(760) 721-2781; Fax: (760) 721-9571

Website: [www.mcalisterinstitute.org](http://www.mcalisterinstitute.org)

This is a two-week residential (non-medical) alcohol and drug detoxification program. Co-educational and accepts ages 18-65.

---

**METHADONE CLINIC (NORTH)**

---

**San Diego Mental Health Alliance**

1560 Capalina Dr., San Marcos, CA 92069

(760) 744-2104; Fax: (760) 744-1382

Offers a 21-day detox program and a maintenance program. Must have a one-year history of opiate use, verified by a doctor or probation officer. ID and two photos required.

---

**SOUTH BAY**

---

---

**NON-RESIDENTIAL SERVICES**

---

**Paradise Valley Behavioral Health Program**

2400 East 4th St., National City, CA 91950-9969

(619) 470-4239

For individuals 18 years and older who have some ability to remain abstinent, and for those who are not in need of any type of medical stabilization.

**Paradise Valley Hospital/Healthy Beginnings**

2400 East 4th St., National City, CA 91950-9969

(619) 470-4384

Offers parenting-skills training, linkage to social services, and social and recreational programs to women with drug and/or alcohol problems who have children or are presently pregnant.

**Kinesis South**

835 3rd Ave., Ste. E, Chula Vista, CA 91911

(619) 425-8590; Fax: (619) 425-6366

Website: [www.mhsinc.org](http://www.mhsinc.org)

Medi-Cal only. Treatment services, client and family therapy, dual-diagnosis group and referral program.

**McAlister Institute South**

251 Palomar St., Ste. A, Chula Vista, CA 91911

(619) 498-0908

Website: [www.mcalisterinstitute.org](http://www.mcalisterinstitute.org)

Day-treatment project for drug- and alcohol-abusing pregnant and parenting women, parenting men, and their children. Services include individual, group and family counseling, dual-diagnosis group, on-site childcare and meals, transportation and housing assistance. CONTACT: Merlene

**South Bay Regional Recovery Center**

314 Park Way, Chula Vista, CA 91910

(619) 691-8164; Fax: (619) 425-3325

Outpatient drug treatment including individual and group counseling and drug education.

---

**RESIDENTIAL SERVICES (SOUTH)**

---

**Nosotros (Latino)**

73 North 2nd Ave., Bldg. B, Chula Vista, CA 91910

(619) 426-4801; Fax: (619) 426-0034

6-month inpatient treatment services.

---

**METHADONE CLINIC (SOUTH)**

---

**San Diego Treatment Services (Third Avenue Clinic)**

1161 Third Ave., Chula Vista, CA 91911

(619) 498-8260; Fax: (619) 498-8265

Offers a 21-day treatment program (first time requires a "Treatment

Authorization Request" from medical provider) and a maintenance program (must have proof of two prior detox programs). Valid ID and no use for 8 hours prior to entry required.

## DRUGS (MEDICATIONS)

---

### DRUG ASSISTANCE PROGRAMS

---

#### AIDS Drug Assistance Program (ADAP)

**SAN DIEGO COUNTY HEALTH & HUMAN SERVICES AGENCY (HHS)**  
**OFFICE OF AIDS COORDINATION (OAC)**

3043 Fourth Ave., San Diego, CA 92103  
(619) 296-3400 x174; Fax: (619) 296-2688  
Website: [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

Free AIDS-related drugs for people with low incomes. See below for qualifications.

#### Eligibility requirements:

- Must be a resident of California
- HIV+ or AIDS diagnosis
- Limited or no prescription coverage
- Medi-Cal ineligible or unable to meet the Medi-Cal share of cost
- Income must be within current limits of program

#### To enroll in the program you will need:

- Verification of residency
- Current income information
- Previous year's tax return
- Insurance card and explanation of benefits
- Diagnosis letter from doctor, with an original signature, date of diagnosis, date and value of most recent CD4 count, and the name, address and phone number of the prescribing physician

Currently, co-payments will be assigned to persons who meet the following criteria:

- Individuals (without dependents) with an adjusted gross income of \$35,920 or more
- A family of two with an adjusted gross income of \$48,480 or more

#### ADAP Administration – PMDC Systems

##### RAMSELL CORPORATION

433 Callan Ave., Ste. 207, San Leandro, CA 94577-4641  
(888) 311-7632  
Website: [www.ramsellcorp.com](http://www.ramsellcorp.com)

Call Ramsell Corporation or visit their website for a list of medications available through ADAP, ADAP enrollment sites and participating ADAP pharmacies. PMDC also can assist with any question relating to eligibility or scope of benefits for ADAP.

#### Drug Assistance Programs for AIDS Drugs

SEE LIST OF DRUGS & MANUFACTURERS ON PAGES 94 & 95

Most pharmaceutical companies provide a free supply of drugs to people who don't have insurance and can't qualify for other programs. Others assist people with discounts. A directory of drug assistance programs

is available on the internet at [www.phrma.org/searchcures/dpdpap/](http://www.phrma.org/searchcures/dpdpap/). Copies of this directory are available by calling (800) 762-4636.

#### Patient Aid Program

##### LEUKEMIA SOCIETY OF AMERICA

4715 Viewridge Ave., Ste. 110, San Diego, CA 92123  
(858) 277-1800

Provides up to \$750 in reimbursement for selected drugs and transportation for patients with leukemic cancers (e.g., lymphoma) secondary to AIDS. Contact the Patient Services Manager.

---

### ADAP ENROLLMENT SITES

---

The agencies below will enroll anyone who qualifies for ADAP. Other agencies will enroll their own clients only. Ask your agency if they perform ADAP enrollment or call the ADAP Coordinator at the Office of AIDS Coordination, (619) 296-3400 x174.

---

### CENTRAL SAN DIEGO

---

#### Being Alive San Diego

4070 Centre St., San Diego, CA 92103  
V/TTY: (619) 291-1400; Fax: (619) 291-2975  
Website: [www.beingalive.org](http://www.beingalive.org)

#### Christie's Place

2440 Third Ave., San Diego, CA 92103  
(619) 702-4186; Fax: (619) 702-5924  
Website: [www.christiesplace.org](http://www.christiesplace.org)

#### CIACCIO MEMORIAL CLINIC

##### NORTH PARK FAMILY HEALTH CENTER

3544 30th St., San Diego, CA 92104  
(619) 515-2424; Fax: (619) 683-7588  
Website: [www.fhcsd.org](http://www.fhcsd.org)

#### Community Connection Resource Center

3960 Park Blvd., Ste. H, San Diego, CA 92103  
(619) 260-6348; Fax: (619) 260-6511  
Website: [www.communityconnection-ca.com/san\\_diego.htm](http://www.communityconnection-ca.com/san_diego.htm)

#### Comprehensive Health Center

1855 First Ave., Ste. 300A, San Diego, CA 92101  
(619) 235-4211; Fax: (619) 235-4517

#### Positive Employment Options

2535 Camino del Rio South, Ste. 145, San Diego, CA 92108  
(619) 858-6339; Fax: (619) 858-6338  
Website: [www.positiveemployment.org](http://www.positiveemployment.org)

#### S.E.A.R. Center

##### (Southeast Abundant Resources Center)

324 N. 47th St., San Diego, CA 92102  
(619) 264-7351; Fax: (619) 264-3540

#### San Diego American Indian Health Center

2630 First Ave., San Diego, CA 92103  
(619) 234-2158  
Website: [www.sdaihc.org](http://www.sdaihc.org)

---

## NORTH COUNTY

---

### **Being Alive North County Resource Center**

804 Pier View Way, Oceanside, CA 92054  
(760) 439-6908; Fax: (760) 439-7459  
Website: [www.beingalive.org](http://www.beingalive.org)

### **North County Health Services (NCHS)**

#### **COMMUNITY CASE MANAGEMENT PROGRAM**

150 Valpreda Road, Ste 211, San Marcos, CA 92069  
(800) 347-7604  
Website: [www.nchs-health.org](http://www.nchs-health.org)

### **NCHS Encinitas Health Center**

629 2nd St., Encinitas, CA 92024  
(760) 753-7842  
Website: [www.nchs-health.org](http://www.nchs-health.org)

---

## SOUTH BAY

---

### **CASA (Coordinated Assistance Services Advocacy)**

#### **SAN YSIDRO HEALTH CENTER**

4004 Beyer Blvd., San Ysidro, CA 92173  
(619) 662-4161; Fax: (619) 662-4109  
Website: [www.syhac.org](http://www.syhac.org)

---

## CLINICAL TRIALS

---

Clinical trials usually provide free exams, blood work, and ongoing care in addition to experimental drugs not available anywhere else.

---

## PRIMARY ORGANIZATIONS

---

### **HIV Neurobehavioral Research Center (HNRC), UCSD**

150 W. Washington St., San Diego, CA 92103  
(619) 543-5020  
Website: [hnrc.ucsd.edu](http://hnrc.ucsd.edu)

If you are experiencing changes in memory or thinking due to HIV infection, please call to find out about clinical and research studies. Call Scott, 543-5020, or Randy, 543-5016.

### **UCSD Antiviral Research Center (AVRC) (ACTG)**

150 W. Washington St., Ste. 100, San Diego, CA 92103  
(619) 543-8080; Fax: (619) 298-0117  
Website: [www.AVRCtrials.org](http://www.AVRCtrials.org)

Largest number of clinical trials in San Diego – many offering new or experimental drugs, immune therapies and treatments for opportunistic infections. All provide free screening and labwork (usually including T-cell and viral load). Call the screening nurse for details.

### **Community Advisory Board (CAB)**

(619) 543-8080

A group which advises the UCSD AIDS Clinical Trials Group about

research. Group consists of consumers, medical staff, and researchers. Meetings the first Monday of every month at the UCSD Antiviral Research Center. This is part of a national group of community advisory boards. CONTACT: Dr. Susan Little, John Rubino

---

## SPECIALIZED ORGANIZATIONS

---

### **Stephen A. Spector, M.D.**

#### **UCSD MOTHER, CHILD & ADOLESCENT HIV PROGRAM**

150 W. Washington St., San Diego, CA 92103  
(619) 543-8080; Fax: (619) 298-2698  
Website: [www.avrctrials.org](http://www.avrctrials.org)

Provides HIV care (and clinical trials) to infants, children, and adolescents.

### **Eye Clinic - UCSD**

#### **JACOBS RETINA CENTER**

9415 Campus Point Dr., La Jolla, CA 92037  
(858) 822-3170; Fax: (858) 822-3169  
Website: [www.vitreous.ucsd.edu](http://www.vitreous.ucsd.edu)

Monitors and treats people with HIV for CMV retinitis. Several research studies in progress. Accepts insurance, Medi-Cal, Medicare.

### **Park Center for Health**

4067 Park Blvd., San Diego, CA 92103  
(619) 296-0224

Call for current trials. (Primary doctor must be at Park Center)

### **St. Luke Medical Group & Clinical Trials**

1855 First Ave., Ste. 300A, San Diego, CA 92101  
(619) 235-0501; Fax: (619) 235-4517

Provides clinical trials and care for participants. For adults only.

---

## OTHER SOURCES

---

### **AIDSinfo**

(800) 448-0440; TTY/TTD: (888) 480-3739  
Website: [www.aidsinfo.nih.gov](http://www.aidsinfo.nih.gov)

Listing of US trials. 12-5pm Mon-Fri (EST). BILINGUAL: Spanish

### **AIDS ReSearch Alliance**

621-A N. San Vicente Blvd., West Hollywood, CA 90069  
(310) 358-2429  
Website: [www.aidsresearch.org](http://www.aidsresearch.org)

Conducts fast-track research and human clinical trials on promising new HIV/AIDS therapies. BILINGUAL: Spanish

### **AmFAR (American Foundation for AIDS Research)**

120 Wall St., 13th Floor, New York, NY 10005  
(800) 38-AmFAR (392-6327); Fax: (212) 806-1601  
Website: [www.amfar.org](http://www.amfar.org)

Publishes amFAR Global Link, a guide to treatment and clinical trials worldwide, \$55 (free to HIV+ and family members who cannot afford a paid subscription – call 1-800-458-5231). Included in the publication is the "Treatment Insider," which can also be found in the magazine HIV Plus.

## **Trials Search Community Consortium**

3180 18th St., #201, San Francisco, CA 94110  
(800) 492-5777  
Website: [hivinsite.ucsf.edu](http://hivinsite.ucsf.edu)

M-F, 8am-4pm

## **UCLA Center for Clinical AIDS Research**

(310) 825-1301

## **USC Clinical Research**

(323) 343-8288

---

## **TREATMENT INFORMATION**

---

(ALSO SEE "EDUCATION" AND "NEWSLETTER")

### **AIDSinfo**

English/Spanish: (800) 448-0440  
TTY/TDD: (800) 480-3739  
International: (301) 519-0459  
Website: [www.aidsinfo.nih.gov](http://www.aidsinfo.nih.gov)

Provides information on approved drug therapies. Offers free copies of the U. S. Department of Health and Human Services guidelines for HIV treatment for adults, children and pregnant women (as well as principles of HIV therapy). HOURS: M-F 12-5pm EST

### **AIDSmeds.com**

Website: [www.aidsmeds.com](http://www.aidsmeds.com)

Treatment and drug-interaction information.

### **California Poison Control System**

(800) 876-4766

Answers to questions about drug usage, drug interactions with other drugs or food, use of drugs during pregnancy or breast-feeding, use of drugs by children or senior citizens and other questions relating to drugs and their effects.

### **"How to Manage Side Effects"**

#### **HOUSTON BUYERS' CLUB**

3400 Montrose Blvd., Ste. 605, Houston, TX 77006  
(800) 350-2392; Fax: (713) 521-7419  
Website: [www.houstonbuyersclub.com](http://www.houstonbuyersclub.com)  
E-mail: [hbc@neosoft.com](mailto:hbc@neosoft.com)

Pamphlet and on-line information about side effects and current methods of reducing or preventing them. Spanish edition available.

### **Medication Adherence**

#### **HIV NEUROBEHAVIORAL RESEARCH CENTER (HNRC)**

150 W. Washington St., San Diego, CA 92103  
(619) 543-5020  
Website: [www.hnrc.ucsd.edu](http://www.hnrc.ucsd.edu)

Research study for HIV+ individuals who have a history of methamphetamine use, are in recovery and are on or are about to start anti-HIV medicines. Object of study is to learn how to help HIV-positive former methamphetamine users remain on anti-HIV medicines. CONTACTS: Randy Hall, (619) 543-5016 or Teresa Oyos, (619) 543-5045

## **Project Inform**

205 13th St., Ste. 2001, San Francisco, CA 94103  
(800) 822-7422  
Website: [www.projinf.org](http://www.projinf.org)

M-F, 9am-5pm; Sat. 10am-4pm

## **Treatment Education & Advocacy (T.E.A.)**

### **COMPREHENSIVE HEALTH CENTER**

1855 First Ave., Ste. 300A, San Diego, CA 92101  
(619) 231-9791

The goal of T.E.A. is to empower the individual to make realistic choices about treatment and to develop a support system that encourages and enhances adherence. Services include providing information about treatment options, referrals to support groups, and help with developing individualized treatment plans. A second T.E.A. office is located at Christie's Place, 2440 Third Ave, San Diego – call (619) 702-4186. Treatment Advocates can meet with clients at locations in North County, East County and South Bay. CONTACTS: Terry Albritton, Bill Grimes, Tito Ramirez, and Irene Milton, Treatment Advocates.

---

## **DRUG DONATION**

---

### **PROCABI – Medicines for Mexico**

#### **BI-NATIONAL AIDS ADVOCACY PROJECT**

Administrative office/Fax: (619) 281-6068

All types of HIV drugs are needed for patients in Tijuana. Please call to schedule a pick-up.

## **EARLY HIV INTERVENTION**

(ALSO SEE "EDUCATION" AND "NEWSLETTER")

### **First Choice Program**

#### **UCSD ANTIVIRAL RESEARCH CENTER (AVRC) (ACTG)**

150 W. Washington St., Ste. 100, San Diego, CA 92103  
(619) 543-8080; Fax: (619) 298-0117  
Website: [www.AVRCtrials.org](http://www.AVRCtrials.org)

Provides diagnosis, education and medical management for persons acutely or newly infected with HIV. Any "flu-like" symptoms such as fevers, rash, body aches, headaches or weight loss following an HIV exposure may represent acute HIV-infection (a seroconversion illness). This UCSD program offers coordinated care with community providers, state-of-the-art HIV expertise, and social support services. CONTACT: Jack Degnan or Jerry Moreno

### **Community Connection Resource Center**

3960 Park Blvd., Ste. H, San Diego, CA 92103  
(619) 260-6348; Fax: (619) 260-6551  
Website: [www.communityconnection-ca.com/san\\_diego.htm](http://www.communityconnection-ca.com/san_diego.htm)

Offers peer advocacy, case management and a support group (Moving Forward) for HIV+ individuals. Emphasis on multi-diagnosed with HIV and substance abuse or mental health issues but serves all of the HIV+ community. HOURS: MWThF, 8:30am-5pm, Tu 8:30am-8:30pm. Open every third Saturday..

## **Client & Family Advocacy**

### **CHRISTIE'S PLACE**

2440 Third Ave., San Diego, CA 92103  
(619) 702-4186; Fax: (619) 702-5924  
Website: [www.christiesplace.org](http://www.christiesplace.org)

## **Neighborhood House Association (NHA)**

### **HIV/AIDS SERVICES**

286 Euclid Ave., Suite 310, San Diego, CA 92114  
(619) 266-9400; Fax: (619) 243-2281  
Website: [www.neighborhoodhouse.org](http://www.neighborhoodhouse.org)

NHA-HIV/AIDS services provides comprehensive, culturally competent case management, peer support and advocacy for people of color with a special emphasis on African Americans and Latinos; to insure access to new treatments and related support services that will help individuals and families remain in care. Case management includes services for recently released from jail or prison.

## **Early Intervention Program (EIP)**

### **SAN DIEGO COUNTY HEALTH & HUMAN SERVICES AGENCY (HHS)**

#### **C/O OFFICE OF AIDS COORDINATION (OAC)**

(619) 296-3400  
Website: [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

Call the Office of AIDS Coordination for provider information.

Provides services to persons who are HIV positive and their HIV-negative partners or family members. HIV-positive persons enrolled in the EIP receive: medical screening which includes a T-Cell test, Viral-load test, blood chemistry panel, STI screening, physical exam and a medical evaluation which may include discussion of antiretroviral medications as appropriate. Additional services provided are case management, psychosocial assessments, crisis-intervention counseling, referral for social services and education information to improve good health behaviors (nutrition, exercise, stress reduction, transmission risk reduction). HIV-negative persons enrolled in the EIP receive all services with the exception of medical screening and evaluation. These services are provided by a nurse practitioner and/or a medical doctor who specializes in HIV care, a licensed mental health provider and a bachelor-prepared health educator. This program is especially helpful for persons who want to promote length and quality of life through medical, psychosocial and health education interventions.

**ELIGIBILITY REQUIREMENTS:** HIV positive (it doesn't matter how long you have known), or HIV-negative partners and family members of EIP clients that are at risk of being infected. At least 18 years old. Willing to spend a few hours with us every 3-6 months for medical assessments (labs included), psychosocial assessments, health education and transmission risk reduction. No proof of residency required. Hablamos español.

**NOTE:** All client services are strictly confidential and by appointment. This program is funded by the County of San Diego Health and Human Services Agency and State Office of AIDS.

## **HIV Counseling Program**

### **EPISCOPAL COMMUNITY SERVICES (ECS)**

4305 University Ave., 4th Floor San Diego, CA 92105  
(619) 228-2800; Fax: (619) 228-2801  
Website: [www.ecscalifornia.org](http://www.ecscalifornia.org)

Program for people with HIV/AIDS and substance-abuse issues. Clients are interviewed to determine their needs, and are assisted in securing

placement in outpatient or inpatient drug and alcohol programs. Also available are intensive workshops in a group setting and one-on-one counseling to address HIV and substance-abuse issues. CONTACT: David LaLonde

## **Peer Advocacy Program**

### **BEING ALIVE SAN DIEGO**

4070 Centre St., San Diego, CA 92103  
V/TTY: (619) 291-1400; Fax: (619) 291-2975  
Website: [www.beingalive.org](http://www.beingalive.org)  
E-mail: [info@beingalive.org](mailto:info@beingalive.org)

### **BEING ALIVE NORTH COUNTY RESOURCE CENTER**

804 Pier View Way, Oceanside, CA 92054  
(760) 439 6908; Fax: (760) 439-7459  
Website: [www.beingalive.org](http://www.beingalive.org)  
E-mail: [basdnort@pacbell.net](mailto:basdnort@pacbell.net)

Peer Counselors or Client Advocates are volunteers who have been infected or affected by HIV/AIDS for three years or more and are familiar with the challenges of living with HIV. They know the resources and services of the community and how to access them. Peer Counselors/Client Advocates are willing to share their experiences, are empathetic, compassionate, provide useful information, emotional support, HIV education, camaraderie, referrals and more. COORDINATOR: Vique Chávez

## **Peer Advocacy – Compañeros de Apoyo**

### **CASA (COORDINATED ASSISTANCE SERVICES ADVOCACY)**

4004 Beyer Blvd., San Ysidro, CA 92173  
(619) 662-4161; Fax: (619) 662-4109  
Website: [www.syh.org](http://www.syh.org)

Offers peer counseling, information and referrals.

## **San Diego American Indian Health Center**

### **PEER ADVOCACY**

2630 First Ave., San Diego, CA 92103  
(619) 234-3947 or (619) 234-2139; Fax: (619) 234-1525  
Website: [www.sdaihc.org](http://www.sdaihc.org)

Peer Advocates have been infected or affected by HIV/AIDS and are familiar with the challenges of living with HIV. They offer continued care for those who don't need or cannot access case management. They also provide their own experiences, useful information, emotional support, HIV education, camaraderie and referrals. HOURS: MTuThF, 8am-12pm; 1-5pm. PEER ADVOCATE: Albert Scott.

# **EDUCATION/INFORMATION**

(ALSO SEE "NEWSLETTERS," "HOTLINES,"  
"COMPUTERS/INTERNET" AND "SAFER SEX/PREVENTION")

## **AIDS Project Los Angeles (APLA)**

611 S. Kingsley Dr., Los Angeles, CA 90005  
(213) 201-1600; Fax: (213) 201-1598  
[www.apla.org](http://www.apla.org)

### **MAILING ADDRESS:**

3550 Wilshire Blvd., Ste. 300, Los Angeles, CA 90010

### **CLIENT SERVICES:**

611 S. Kingsley Dr., Los Angeles 90005

## **AIDS Research Institute (ARI)**

### **ARI, UCSD**

9500 Gilman Dr. 0616, San Diego, CA 92093-0616  
(858) 534-5545; Fax: (858) 822-1934  
www.ari.ucsd.edu

Administrative organization that coordinates and promotes HIV- and AIDS-related activities at UCSD.

## **American Liver Foundation**

4452 Park Blvd., Ste. 102, San Diego, CA 92116  
(619) 291-5483; (800) 749-2630; Fax: (619) 295-7181  
Resource Helpline: (800) GO-LIVER (465-4837)  
Website: www.liverfoundation.org

Provides information about hepatitis B, hepatitis C and other liver diseases. Offers support groups, a speakers bureau, and a list of local doctors who treat liver disease.

## **American Red Cross**

3650 Fifth Ave., San Diego, CA 92103  
(619) 542-7679; Fax: (619) 760-3551  
Website: www.sdarc.org  
E-mail: classes@sdarc.org

Offers HIV/AIDS education courses at various locations. Call for a class schedule.

## **Breaking Cycles**

### **SAN DIEGO YOUTH & COMMUNITY SERVICES (SDYCS)**

3255 Wing St., San Diego, Ca 92110  
(619) 221-8600; Fax: (619) 521-5944  
Website: www.sdycs.org  
E-mail: admin@sdycs.org

The Breaking Cycles program offers drug, alcohol and HIV information to the at-risk youth population in the probation system.

## **CASA (Coordinated Assistance Services Advocacy)**

### **SAN YSIDRO HEALTH CENTER**

4004 Beyer Blvd., San Ysidro, CA 92173  
(619) 662-4161; Fax: (619) 662-4109  
Website: www.syhc.org

HIV programs serving the South Bay community.

## **English as a Second Language**

### **POSITIVE EMPLOYMENT OPTIONS**

2535 Camino del Rio South, Ste. 145, San Diego, CA 92108  
(619) 858-6339; Fax: (619) 858-6338  
Website: www.positiveemployment.org  
E-mail: chuck@positiveemployment.org

Six-week course offered for individuals living with HIV/AIDS. CONTACT: Chuck Obina, Program Director

## **Hillcrest Youth Center**

### **THE CENTER - HILLCREST (MAIN OFFICE)**

3909 Centre St., San Diego, CA 92103  
(619) 497-2920 x 113  
Website: www.thecentersd.org  
E-mail: jdavisdefeo@thecentersd.org

The Hillcrest Youth Center offers cyber/computer training, health

education, basic financial education, diversity and cultural awareness workshops and seminars, youth leadership training, case management, HIV prevention education, life-skills training workshops, discussion groups, counseling services and social activities. It is committed to providing safe space, adult leadership and educational opportunities for high-risk youth to develop into responsible, productive and fully participating citizens. CONTACT: Jennifer Davis-DeFeo, Hillcrest Youth Center Coordinator

## **HIV Consumer Guidebook**

4070 Centre St., San Diego, CA 92103  
(619) 291-1400  
Website: www.beingalive.org

Free guidebook that lists resources for people with HIV/AIDS; it informs them of their opportunities for education, benefits, and services. CONTACT: Joe Mundy

## **HIV Counseling Program**

### **EPISCOPAL COMMUNITY SERVICES (ECS)**

4305 University Ave., 4th Floor San Diego, CA 92105  
(619) 228-2800; Fax: (619) 228-2801  
Website: www.ecscalifornia.org

Free confidential HIV testing for people in alcohol and drug treatment programs. Services provided on-site in county-funded programs.

## **HIV/AIDS 101 - Facts & Fundamentals**

### **BEING ALIVE SAN DIEGO**

4070 Centre St., San Diego, CA 92103  
V/TTY: (619) 291-1400; Fax: (619) 291-2975  
Website: www.beingalive.org  
E-mail: info@beingalive.org

A Peer Advocate teaches an American Red Cross course on HIV/AIDS. A course completion certificate is available. Offered on the first Monday of each month from 2-4pm. Call Peer Advocacy to sign up for the course.

## **HIV/AIDS & Society**

### **MIRAMAR COLLEGE, MIRA MESA**

(619) 536-7844

CONTACT: Mary Meiners, Ph.D., 536-7861 (leave message)

## **Holistic AIDS Response Program (HARP)**

### **THE CENTER - HEALTH SERVICES**

2313 El Cajon Blvd., San Diego, CA 92104  
(619) 718-6401; Fax: (619) 718-6446  
Website: www.thecentersd.org  
E-mail: callison@thecentersd.org

On-site and voucher services for chiropractic, acupuncture, massage services, Reiki, reflexology and hypnotherapy. CONTACT: Ed Allison, HARP Coordinator

## **Hook Into Vitality**

### **CHRISTIE'S PLACE**

2440 Third Ave., San Diego, CA 92101  
(619) 702-4186; Fax: (619) 702-5924  
Website: www.christiesplace.org

Program designed by and for women living with HIV/AIDS to share information, wisdom and concerns. Various topics are covered.

Light lunches provided. Childcare is available to those who register in advance.

**INFOLINE**

**San Diego: (619) 230-0997**

**North County coastal: (760) 943-0997**

**North County interior: (760) 740-0997**

**Other areas: (800) 227-0997**

**TTY: (858) 300-1311**

**Internet: [www.informsandiego.org](http://www.informsandiego.org)**

A free, confidential information and referral service provided in cooperation through the United Way of San Diego County, the City of San Diego and the County of San Diego. Provides information regarding: alcohol abuse, amnesty, battered spouse, depression, disabled services, drug abuse, emergency clothing, food, shelter, eviction, government assistance, legal services, mediation information, new in town, parent-child conflict, translation, veterans and more. Open M-F 8am-6pm; Sat & Sun 9am-12pm

**LIFE Program  
(Learning Immune Function Enhancement)**

**HIV CO-FACTOR COUNSELING PROGRAM**

**THE CENTER – HEALTH SERVICES**

**Website: [www.thecentersd.org](http://www.thecentersd.org)**

**E-mail: [comments@thecentersd.org](mailto:comments@thecentersd.org)**

**2313 El Cajon Blvd., San Diego, CA 92104**

**(619) 260-6380; Fax: (619) 718-6447**

Helps people with HIV to promote, develop, and maintain HIV-positive health. Provides the information, skills and support necessary to become a long-term survivor/non-progressor of HIV. Offered several times a year. Full program is open only to HIV/AIDS-infected individuals; however, everyone is welcome to attend any of the free weekend workshops offered each month.

**Medical Workshop**

**BEING ALIVE NORTH COUNTY RESOURCE CENTER**

**804 Pier View Way, Oceanside, CA 92054**

**(760) 439-6908; Fax: (760) 439-7459**

**Website: [www.beingalive.org](http://www.beingalive.org)**

**E-mail: [basdnort@pacbell.net](mailto:basdnort@pacbell.net)**

Allows individuals infected or affected by HIV to discuss any medical questions they have with a doctor experienced with treatment of HIV/AIDS. Appointments will be available on the last Tuesday of each month from 2pm to 4:30pm, and on the last Wednesday of each month from 9am to 11:30am. This volunteer program is free to participants.

**National Association of HIV Over Fifty (NAHOF)**

**Website: [www.hivoverfifty.org](http://www.hivoverfifty.org)**

Organization dedicated to education, support and advocacy for individuals 50 years of age and above with HIV.

**Neighborhood Healthcare  
(formerly Escondido Community Health Center)**

**641 E. Pennsylvania Ave., #102, Escondido, CA 92025**

**(760) 737-2030**

**Website: [www.nhcare.org](http://www.nhcare.org)**

CONTACT: John Cosby, HIV Outreach Coordinator

**Patient Education**

**OWEN CLINIC, UCSD**

**4168 Front St., San Diego, CA 92103**

**(619) 543-2680**

**Website: <http://health.ucsd.edu/owenclinic/index.html>**

Offers patients a resource library, internet access, a self-care guide, workshops and seminars, and video and book lending. Services available only to members of the UCSD health care system. CONTACT: Frank Silva

**Project SPEAK UP!**

**CHRISTIE'S PLACE**

**2440 Third Ave., San Diego, CA 92101**

**(619) 702-4186; Fax: (619) 702-5924**

**Website: [www.christiesplace.org](http://www.christiesplace.org)**

Project SPEAK (Sisters Promoting Empowerment, Activism & Kinship) UP! is a peer-based leadership program for HIV+ women. The project is designed to build self-esteem and provide trainings and skills-building opportunities in the HIV arena. The goal of this project is to help women become effectively involved in community forums such as HIV planning committees. Training topics include: CARE Act 101, Communication Skills, Budgeting, Lobbying and more.

**Sherman Heights Telehealth Center**

**FAMILY HEALTH CENTERS OF SAN DIEGO**

**2258 Island Ave., San Diego, CA 92102**

**(619) 232-5181**

**Website: [www.fhcsd.org](http://www.fhcsd.org)**

Provides access to electronic health information for the Sherman Heights community. HOURS: Wed., Thu., 9am-2pm

**Southern California Border HIV/AIDS Project**

**SAN YSIDRO HEALTH CENTER**

**4004 Beyer Blvd., San Ysidro, CA 92173**

**(619) 662-4192**

**Website: [www.sdhealth.org/BHealth/BHealth.html](http://www.sdhealth.org/BHealth/BHealth.html)**

**E-mail: [borderhe@sdhealth.org](mailto:borderhe@sdhealth.org)**

The Border health project is a collaborative initiative to improve HIV/AIDS outreach, primary care services and cross-border linkages for people who live or work in the San Diego or Imperial County U.S./Mexico border region. CONTACT: Rosana Scolari, Project Director

**T.E.A. (Treatment Education & Advocacy)**

**COMPREHENSIVE HEALTH CENTER**

**1855 First Ave., Ste. 300A, San Diego, CA 92101**

**(619) 231-9791; Fax: (619) 231-2138**

The goal of T.E.A. is to empower the individual to make realistic choices about treatment and to develop a support system that encourages and enhances adherence. Services include providing information about treatment options, referrals to support groups, and help with developing individualized treatment plans. A second T.E.A. office is located at Christie's Place, 2440 Third Ave, San Diego – call (619) 702-4186. Treatment Advocates can meet with clients at locations in North County, East County, Southeast and South Bay. CONTACT: Terry Albritton, Bill Grimes, Tito Ramirez, Irene Milton, Treatment Advocates.

---

## PEER COUNSELING

---

### Client & Family Advocacy

#### CHRISTIE'S PLACE

2440 Third Ave., San Diego, CA 92103  
(619) 702-4186; Fax: (619) 702-5924  
Website: [www.christiesplace.org](http://www.christiesplace.org)

#### Community Connection Resource Center

3960 Park Blvd., Ste. H, San Diego, CA 92103  
(619) 260-6348; Fax: (619) 260-6551  
Website: [www.communityconnection-ca.com/san\\_diego.htm](http://www.communityconnection-ca.com/san_diego.htm)

#### Neighborhood House Association (NHA)

##### HIV/AIDS SERVICES

286 Euclid Ave., Suite 310, San Diego, CA 92114  
(619) 266-9400; Fax: (619) 243-2281  
Website: [www.neighborhoodhouse.org](http://www.neighborhoodhouse.org)

NHA-HIV/AIDS services provides comprehensive, culturally competent case management, peer support and advocacy for people of color with a special emphasis on African Americans and Latinos; to insure access to new treatments and related support services that will help individuals and families remain in care. Case management includes services for recently released from jail or prison.

#### Peer Advocacy Program

##### BEING ALIVE SAN DIEGO

4070 Centre St., San Diego, CA 92103  
V/TTY: (619) 291-1400; Fax: (619) 291-2975  
Website: [www.beingalive.org](http://www.beingalive.org)  
E-mail: [info@beingalive.org](mailto:info@beingalive.org)

##### BEING ALIVE NORTH COUNTY RESOURCE CENTER

804 Pier View Way, Oceanside, CA 92054  
(760) 439 6908; Fax: (760) 439-7459  
Website: [www.beingalive.org](http://www.beingalive.org)  
E-mail: [basdnort@pachell.net](mailto:basdnort@pachell.net)

Peer Counselors or Client Advocates are volunteers who have been infected or affected by HIV/AIDS for three years or more and are familiar with the challenges of living with HIV. They know the resources and services of the community and how to access them. Peer Counselors/Client Advocates are willing to share their experiences, are empathetic, compassionate, provide useful information, emotional support, HIV education, camaraderie, referrals and more. COORDINATOR: Vique Chávez

#### Peer Advocacy – Compañeros de Apoyo

##### CASA (COORDINATED ASSISTANCE SERVICES ADVOCACY)

4004 Beyer Blvd., San Ysidro, CA 92173  
(619) 662-4161; Fax: (619) 662-4109  
Website: [www.syh.org](http://www.syh.org)

Offers peer counseling, information and referrals.

#### San Diego American Indian Health Center

##### PEER ADVOCACY

2630 First Ave., San Diego, CA 92103  
(619) 234-3947 or (619) 234-2139; Fax: (619) 234-1525  
Website: [www.sdaihc.org](http://www.sdaihc.org)

Peer Advocates have been infected or affected by HIV/AIDS and are familiar with the challenges of living with HIV. They offer continued care

for those who don't need or cannot access case management. They also provide their own experiences, useful information, emotional support, HIV education, camaraderie and referrals. HOURS: MTuThF, 8am-12pm; 1-5pm. PEER ADVOCATE: Albert Scott

---

## SPEAKERS PROGRAMS

---

#### Christie's Place

2440 Third Ave., San Diego, CA 92103  
(619) 702-4186; Fax: (619) 702-5924  
Website: [www.christiesplace.org](http://www.christiesplace.org)

#### North County Health Services (NCHS)

##### COMMUNITY CASE MANAGEMENT PROGRAM

150 Valpreda Road, Ste 211, San Marcos, CA 92069  
(800) 347-7604  
Website: [www.nchs-health.org](http://www.nchs-health.org)

Provides highly qualified and diverse speakers to give talks to community groups, business organizations, and schools about living with HIV and about HIV-related topics. CONTACT: Barbara Verkleeren

#### Peer Advocacy Speakers Bureau

##### BEING ALIVE SAN DIEGO

4070 Centre St., San Diego, CA 92103  
V/TTY: (619) 291-1400; Fax: (619) 291-2975  
Website: [www.beingalive.org](http://www.beingalive.org)  
E-mail: [info@beingalive.org](mailto:info@beingalive.org)

Provides highly qualified and diverse speakers who are HIV+ to give talks to community groups, business organizations, and schools about living with HIV and about HIV related topics.

#### Positive Support Services

##### STEPPING STONE OF SAN DIEGO, INC.

4476 30th St., San Diego, CA 92116  
(619) 543-1346; Fax: (619) 521-1360  
Website: [www.stepsstonesd.org](http://www.stepsstonesd.org)

Provides a speakers bureau and workshops to educate agencies, professionals and consumers about AIDS & addictions, as well as holistic strategies to empower recovery.

#### Speakers Bureau

##### THE CENTER – HILLCREST (MAIN OFFICE)

3909 Centre St., San Diego, CA 92103  
(619) 692-2077 x 212  
Website: [www.thecentersd.org](http://www.thecentersd.org)  
E-mail: [adavisdefeo@thecentersd.org](mailto:adavisdefeo@thecentersd.org)

Provides highly-qualified and diverse speakers who give talks to community groups and schools about issues related to Lesbian, Gay, Bisexual and Transgendered people and HIV+ communities. CONTACT: A. J. Davis-DeFeo, Director

# EMPLOYMENT

## Employment Development Department (EDD)

### ONE-STOP CAREER CENTERS – STATE OF CALIFORNIA

Website: [www.workforce.org](http://www.workforce.org)

#### EAST COUNTY CAREER CENTER

924 E. Main St., El Cajon, CA 92021  
(619) 590-3900

#### METRO CAREER CENTER

8401 Aero Dr., San Diego, CA 92123  
(858) 974-7620

#### NORTH COUNTY COASTAL CAREER CENTER

1949 Avenida del Oro, Ste. 106, Oceanside, CA 92056  
(760) 631-6150

#### NORTH COUNTY INLAND CAREER CENTER

1935 E. Valley Parkway, Escondido, CA 92027  
(760) 738-0274

#### SOUTH COUNTY CAREER CENTER

1111 Bay Blvd., Ste. E, Chula Vista, CA 91911  
(619) 424-1112

#### SOUTH METRO CAREER CENTER

6145 Imperial Ave., San Diego, CA 92114  
(619) 266-3600

#### SOUTH METRO CC/GRANT HILL BRANCH

3295 Market St., San Diego, CA 92102  
(619) 233-6829

State agency that lists job opportunities and provides career counseling and training for those looking for employment.

## Employment Support Project – San Diego

### NORTH PARK FAMILY HEALTH CENTER

3544 30th St., San Diego, CA 92104  
(619) 515-2544; Fax: (619) 683-7570  
[www.fhcsd.org](http://www.fhcsd.org)

The Employment Support Project will provide free vocational services to those living with HIV/AIDS, their partners and family members, aiming to ensure a productive and healthy job search and “return to work” experience. Services include information regarding benefits, insurance and legal matters, assistance with job skills (resumes, interviewing and job searching), workshops and seminars and advocacy. Part of the Family Health Centers of San Diego network of clinics.

## Job Board

### BEING ALIVE SAN DIEGO

4070 Centre St., San Diego, CA 92103  
V/TTY: (619) 291-1400; Fax: (619) 291-2975  
Website: [www.beingalive.org](http://www.beingalive.org)  
E-mail: [info@beingalive.org](mailto:info@beingalive.org)

Provides a bulletin board listing job opportunities and people looking for work.

## Project Hand South Bay

### EMPLOYMENT ASSISTANCE PROGRAM

580 Hilltop Dr., Chula Vista, CA 91910  
(619) 698-1716

Job-search assistance is provided.

## Ticket to Work

Toll-free: (866) 968-7842; Toll-free: TDD: (866) TDD2WORK  
Website: [www.yourtickettowork.com](http://www.yourtickettowork.com)

The Ticket to Work program entitles beneficiaries who are receiving SSI and/or SSDI to obtain rehabilitation and employment services or a job from participating public and private employers.

---

## VOCATIONAL REHABILITATION

---

## Back-to-Work Program

### POSITIVE EMPLOYMENT OPTIONS

2535 Camino del Rio South, Ste. 145, San Diego, CA 92108  
(619) 858-6339; Fax: (619) 858-6338  
Website: [www.positiveemployment.org](http://www.positiveemployment.org)  
E-mail: [chuck@positiveemployment.org](mailto:chuck@positiveemployment.org)

Provides services for those living with HIV/AIDS in San Diego who want to return to work and/or have educational or vocational concerns. Also guides businesses and organizations through the process of implementing HIV/AIDS education programs and addresses issues surrounding HIV/AIDS in the workplace. CONTACT: Chuck Obina

## Community Connection Resource Center

### EMPLOYMENT SERVICES

Website: [www.communityconnection-ca.com/san\\_diego.htm](http://www.communityconnection-ca.com/san_diego.htm)

#### SAN DIEGO OFFICE

4080 Centre St., Ste. 202, San Diego, CA 92103  
(619) 294-3000; Fax: (619) 294-6570

#### EL CAJON OFFICE

140 W. Park Ave., Ste. 100, El Cajon, CA 92020  
(619) 440-7316; Fax: (619) 440-8011

Provides pre-employment skills training, re-entry services and job development and placement for parolees who are supervised out of the Kurtz St. Parole Office and for those who have been released from a San Diego County institution.

## Department of Rehabilitation

### SAN DIEGO DISTRICT OFFICE

7575 Metropolitan Dr., Ste. 107, San Diego, CA 92108  
(619) 767-2100; TTY: (619) 767-2159

State agency that helps disabled individuals return to work. Branch offices are at the following locations:

#### DOWNTOWN SAN DIEGO

1350 Front St., Ste. 1063, San Diego, CA 92101  
(619) 525-4184; TTY: (619) 525-4903

#### EAST COUNTY

8200 La Mesa Blvd., La Mesa, CA 91941  
(619) 667-5649; TTY: (619) 667-2970

#### NORTH COUNTY CENTRAL

499 N. El Camino Real, Ste. B100, Encinitas, CA 92024  
(760) 479-1200; TTY: (760) 479-1210

#### NORTH COUNTY INLAND

1201 E. Valley Pkwy., Ste. B, Escondido, CA 92027  
(760) 480-9692; TTY: (760) 480-0471

#### SOUTH COUNTY

855 3rd Ave., Rm. 3350, Chula Vista, CA 91911  
(619) 426-8720; TTY: (619) 426-8781

## **Disabled Students Programs & Services (DSPS)**

### **SAN DIEGO COMMUNITY COLLEGE DISTRICT**

3375 Camino del Rio South, Ste. 275, San Diego, CA 92108  
(619) 388-6983; TTY: (619) 388-6729  
Website: [www.sdccd.net/dsps/](http://www.sdccd.net/dsps/)

DSPS provides services and courses to support students with disabilities in the pursuit of their academic and vocational goals. Services include determination of eligibility for financial assistance and fee waivers, priority registration, vocational and academic counseling and classroom support related to disability.

## **I Can Program (Individual Career Advancement Network)**

4451 Market St., #B, San Diego, CA 92102  
(619) 266-9075; Fax: (619) 527-5693

Helps low-income individuals who are looking for a career and are ready to commit to career training and job placement. I Can offers basic skills and short-term training, career guidance, job referrals and intensive participant support by Community Advocates. Program meets CalWorks requirements. CONTACT: Christina L. Titus, (619) 795-6593

## **ROP (Regional Occupation Program)**

### **SAN DIEGO COUNTY OFFICE OF EDUCATION**

6401 Linda Vista Rd., San Diego, CA 92111  
(858) 292-3611 or (800) 479-4900  
Website: [www.sdcoe.k12.ca.us/rop](http://www.sdcoe.k12.ca.us/rop)

Offers tuition-free technical courses for workforce preparation to all individuals at and above 16 years of age. Courses are in a variety of fields and are located throughout the county. Call for the nearest Service Center in order to get additional information or register for courses.

---

## **INTERNET RESOURCES**

---

### **California's Job Bank**

[www.ajb.org/ca](http://www.ajb.org/ca)

### **CalJobs**

[www.caljobs.ca.gov](http://www.caljobs.ca.gov)

### **CareerBuilder.com**

[www.careerbuilder.com](http://www.careerbuilder.com)

### **HotJobs.com**

[www.hotjobs.com](http://www.hotjobs.com)

### **Job Access**

[www.jobaccess.org](http://www.jobaccess.org)

### **Job Giant**

[www.jobgiant.com](http://www.jobgiant.com)

### **Jobsummit.com**

[www.jobsummit.com](http://www.jobsummit.com)

### **Kforce.com**

[www.kforce.com](http://www.kforce.com)

### **Monster**

[www.monster.com](http://www.monster.com)

### **Riley Guide**

[www.rileyguide.com](http://www.rileyguide.com)

### **San Diego Union Tribune**

[www.joblink.uniontrib.com](http://www.joblink.uniontrib.com)

---

## **STUDENT FINANCIAL AID WEBSITES**

---

### **California Student Aid Commission**

[www.csac.ca.gov](http://www.csac.ca.gov)

### **FastWeb**

[www.fastweb.com](http://www.fastweb.com)

Information on financial aid and scholarships.

### **FinAid**

[www.finaid.org](http://www.finaid.org)

Financial aid information.

### **Office of Post-Secondary Education**

[www.ed.gov/about/offices/list/ope/indes.html](http://www.ed.gov/about/offices/list/ope/indes.html)

Federal student aid information.

### **Sallie Mae**

[www.salliemae.com](http://www.salliemae.com)

Information on loans and other financial aid.

### **students.gov**

[www.students.gov](http://www.students.gov)

Comprehensive information about education, career, government and more. Contains financial aid information.

### **Yahoo Financial Aid Directory**

[dir.yahoo.com/education/financial\\_aid](http://dir.yahoo.com/education/financial_aid)

## **FOOD**

(ALSO SEE "NUTRITION")

---

## **FOOD BANKS**

---

### **Commodities Program**

#### **BEING ALIVE SAN DIEGO**

4070 Centre St, San Diego, CA 92103  
V/TTY: (619) 291-1400; Fax: (619) 291-1491  
Website: [www.beingalive.org](http://www.beingalive.org)  
E-mail: [info@beingalive.org](mailto:info@beingalive.org)

Monthly food packages available to low-income (less than \$712) individuals with HIV/AIDS.

---

## Crisis House

1034 N. Magnolia, El Cajon, CA 92020  
(619) 444-1194

Food bank open to people with limited incomes; adults need birth certificate if available. Must have ID and verification of income. First-come, first-served basis Mon-Fri 8:30-11am and 1-3pm.

## Mama's Pantry

### C/O MAMA'S KITCHEN

1875 Second Ave., San Diego 92101  
(619) 233-6262; Fax: (619) 233-6283  
Website: [ww.mamaskitchen.org](http://ww.mamaskitchen.org)

Food pantry service for individuals affected by HIV/AIDS. Mama's Pantry is temporarily located at The Center, 3909 Centre Street, San Diego and is open from 10am-2pm Tuesdays through Thursdays. Call Mama's Kitchen for up-to-date information.

## San Diego Food Bank

9850 Distribution Ave., San Diego, CA 92121  
Mailing address: P.O. Box 13039, San Diego, CA 92170  
(619) 946-1045; Toll-free: (866) 350-FOOD (3663);  
Fax: (619) 946-1162  
Website: [www.sandiegofoodbank.org](http://www.sandiegofoodbank.org)  
E-mail: [sdfoodbank@neighborhoodhouse.org](mailto:sdfoodbank@neighborhoodhouse.org)

Call for eligibility and qualifications for various food programs. The San Diego Food Bank is a program of Neighborhood House Association.

---

## FOOD DELIVERY SERVICES

---

### Mama's Kitchen

1875 Second Ave., San Diego, CA 92101  
(619) 233-6262; Fax: (619) 233-6283  
Website: [www.mamaskitchen.org](http://www.mamaskitchen.org)

Provides home delivered meals to men, women and children diagnosed with AIDS, or HIV symptomatic. Service area: all of San Diego County. Volunteers welcome.

### Meals-on-Wheels

2254 San Diego Ave., Ste. 200, San Diego, CA 92110  
(619) 260-6110

Provides two meals per day, 7 days a week, to disabled individuals who are homebound. Cost is \$8.00 per day. Able to accommodate special diets. Usually able to offer next-day delivery. Meals also provided to seniors at \$5.50 per day (maximum). Most areas of the county served. Call for regional office number near you.

### Special Delivery San Diego

4021 Goldfinch St., San Diego, CA 92103  
(619) 297-7373; Fax: 297-7632

Provides home delivered meals to persons diagnosed with HIV/AIDS and other life-threatening illnesses. Service area: central. CONTACT: Ruth Hendricks

---

## OTHER FOOD SOURCES

---

### Catholic Charities

San Diego: (619) 231-2828  
El Centro: (760) 353-6822  
Vista: (760) 631-4792  
Website: [www.ccdsd.org](http://www.ccdsd.org)

Provides emergency food and more.

### Emergency Food Packages

#### PEER ADVOCACY PROGRAM

#### BEING ALIVE SAN DIEGO

4070 Centre St., San Diego, CA 92103  
V/TTY: (619) 291-1400; Fax: (619) 291-2975  
Website: [www.beingalive.org](http://www.beingalive.org)  
E-mail: [info@beingalive.org](mailto:info@beingalive.org)

A one-time emergency food package provided by Mama's Kitchen is offered through Peer Advocacy at Being Alive Central. Recipients must be HIV+ and in an emergency situation (e.g., no income, no case manager, newly arrived in San Diego and awaiting services, just got out of jail, etc.) to be assessed on a case-by-case basis.

### Food Stamps

(619) 557-0422; (858) 514-6885; Toll-free: (866) 262-9881  
Website: [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

Applications to receive food stamps are available by contacting the San Diego County Health and Human Services Agency in your zip code area. The maximum income level varies according to the number of people in your family. Property and income limits apply. No one on SSI can receive food stamps.

#### INFOLINE

San Diego: (619) 230-0997  
North County coastal: (760) 943-0997  
North County interior: (760) 740-0997  
Other areas: (800) 227-0997  
TTY: (858) 300-1311  
Website: [www.informsandiego.org](http://www.informsandiego.org)

Infoline maintains a current list of places that provide free food and other services.

### Project Hand South Bay

580 Hilltop Dr., Chula Vista CA 91910  
(619) 425-4061

Emergency food assistance available once every six months. Must have ID for every family member.

---

## GUÍA EN ESPAÑOL

---

### MANEJO DE CASOS

---

#### Manejo de Casos SIDA

3043 Fourth Ave., San Diego, CA 92103  
(619) 296-3400; Fax: (619) 692-5533

## Centro de Salud Familiar

### NORTH PARK FAMILY HEALTH CENTER

3544 30th St., San Diego, CA 92104  
(619) 515-2449  
Website: fhcsd.org

### Servicios de Salud del Condado Norte

150 Valpreda, San Marcos, CA 92069  
(760) 736-6726; (800) 347-7604

---

## SERVICIOS GENERALES

---

### CASA (Coordinación Asistencia Servicios Abogacía)

#### SAN YSIDRO HEALTH CENTER

4004 Beyer Blvd., San Ysidro, CA 92173  
(619) 662-4161; Fax: (619) 662-4109  
Website: www.syhc.org

Los servicios incluyen manejo de casos, consejo de beneficios, servicios legales, consejo de nutrición, servicios de salud mental, información sobre tratamientos, consejo de drogas y alcohol, terapias complementarias, y tienen más servicios disponibles.

### Christie's Place

2440 Third Ave., San Diego, CA 92103  
(619) 702-4186; Fax: (619) 702-5924  
www.christiesplace.org

Christie's Place es un centro de apoyo para mujeres, niños y familias que son viviendo con VIH/SIDA. Es un centro de apoyo enfocado en asuntos de mujeres y niños. Ofrece grupos de apoyo, abogacía para la familia, programa de apoyo mutual "Amigos por Vida," laboratorio de computación, servicios de salud mental, productos higiénicos, pañales y cuidado de niños mientras clientes accediendo servicios en Christie's Place. Otros servicios están disponibles; todos los servicios están disponible en español.

### PACTO Latino AIDS Organization

2828 University Ave., Ste. 107, San Diego, CA 92104  
(619) 725-0946; Fax: (619) 725-0950  
Website: www.pactolatino.org  
E-mail: info@pactolatino.org

---

## SERVICIOS MÉDICOS

---

### Ciaccio Memorial Clinic

#### NORTH PARK FAMILY HEALTH CENTER

3544 30th St., San Diego, CA 92104  
(619) 515-2587  
Website: fhcsd.org

### Comprehensive Health Center

1855 First Ave., Ste. 300A, San Diego, CA 92101  
(619) 235-4211; Fax: (619) 235-4517

## HAIRCUTS

---

### HAIRCUTTING SERVICE

---

### Being Alive San Diego

4070 Centre St., San Diego, CA 92103  
V/TTY: (619) 291-1400; Fax: (619) 291-1491  
Website: www.beingalive.org  
E-mail: info@beingalive.org

Provides free haircutting services for people with HIV/AIDS. By appointment only.

### Christie's Place

2440 Third Ave., San Diego, CA 92103  
(619) 702-4186; Fax: (619) 702-5924  
Website: www.christiesplace.org

Thursdays, 1-4:30pm by appointment only.

### PROCABI (Bi-National AIDS Advocacy Project)

2860 North Park Way, San Diego, CA 92104  
Phone/Fax: (619) 235-6151  
Website: www.baap.org  
E-mail: info@probcabi.org

Free haircuts offered Tuesdays from 10am-2pm.

## HOME HEALTH

(ALSO SEE "CAREGIVER")

If you are recovering from an illness or hospitalization, there are many services and supplies available to you such as skilled nursing care, physical/occupational therapy, speech therapy, medical social work, home health aides, and infusion therapy.

These services are paid for by private insurance, Medicare, Medi-Cal and the Medi-Cal Waiver Program. Many of these services must be provided under "doctors orders", so your doctor will call in a request for service to one of the many certified home health agencies or infusion companies in the county.

In addition, if you need supplies such as diapers, bedding, or durable medical equipment, your home health agency and/or case manager should assist you in getting these items.

## HOMELESS/ EMERGENCY RESOURCES

(ALSO SEE "HOUSING" AND "CASE MANAGEMENT")

### AIDS Case Management (ACM)

SAN DIEGO COUNTY HEALTH & HUMAN SERVICES AGENCY (HHS)  
OFFICE OF AIDS COORDINATION (OAC)

3043 Fourth Ave., San Diego, CA 92103  
(619) 296-3400; Fax: (619) 296-2368  
(Collect calls only from county jails to 296-5924 or 296-5860)  
Website: www.sdcounty.ca.gov

HOURS: Referrals can be called in Mon.-Fri., 8am-5pm at (800) 510-2020.

ELIGIBILITY: HIV+

TARGETS: HIV+ ex-offenders and substance abusers. Special program for inmates in the San Diego County jails. Special program called Intensive Case Management that targets homeless substance abusers for placement in an inpatient treatment program.

### **Catholic Charities**

San Diego: (619) 231-2828  
El Centro: (760) 353-6822  
Vista: (760) 631-4792  
Website: [www.ccdsd.org](http://www.ccdsd.org)

Provides emergency food and more.

### **CMS (County Medical Services)**

(858) 492-4444; Fax: (858) 495-1399

CMS is a limited medical program to help those people with very low incomes. CMS usually covers treatments not covered by the Ryan White CARE Act. CMS is not restricted to people with HIV and AIDS. The rules for this program are complex and subject to change.

### **Center for Social Support & Education (CSSE)**

3960 Park Blvd., Ste. F, San Diego, CA 92103  
(619) 325-2773; Fax: (619) 574-8014  
Website: [www.csseonline.org](http://www.csseonline.org)  
E-mail: [csse@csseonline.org](mailto:csse@csseonline.org)

Support and guidance for HIV+ homeless individuals. Offers Shelter + Care, Emergency Housing.

### **Emergency Psychiatric Unit**

#### **SAN DIEGO COUNTY PSYCHIATRIC HOSPITAL**

3851 Rosecrans St., San Diego, CA 92110  
(619) 692-8200

Crisis care and emergency screenings for individuals without Medi-Cal, insurance or money.

### **ETA (Electronic Transfer Account)**

[www.fms.treas.gov/eta](http://www.fms.treas.gov/eta)

An electronic transfer account allows the recipient of federal benefit payments to have the payments deposited directly to a bank account, regardless of credit history or lack of address. For a directory of ETA provider institutions, see [www.eta-find.gov](http://www.eta-find.gov).

### **Friend to Friends**

1009 G. Street, San Diego, CA 92101  
(619) 238-2711

Club house for mentally-ill homeless.

### **Healthcare for the Homeless**

#### **STEPPING STONE OF SAN DIEGO, INC.**

3425 Fifth Ave., San Diego, CA 92103  
(619) 295-3995; Fax: (619) 295-3706  
Website: [www.steppingstonesd.org](http://www.steppingstonesd.org)

Homeless Outreach Program provides guidance and a starting point for referrals to homeless resources. Funded through the Logan Heights Community Clinic. Clothing and transportation provided when available. Not HIV specific. CONTACT: Mark Hespeth

### **Homeless Outreach Team (HOT)**

4439 Olney St., San Diego, CA 92109  
(858) 490-3850; Fax: (858) 490-3856

#### **INFOLINE**

San Diego: (619) 230-0997  
North County coastal: (760) 943-0997  
North County interior: (760) 740-0997  
Other areas: (800) 227-0997  
TTY: (858) 300-1311  
Website: [www.informsandiego.org](http://www.informsandiego.org)

A free, confidential information and referral service provided in cooperation through the United Way of San Diego County, the City of San Diego and the County of San Diego. Provides information regarding: alcohol abuse, amnesty, battered spouse, depression, disabled services, drug abuse, emergency clothing, food, shelter, eviction, government assistance, legal services, mediation information, new in town, parent-child conflict, translation, veterans and more. Open M-F 8am-6pm; Sat & Sun 9am-12pm

### **Intensive Case Management Program (ICM) AIDS Case Management (ACM)**

#### **SAN DIEGO COUNTY HEALTH & HUMAN SERVICES AGENCY (HHS)**

#### **OFFICE OF AIDS COORDINATION (OAC)**

3043 Fourth Ave., San Diego, CA 92103.  
(619) 296-3400; Fax: (619) 296-2368  
Website: [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

The Intensive Case Management program places substance abusers in inpatient treatment programs. Clients can receive treatment for up to 12 months while receiving weekly intensive case management services. Clients can self-refer or be referred through any agency. The program goal is for immediate placement. Detox services are available. Case managers are available Mon.-Fri., 8am-5pm for screening and placement.

### **Jewish Family Service of San Diego**

Main office: 3715 Sixth Ave., San Diego, CA 92103  
(619) 229-2856; Fax: (619) 229-2852  
Website: [www.jewishfamilyservicesd.org](http://www.jewishfamilyservicesd.org)

Free psychiatric case management services to individuals with HIV who are homeless or at risk for homelessness and have mental health needs. Special focus is on the dually diagnosed, e.g., mental disorders and/or substance abuse. The program aims to assist individuals to obtain stable, permanent housing, health care and self-sufficiency. Case manager is out-stationed. Please call for an appointment. Hours are Mon.-Thu., 8:30am-5pm; Fri., 8:30-4pm.

### **Neil Good Day Center**

299 17th St., San Diego, CA 92101  
(619) 234-3041  
Website: [www.alphaproject.org](http://www.alphaproject.org)

Drop-in, toilets, showers, mail and message service, clothes washing, limited storage, limited phone calls, mental health counseling, transportation to clinic/doctor appointments, referrals, traditional employment. Open 7 days a week.

### **Presbyterian Crisis Center**

2459 Market St., San Diego, CA 92102  
(619) 232-2753

Offers clothing, emergency food, medications, referrals to services, crisis counseling and case management and other services to persons in a crisis or emergency situation. Clients are seen on a walk-in, first-come-first-served basis – numbers are given out at 8:00am for appointments from 9am to 11:30am, and at 11:30am for appointments from 1pm to 3pm. Open Monday through Friday.

### **Rachel's Women's Center**

759 Eighth Ave., San Diego, CA 92101  
(619) 696-0873  
Website: [www.ccdsd.org](http://www.ccdsd.org)

Women only, drop-in center, toilets, showers, shelter. Serves 50 lunches at 11:30 am, first come, first served. Limited phone service. 8:45am, Alcohol and drug support group; 10am, Alcohol and drug education group.

### **Rescue Mission**

939 S. 16th St., San Diego, CA 92113  
(619) 687-3720  
Website: [www.sdrescue.org](http://www.sdrescue.org)

### **Salvation Army Family Shelter**

726 F St., San Diego, CA 92101  
(619) 699-2223  
Website: [www.sandiego.salvationarmy.org](http://www.sandiego.salvationarmy.org)

Services and shelter for families and single women with children.

### **Salvation Army STEPS Program**

825 Seventh Ave., San Diego, CA 92101  
(619) 446-0451  
Website: [www.sandiego.salvationarmy.org](http://www.sandiego.salvationarmy.org)

Transitional services offering shelter and job search. Year long program for clean and sober men willing and able to work full-time. Orientation on Mondays.

### **San Diego Health Care for the Homeless Project (HCH)**

#### **FAMILY HEALTH CENTERS OF SAN DIEGO**

1809 National Ave., San Diego, CA 92113  
(619) 515-2300  
Website: [www.fhcsd.org](http://www.fhcsd.org)

HCH Project participants receive primary health care (including dental and vision care), mental health services and substance abuse treatment. In addition, HCH offers outreach, case management and referrals to mental health, substance abuse/recovery, social services, entitlement, housing and employment resources. Health care services are offered at 33 clinics throughout San Diego county.

### **St. Vincent de Paul-Joan Kroc Center**

1501 Imperial Ave., San Diego, CA 92101  
(619) 233-8500

Clothing, counseling, dentistry, meals, shelter, toilets, showers, and free telephone use.

### **San Diego Access & Crisis Line**

#### **UNITED BEHAVIORAL HEALTH**

(800) 479-3339  
Hearing Impaired  
TTY: (619) 641-6992

### **The Storefront**

#### **SAN DIEGO YOUTH & COMMUNITY SERVICES**

(619) 325-3527; Fax: (619) 325-3534  
Hotline: (866) 752-2327 (PLACE2STAY)  
Website: [www.sdycs.org](http://www.sdycs.org)

Located in the Hillcrest area, the Storefront is a 20-bed emergency night shelter for homeless, runaway and "street" youth. The Storefront operates an outreach program and a drop-in center with a variety of services including case management, counseling, HIV-prevention education and employment-skills training.

### **Uptown Faith Center**

2214 Fifth Ave., San Diego, CA 92101  
(619) 236-8077

Provides homeless and ex-inmates with assistance in locating emergency housing and food, mailboxes, ID, free phone use, job preparation, and occasional hygiene kits and snack lunches. M-F: 9am to 1pm.

### **Veterans Outreach Center**

2900 Sixth Ave., San Diego, CA 92103  
(619) 294-2040

---

## **EMERGENCY HIV RESOURCES**

---

### **Emergency Assistance Resource Pool (EARP)**

#### **NAMI SAN DIEGO**

4480 30th St., Ste. B, San Diego, CA 92116  
(619) 584-3113; Fax: (619) 584-5571

Provides emergency assistance (such as funds for housing, utilities, medicines, ID) for eligible persons. Access through case management programs. People who do not have a case manager can seek approval for funds on a one time basis only. Funds very limited. CONTACT: Linda Bechtel

### **Emergency Food Packages**

#### **PEER ADVOCACY PROGRAM**

#### **BEING ALIVE SAN DIEGO**

4070 Centre St., San Diego, CA 92103  
V/TTY: (619) 291-1400; Fax: (619) 291-2975  
Website: [www.beingalive.org](http://www.beingalive.org)  
E-mail: [info@beingalive.org](mailto:info@beingalive.org)

A one-time emergency food package provided by Mama's Kitchen is offered through Peer Advocacy at Being Alive Central. Recipients must be HIV+ and in an emergency situation (e.g., no income, no case manager, newly arrived in San Diego and awaiting services, just got out of jail, etc.) to be assessed on a case-by-case basis.

# HOSPICES/ SKILLED NURSING FACILITIES

Both hospices and "SNFs" are designed to deal with extreme illness. However, a hospice is a program providing short term care for terminal clients, while an SNF is a medical facility providing possible long term care for disabled clients. Check your insurance for coverage.

---

## HOSPICES

---

Hospice is a program which offers special home-care services for people in the final phase of a terminal illness. It provides comfort and care for body and spirit in the patient's home or in a skilled nursing facility by a team of care workers (nurse, social worker, chaplain, and home aide). You must have a terminal diagnosis of six months or less to qualify for the program.

While all hospices provide in-home care, San Diego Hospice also provides end-stage care in their acute-care facility. The program provides such services as emotional/spiritual support, control of pain, respite care, and grief and bereavement support. Survivors are often given counseling. Your physician will arrange a request for service. Accepts insurance, Medicare, Medi-Cal.

### Elizabeth Hospice

150 W. Crest St., Escondido, CA 92025  
(760) 737-2050

### Grossmont Hospice

8881 Fletcher Parkway, #305, La Mesa, CA 91944  
(619) 667-1900

### Horizon Hospice

13053 Poway Rd., #A, Poway, CA 92064  
(800) 304-4430

### Hospice of the North Coast

2095 W. Vista Way, Ste. 101, Vista CA 92083  
(760) 940-5801

### Kaiser Hospice

10922 San Diego Mission Rd., San Diego, CA 92108  
(619) 641-4100

### San Diego Hospice

4311 Third Ave., San Diego, CA 92103  
(619) 688-1600

---

## SKILLED NURSING FACILITIES (SNF)

---

A Skilled Nursing Facility is a long-term medical facility with licensed registered nurses provided on a 24-hour basis. The following list is representative of the SNFs in San Diego County. For a complete list, call a Peer Advocate at Being Alive.

### Edgemoor Hospital

9065 Edgemoor Dr., Santee CA 92071  
(619) 258-3001

Special section for people with AIDS. Accepts private insurance, Medi-Cal, Medicare.

### Sunbridge Care & Rehabilitation Center

3232 Thunder Dr., Oceanside, CA 92056  
(760) 724-2193

Accepts private insurance, Medi-Cal, Medicare. CONTACT: Cindy Huff (M-F)

## HOSPITALS

If you must go to a hospital or an emergency room, it is better to go to one which is experienced in dealing with HIV/AIDS. The following list is not an endorsement of a particular hospital, but a limited reference to hospitals with HIV experience.

### Scripps Memorial Hospital La Jolla

9888 Genesee Ave., San Diego, CA 92037  
(858) 457-4123  
Website: [www.scrippshealth.org](http://www.scrippshealth.org)

### Scripps Mercy Hospital

4077 Fifth Ave., San Diego, CA 92103  
(619) 294-8111; Emergency Room (619) 260-7000  
Website: [www.scrippshealth.org](http://www.scrippshealth.org)

Accepts private insurance, Medi-Cal, Medicare.

### UCSD Medical Center

200 W. Arbor Dr., San Diego, CA 92103  
(619) 543-6222; Emergency Room (619) 543-6400  
Website: [www.health.ucsd.edu](http://www.health.ucsd.edu)

Accepts private insurance, Medi-Cal, Medicare. If you are not on these programs, you can use emergency room services and a social worker will help you access benefits and services.

---

## HOSPITALS WITH SPECIFIC MEMBERSHIPS

---

### Kaiser Permanente San Diego Medical Center

4647 Zion Ave., San Diego, CA 92120  
(619) 528-5000; Emergency Room (619) 528-5700

Only for Kaiser members.

### Naval Hospital (Balboa)

NAVAL MED CENTER, SAN DIEGO, 2-WEST  
(INFECTIOUS DISEASE/INTERNAL MEDICINE)

34800 Bob Wilson Dr., San Diego, CA 92134-5000  
(619) 532-6400; Emergency Room (619) 532-8275  
Website: [www.nmcsd.med.navy.mil](http://www.nmcsd.med.navy.mil)

Active duty military personnel, medical retirees and their dependents. Special HIV Clinic, (619) 532-6102

## Special Infectious Disease Program (S.P.I.D.)

### SAN DIEGO VA MEDICAL CENTER

3350 La Jolla Village Dr., (MC1185), San Diego, CA 92161  
(858) 642-3180; Fax: (858) 552-4311

For members or former members of the armed forces.

## HOTLINES

---

### LOCAL

---

#### Flu Immunization Hotline

##### HEALTH & HUMAN SERVICES AGENCY (HHS)

(619) 236-2351  
North County: (760) 940-6886

#### HIV Testing Hotline

(619) 236-2352

(Se habla español)

##### INFOLINE

San Diego: (619) 230-0997  
North County coastal: (760) 943-0997  
North County interior: (760) 740-0997  
Other areas: (800) 227-0997  
TTY: (858) 300-1311

#### Legal Aid HIV Hotline

(619) 262-0896 or (619) 262-5557  
North County: (760) 722-1935

(M-F, 9am-4:45pm)

#### Project Safehouse Shelter

(619) 267-8023

(Domestic Violence)

#### San Diego Access & Crisis Line (Suicide Intervention Hotline)

(800) 479-3339

#### San Diego County Mental Health Services Crisis Line

(800) 817-5292

(24 hours)

#### Bed Availability Hotline

(800) 814-5002

(1pm-9am seven days a week)

#### Townspople (housing information)

(800) 235-8802

---

### STATE

---

#### CA AIDS Clearinghouse

(323) 845-4180

#### CA AIDS/HIV Nightline

(800) 273-AIDS

(English, Spanish, Filipino; 5pm-5am)

#### California AIDS Hotline

(800) 367-2437 or (800) 922-AIDS

Hearing-Impaired; TTY/TDD: (888) 225-AIDS

(M, W, Th, F 9am-5pm, Tu 9am-9pm, S-S 10am-6pm)

#### California Medi-Cal Health Insurance (HIPP)

(800) 952-5294; Fax: (916) 324-3065

(M-F 8am-noon, 1pm-5pm)

#### California Poison Control

(800) 876-4766

---

### NATIONAL

---

#### AIDSinfo

(800) TRIALS-A

Hearing Impaired: (888) 480-3739

(M-F 12-5pm EST)

#### AIDS/HIV Nightline

(800) 273-AIDS

(5pm-5am PST)

#### AIDS Hotline-CDC

(800) 342-AIDS (24 Hours)

Spanish: (800) 344-SIDA (8am-2am EST)

Hearing-Impaired: (800) 243-7889 (M-F 10am-10pm EST)

#### American Liver Foundation

(800) GO-LIVER

#### National Resource Helpline

(465-4837)

#### Americans With Disabilities Act

(800) 514-0301 (M-F 9am-5pm PST)

#### Hemophilia & AIDS/HIV

NETWORK FOR THE DISSEMINATION OF INFORMATION (HANDI)

(800) 424-2634

#### Hepatitis Foundation International

(800) 891-0707

#### National Association of People with AIDS

(202) 898-0414 (M-F 9am-5:30pm EST)

#### National Drug & Alcohol Treatment Referral

(800) 662-HELP

#### National Herpes Hotline

(919) 361-8488 (M-F 9am-7pm EST)

## **National Minority AIDS Council**

(202) 483-6622

## **Elizabeth Glaser Pediatric AIDS Foundation**

(888) 499-4673 (M-F 9am-5pm EST)

## **National Prevention Information Network**

(800) 458-5231

## **National STD Hotline**

(800) 227-8922 (24 hours/7 days a week)

## **Prisoner Hotline (AIDS/HIV Hotline for Prisoners)**

(718) 378-7022 (Accepts collect calls Tu-Th 3pm-8pm EST)

## **Project Inform AIDS Hotline**

(800) 822-7422 (M-F 9am-5pm, Sat 10am-4pm PST)

## **Social Security Administration**

(800) SSA-1213

## **Teen TAP (Teaching AIDS Prevention)**

### **National AIDS Hotline**

(800) 234-TEEN (M-F 4pm-8pm CST)

## **Women Alive**

(800) 554-4876 (MWF 11am-6pm PST)

## **Women Organized to Respond to Life-Threatening Diseases (WORLD)**

(510) 986-0340

---

## **AIDS DRUGS/DRUG TRIALS**

---

### **AIDSinfo**

(800) TRIALS-A (M-F 12-5pm EST)

Hearing Impaired: (888) 480-3739

### **National Institute of Health: Drug Studies**

(800) AIDS-NIH

### **Project Inform AIDS Treatment Hotline**

(800) 822-7422 (M-F 9am-5pm, Sat 10am-4pm PST)

---

# **HOUSING/ HOUSING PROGRAMS**

---

## **INFORMATION**

---

### **Townspople**

3960 Park Blvd., Suite B, San Diego, CA 92103

(619) 295-8802 or (800) 235-8802

Fax: (619) 295-4203; TTY: (619) 295-5502

Website: [www.townspople.org](http://www.townspople.org)

E-mail: [Tpeople@pacbell.net](mailto:Tpeople@pacbell.net)

Provides information about housing opportunities for people living with

HIV or AIDS county-wide, including rental assistance programs such as HOPWA, PARS and Section 8. Also provides lists of roommates and living places. Publishes Finding Affordable Housing, an annual resource manual for individuals with HIV/AIDS.

---

## **FUND MANAGEMENT**

---

### **HOPWA (Housing Opportunities for Persons with AIDS)**

#### **COUNTY OF SAN DIEGO HOUSING & COMMUNITY DEVELOPMENT (HCD)**

3989 Ruffin Rd., San Diego, CA 92123

(858) 694-8712; Fax: (858) 694-4871 or (858) 514-6509

TDD: (858) 694-4884

Website: [www.sdhcd.org](http://www.sdhcd.org)

A committee, comprised of consumers, service and housing providers, and public officials, meets every fourth Wednesday of the month to advise HCD on the planning and administration of the HOPWA federal funds.

---

## **RENTAL ASSISTANCE**

---

### **Homeowner & Renter Assistance**

#### **STATE OF CALIFORNIA FRANCHISE TAX BOARD**

(800) 338-0505; TTY/TDD: (800) 822-6268

Website: [www.ftb.ca.gov](http://www.ftb.ca.gov)

Once-a-year payment to qualified senior or disabled homeowners and renters. You must file a claim for this payment. Call or go to the website for claim forms and assistance.

### **HOPWA (Housing Opportunities for Persons with AIDS)**

#### **TENANT-BASED RENTAL ASSISTANCE PROGRAM (TBRA)**

##### **SAN DIEGO COUNTY HOUSING AUTHORITY**

3989 Ruffin Rd., San Diego, CA 92123

(858) 694-8709

Website: [www.sdhcd.org](http://www.sdhcd.org)

A rent-assistance program for low-income individuals who are HIV-symptomatic or have an AIDS diagnosis. Applications will automatically be placed on the waiting lists for the following rent-assistance programs: TBRA, City of San Diego's Section 8 Program, and the County's Section 8 Program.

### **PARS (Partial Rent Subsidy Program)**

#### **TOWNSPEOPLE**

3960 Park Blvd., Ste. B, San Diego, CA 92103

(619) 295-8802; (800) 235-8802; Fax: (619) 295-4203

### **Rental Assistance & Security Deposit Guarantee Program (RAP)**

#### **SOUTH BAY COMMUNITY SERVICES**

315 4th Ave., Ste. E, Chula Vista, CA 91910

(619) 420-3620

Services offered to people living in or moving to Imperial Beach, Coronado, Bonita, Lemon Grove and Spring Valley. For rent owed or security deposit, RAP will assist the tenant to work out a repayment schedule with the landlord and will guarantee payments.

## San Diego Housing Commission

P.O. Box 620279, San Diego, CA 92162-0279  
(619) 702-3096

Offers rental assistance to low-income residents of the city of San Diego. Section 8 is one of the programs offered. Applications must be requested in writing. An application request form is available at the Office of AIDS Coordination, (619) 515-6699 and Townspeople, (619) 295-8802

## Section 8 Housing Assistance Program

### CARLSBAD HOUSING AUTHORITY

(760) 434-2934

## Section 8 Housing Assistance Program

### CITY OF OCEANSIDE HOUSING DEPARTMENT

321 N. Nevada St., Oceanside, CA 90054  
(760) 966-4585

Disabled persons can apply by mail.

## Section 8 Housing Assistance Program

### COMMUNITY DEVELOPMENT COMMISSION OF NATIONAL CITY

140 E. 12th St., Ste. B, National City, CA 91950  
(619) 336-4250

## Section 8 Housing Assistance Program

### SAN DIEGO COUNTY HOUSING AUTHORITY

3989 Ruffin Rd., San Diego, CA 92123  
(858) 694-4801

Offers rental assistance to low-income residents outside of the city of San Diego.

---

## OTHER

---

## Greater San Diego HIV Housing Fair

### TOWNSPEOPLE

(619) 295-8802; (800) 235-8802; Fax: (619) 295-4203

Annual one-day event held in the spring, free of charge. Brings clients together with housing providers, sympathetic landlords, and housing-related service providers. Produced by Townspeople and sponsored by the Office of AIDS Coordination and other local non-profit organizations.

---

## APARTMENTS

---

## Community Housing of North County

### MARISOL APARTMENTS

(760) 432-6878 x 302

12 one-bedroom and 9 studio apartments for low-income and homeless persons with HIV/AIDS. Zero-tolerance drug policy. Maximum occupancy is two persons per unit. Applicants must meet income guidelines. Located in Oceanside.

## Mercy Services Corporation

### MERCY GARDENS APARTMENTS

(619) 255-8891

12 one-bedroom and 10 studio apartments for low-income persons disabled by HIV/AIDS. CONTACT: Rich LeMay

## South Bay Community Services

### LA POSADA APARTMENTS

(619) 420-3620

12 units for HIV/AIDS households with children. Priority given to HIV/AIDS diagnosed women with children. CONTACT: Betty Uribe

## Southern California Housing Development Corporation

### SIERRA VISTA APARTMENTS

(760) 471-1776

E-mail: [sierravista@schdc.org](mailto:sierravista@schdc.org)

5 units set aside for individuals with HIV/AIDS. Located in San Marcos. CONTACT: Luisa Herrod

## Townspeople

### WILSON AVENUE APARTMENTS

(619) 295-8802

Eight-unit complex for individuals with HIV. CONTACT: Townspeople

---

## SHELTERS

---

---

## BOARD & CARE FACILITIES

---

## Bed Availability Hotline

(800) 814-5002

Board-and-care facilities may leave message from 9am-12:30pm, M-F, for posting that afternoon. Clients, agencies, case managers, etc. may call from 1pm on for updated vacancy information.

## Fraternity House

(Escondido/San Marcos)

(760) 736-0292

Eight beds for men only. Licensed facility provides 24-hour care for persons living with HIV/AIDS.

## Michaëlle House

687 Riviera Ct., Vista, CA 92084

(760) 758-9165

Twelve beds for men & women. Licensed facility provides 24-hour care for persons living with HIV/AIDS.

---

## RESIDENTIAL HIV/AIDS GROUP HOMES

---

Some group homes can be called directly, but it is best to contact a case manager to access living arrangements.

### MEN

#### **Truax House- PACTO Latino**

(San Diego, Hillcrest)  
(619) 231-4416

Six beds for men. Transitional facility where tenants can stay for up to 6 months and pay 30% of their income toward rent and meals. Apply through case management only.

### MEN & WOMEN

#### **Casa del Sol- PACTO Latino**

(San Diego, North Park)  
(619) 563-3622

Nine beds – Four are targeted toward monolingual Spanish-speaking women, two for transgender individuals, three for men. Apply through case management only. (PACTO)

#### **Josue House**

(San Diego, College Area)  
(619) 667-2610

26 beds for men and women. Tenants pay 30% of income for shared living expenses. Those who can transition to successful independent living for nine months will receive 60% of the money they had paid while living at Josue House.

---

## DRUG AND ALCOHOL

---

#### **Enya House**

(619) 297-5622

Residential AIDS shelter for men and women in recovery (18-24 months). Houses ten clients in Hillcrest area. 30% of income, must be 60 days clean. Requires recent chest x-ray and TB test. CONTACT: Lesa Maxwell

---

## EMERGENCY SHELTER AND ASSISTANCE

---

(ALSO SEE "HOMELESS/EMERGENCY")

#### **Emergency Assistance Resource Pool (EARP)**

##### **NAMI SAN DIEGO**

4480 30th St., Ste. B, San Diego, CA 92116  
(619) 584-3113; Fax: (619) 584-5571

Provides emergency assistance (such as funds for housing, utilities, medicines, ID) for eligible persons. Access through case management programs. People who do not have a case manager can seek approval for funds on a one time basis only. Funds very limited. CONTACT: Linda Bechtel

#### **Center for Social Support & Education (CSSE)**

3960 Park Blvd., Ste. F, San Diego, CA 92103  
(619) 325-2773; Fax: (619) 574-8014  
Website: [www.csseonline.org](http://www.csseonline.org)  
E-mail: [csse@csseonline.org](mailto:csse@csseonline.org)

Support and guidance for HIV+ homeless individuals. Offers Shelter + Care, Emergency Housing.

#### **Jewish Family Service of San Diego**

Main office: 3715 Sixth Ave., San Diego, CA 92103  
(619) 229-2856; Fax: (619) 229-2852  
Website: [www.jewishfamilyservicesd.org](http://www.jewishfamilyservicesd.org)

Free psychiatric case management services to individuals with HIV who are homeless or at risk for homelessness and have mental health needs. Special focus is on the dually diagnosed, e.g., mental disorders and/or substance abuse. The program aims to assist individuals to obtain stable, permanent housing, health care and self-sufficiency. Case manager is out-stationed. Please call for an appointment. Hours are Mon.-Thu., 8:30am-5pm; Fri., 8:30-4pm.

#### **Infoline**

(619) 230-0997

Maintains a current list of vacant beds in area shelters not specifically oriented toward people with HIV. Refers to shelter or case management agencies. Mon-Fri, 8am-6pm; weekends: 9am-12pm

##### **OTHER AREAS:**

North County coastal: (760) 943-0997

North County interior: (760) 740-0997

Other areas: (800) 227-0997

TTY: (858) 300-1311

#### **Dr. Paul Manson**

##### **UNITED CHURCH OF CHRIST**

5940 Kelton Ave., La Mesa, CA 91942  
(619) 464-1519

Dr. Manson will assist with finding emergency housing. Clients must have two (2) letters of reference. Doctors, ministers or community agencies (e.g., Being Alive) may provide a reference.

#### **Uptown Faith Center**

2214 Fifth Ave., San Diego, CA 92101  
(619) 236-8077

Provides homeless and ex-inmates with assistance in locating emergency housing and food, mail boxes, ID, and job preparation. Provides occasional hygiene kits and snack lunches. Mon-Fri, 9am-1pm. TARGET: Homeless or just released from jail.

---

## OTHER HOUSING-RELATED AGENCIES

---

---

### HOUSING DISCRIMINATION

---

#### **Fair Housing Council**

(619) 699-5888; (800) 430-0303; Fax: (619) 699-5885

Promotes fair housing in San Diego with advocacy, outreach and education, technical support and referrals. Handles complaints of

discrimination from residents of San Diego, Chula Vista, National City and Encinitas. HOURS: M-Th, 7am-5pm, F, 8am-Noon.

### **Heartland Human Relations**

(619) 460-2744; Fax: (619) 460-0121

Handles Carlsbad, El Cajon, Escondido, La Mesa, Lemon Grove and Santee. Promotes education, community housing and self-sufficiency.

CONTACT: Marcie Findley

### **Tenants Legal Center**

5252 Balboa Ave., Ste. 408, San Diego, CA 92117

(858) 571-7100

Website: [www.tenantslegalcenter.com](http://www.tenantslegalcenter.com)

Renters Law Line: (858) 571-1166

Free, 24-hour tenants'-rights information service.

---

## MOVING

---

### **Helping Hands Moving Program**

#### **BEING ALIVE SAN DIEGO**

4070 Centre St., San Diego, CA 92103

V/TTY: (619) 291-1400; Fax: (619) 291-1491

Website: [www.beingalive.org](http://www.beingalive.org)

E-mail: [info@beingalive.org](mailto:info@beingalive.org)

Moving/relocation program for low-income people with HIV. The program provides volunteers, a truck, packing boxes and tape to assist with the move.

### **Community Interface Services**

#### **TRANSITION TO SELF-RELIANCE**

2621 Roosevelt St., Carlsbad, CA 92008

(760) 729-3866

Funds for one-time expenses related to moving into or maintaining an independent living situation. Examples include: security deposits, minor home modifications, adaptive equipment and household appliances/furniture.

---

## TENANT/LANDLORD DISPUTES

---

(ALSO SEE "LEGAL HELP")

### **Heartland Human Relations**

1068 Broadway, El Cajon, CA 92021

(619) 444-5700; Fax: (619) 444-5700

Covers residences in Carlsbad, El Cajon, Escondido, La Mesa, Lemon Grove and Santee. CONTACT: Marcie Findley

### **Neighborhood House Association Tenant/Landlord Hotline Information**

(619) 262-0663

Website: [www.neighborhoodhouse.org](http://www.neighborhoodhouse.org)

Housing counselors (not attorneys) will give information regarding landlord/tenant laws and guidance with procedures. They can also send copies of current state and local housing statutes. There is a charge for these services. HOURS: M-F, 8am-5pm.

### **San Diego Mediation Center**

625 Broadway, Ste. 1221, San Diego, CA 92101

(619) 238-2400; Fax: (619) 238-8041

Website: [www.mediate.com/sdmc](http://www.mediate.com/sdmc)

E-mail: [sdmc@mediate.com](mailto:sdmc@mediate.com)

Conflict-resolution service. HOURS: M-F, 9am-5pm

---

## UTILITIES ASSISTANCE

---

### **CARE (California Alternate Rates for Energy)**

#### **SAN DIEGO GAS & ELECTRIC**

(800) 411-7343

Speak with a customer representative about your home. Provides a monthly 15% discount to low-income

households.

### **FEMA/SDG&E Utility**

#### **ASSISTANCE PROGRAM INFOLINE**

(619) 230-0997

Will pay one month's bill or \$50.00, whichever is less. ELIGIBILITY: 1) Two month's arrears; 2) serious life-threatening illness; 3) temporary unemployment; 4) disabled or > 60 years; or 5) unusual hardship.

### **LIHEAP**

#### **(Low Income Home Energy Assistance Program)**

**SOUTH SAN DIEGO, SOUTH BAY**

Call MAAC on Mondays, 8-10am, at (619) 474-7576

**EAST COUNTY**

Call MAAC on Mondays, 8-10am, at (619) 588-4323

**GREATER SAN DIEGO**

Call CUI on Tuesdays at (619) 239-1380

**NORTH COUNTY**

Call CUI on Mondays at (760) 744-2155

Assistance given once per year. Priority given to the "vulnerable population," including the disabled and households with children 0 to 3 years, etc. Phone screening followed by appointment.

### **Labor Participation**

4265 Fairmount Ave., Suite 130, San Diego, CA 92105

(619) 641-0074

May provide a portion of one month's utility bill. CONTACT: Bea Avina

### **Medical Baseline**

#### **SAN DIEGO GAS & ELECTRIC**

(800) 411-7343

Website: [www.sdge.com/contact](http://www.sdge.com/contact)

E-mail: [info@sdge.com](mailto:info@sdge.com)

Available to anyone with a compromised immune system or life-threatening illness, or anyone on a life-support device. A physician's certification is necessary. Call or e-mail for an application.

# INSURANCE

(ALSO SEE "BENEFITS")

---

## HEALTH INSURANCE

---

If you are working, investigate what kinds of benefits are available in your insurance plan. Legal Services can help you compare policies, as will Rick McCauliy, an independent agent (1450 University Ave., Ste. 201, San Diego (800) 358-5898.)

**COBRA:** COBRA is a federally-mandated program that allows you to extend your group policy by picking up the premiums for as long as 18 months after you are determined to be disabled. (Employers of fewer than 20 people are not required to offer it.) You have 60 days to apply to continue the coverage. Your rate is 102% of what the employer pays.

**OBRA:** Since Medicare does not become available until two years after you become disabled, OBRA was set up to continue the COBRA coverage for another 11 months (29 months in all). OBRA is available at a rate of 150% of what the employer paid. Your employer is not obligated to offer OBRA unless your SSDI disability date predates or falls on your termination date.

---

## OTHER OPTIONS

---

- 1 **DISABILITY EXTENSION OF BENEFITS.** The extension can last a few months to a year; COBRA is not available under this option.
- 2 **CONVERSION OF YOUR GROUP POLICY TO AN INDIVIDUAL POLICY.** Premiums can be high and benefits more restricted.
- 3 **CALIFORNIA MAJOR RISK MEDICAL INSURANCE PROGRAM (MRMIP.)** This is essentially an insurance pool for the uninsurable. You will need a letter that your insurance has been denied or canceled. The amount of coverage is small; however, a 90-day waiting period is necessary.

### **CARE/Health Insurance Payment Program (CARE/HIPP) AIDS Case Management (ACM)**

#### **SAN DIEGO COUNTY HEALTH & HUMAN SERVICES AGENCY**

##### **OFFICE OF AIDS COORDINATION (OAC)**

3043 Fourth Ave., San Diego, CA 92103

(619) 296-3400; Fax: (619) 692-5533

Website: [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

Targets persons with HIV/AIDS who are at risk of losing their private health insurance but don't yet qualify for Medi-Cal. The program gives a person time for a transition into Medi-Cal HIPP. CARE/HIPP will pay for insurance premiums, provided the insurance covers prescription drugs. You must have begun the process of securing SSDI, SSI or other disability programs. Recertification occurs every 3 months for a maximum of 15 months. To be eligible you must be referred by a case manager certified in CARE/HIPP.

### **Health Insurance Premium Payment (HIPP)**

#### **THIRD-PARTY LIABILITY BRANCH/HEALTH INSURANCE SECTION**

#### **CALIFORNIA DEPARTMENT OF HEALTH SERVICES**

P.O. Box 1287, Sacramento, CA 95812-1287

(800) 952-5294

A state program designed to pay private insurance premiums, but only if applicants can qualify for Medi-Cal. The insurance must cover such conditions as AIDS, psychosis, cancer heart disease and organ transplant. To be eligible you must be a current Medi-Cal recipient, have current health insurance coverage or COBRA continuation, have a policy that does not include your diagnosis or one that is provided through California Major Risk Medical Insurance, and not be eligible for Medicare.

### **Health Insurance Portability & Accountability Act (HIPAA)**

#### **U.S. DEPARTMENT OF LABOR, PENSION & WELFARE BENEFITS ADMINISTRATION**

(800) 998-7542

Website: [www.dol.gov/dol/pwba](http://www.dol.gov/dol/pwba)

This act guarantees, in most cases, access to individual health coverage once group employer coverage is lost. It also prohibits employer health plans from denying enrollment due to a pre-existing medical condition.

### **Lanz Insurance Services, Inc.**

1450 University Ave. Suite 201, San Diego, CA 92103

(619) 298-9191

Very HIV-friendly insurance specialists working with clients since 1988.  
CONTACT: Rick or Steve Lanz

---

## LIFE INSURANCE

---

Life insurance can be a good way of taking care of yourself. Some policies provide not only a death benefit but a way of building up savings. New companies willing to buy insurance policies may even allow you to get cash from your life insurance while you are living. If you work for a large employer, you may acquire coverage almost automatically. If you work for a small company or attempt to buy individual insurance, it can be more difficult since life insurance companies can test for HIV.

---

## SOME OPTIONS

---

- 1 Waiver of premium. Due to disability you would not be required to pay premiums.
- 2 Conversion of your company's existing group life insurance policy into an individual policy. You have 31 days to file.
- 3 Sale of your policy for a percentage of its cash value, known as a Viatical Settlement (see below.)

---

## VIATICAL COMPANIES

---

People with shortened life expectancies now have the ability to access moneys in their life insurance policies while they are still alive. The selling of a life insurance policy for money is called a viatication. With a sale, the insured (the seller) sells ALL rights and obligations, with respect to the policy, to the purchaser. A tax advisor should be consulted before selling a policy. Selling a policy may also affect eligibility for Social Security, food stamps, Medi-Cal and other federal and state programs.

**THE LISTINGS ON THE FOLLOWING PAGE ARE NOT  
ENDORSEMENTS FOR ANY ONE COMPANY...YOU MUST  
INVESTIGATE THEM ON YOUR OWN.**

### **Living Funds, Inc.**

(800) 835-2006  
Massachusetts

*Members of the Viatical Association of America*

All VAA member companies have pledged to either obtain a license or other authorization to do viatical business. Please inquire if the companies you talk to have a license for your state. Currently, only CA, KS, NY, NC, ND, OR, TX, VT & WA require viatical settlement companies to have a license or have an application filed in order to conduct business.

### **Assignable Life Assets**

(800) 334-3211  
Winter Park, FL

### **Estate Trust, Inc.**

(800) 456-5100  
Baltimore, MD

### **Fiedler Financial**

(800) 905-0114  
Sausalito, CA

### **Individual Benefits, Inc.**

(800) 800-3264  
Greensboro, NC 27409

### **Legacy Benefits Corporation**

(800) 875-1000  
New York, NY

### **Life Benefactors, L.P.**

(619) 688-5920  
3900 5th Ave., Ste. 200, San Diego, CA 92103

### **Neuma, Inc.**

(800) 457-7828  
Lincolnwood, IL

### **Portsmouth Financial Group, Inc.**

(800) 250-3230  
Atlanta, GA

### **Viaticus, Inc.**

(800) 390-1390  
Chicago, IL

## LAUNDRY

### **Auntie Helen's Laundry & Thrift**

4028 30th St., San Diego, CA 92104  
(619) 584-8438; Fax: (619) 584-8968  
Website: [www.auntiehelens.org](http://www.auntiehelens.org)

Provides free laundry service including pick-up and delivery, emergency clothing, and free medical equipment for people diagnosed with AIDS. Client must have letter from case manager stating the need for services. Accepts any resalable item for the thrift shop, especially wheelchairs, canes and walkers. Service area: Central San Diego and parts of county. CONTACT: Bob Stanley, Rocky Thomas  
HOURS: Tuesday-Saturday, 10am-5pm

## LEGAL HELP

It is always a good idea to talk with a lawyer before dealing with matters such as discrimination, bankruptcy, landlord/tenant problems, wills and powers of attorney for health or financial affairs, a physician's directive, or debtor-creditor problems. Often a lawyer will be able to help you avoid problems and protect your legal rights.

Going through the legal system without legal guidance or assistance can cause many unnecessary problems. This is especially true for HIV-positive individuals. The following agencies provide free legal services for people living with HIV.

### **San Diego Volunteer Lawyer Program**

#### **AIDS LEGAL CLINIC**

625 Broadway, Suite 925, San Diego, CA 92101  
(619) 235-5656 x 105, 106.

Provides legal services to HIV/AIDS community. The Clinic is funded by federal and state government as well as by private entities and individuals. All of the funding sources require that free legal services be provided only to HIV positive individuals meeting certain income guidelines.

The Clinic provides advice and/or assistance on a variety of subjects including, but not limited to, estate planning, landlord/tenant disputes, bankruptcy and other debtor/creditor problems, insurance difficulties, family law questions, discrimination situations, tax issues, confidentiality concerns, Social Security appeals, guardianship and conservatorship proceedings, small-claims filings, and traffic tickets. Advice and/or assistance is given only to individuals who can provide proof of diagnosis and income. Individuals will usually be referred to other agencies and resources outside of the Clinic if the Clinic is unable to provide advice or assistance on a particular subject. The Clinic also operates periodically at the following satellite locations. The Clinic will conduct a home or hospital visit when appropriate.

**San Diego Volunteer Lawyer Program  
AIDS Legal Clinic Satellite Locations:**

CENTRAL

### **University Christian Church**

3900 Cleveland Ave., # 104, San Diego, CA 92103  
(619) 235-5656 x105, 106

Each Monday 5:30-7pm. Parking to side and rear of church. Bring verification of diagnosis, income, and all documents/info relevant to legal problem. CONTACT: Linda Cory Allen or Jerry Sanders

### **Christie's Place**

2440 Third Ave., San Diego, CA 92103  
(619) 702-4186; Fax: (619) 702-5924  
Website: [www.christiesplace.org](http://www.christiesplace.org)

By appointment. Call Christie's Place, or the Legal Clinic at (619) 235-5656 x105, 106.

### **NORTH COUNTY**

#### **Being Alive North County Resource Center**

804 Pier View Way, Oceanside, CA 92054  
(760) 439-6908 or (619) 235-5656 x 105, 106

2nd Wednesday every other month. CONTACT: Dennis Finnell, or the Legal Clinic at (619) 235-5656 x105, 106.

### **SOUTH BAY**

#### **CASA (Coordinated Assistance Services Advocacy)**

##### **SAN YSIDRO HEALTH CENTER**

(next to Mental Health trailer)  
4004 Beyer Blvd., San Ysidro, CA 92173  
(619) 662-4161; Fax: (619) 662-4109  
Website: [www.syhcc.org](http://www.syhcc.org)

Designated Fridays each month. For more information call the Volunteer Lawyer Program, (619) 235-5656 x105, 106.

### **SOUTHEAST**

#### **Neighborhood House Association (NHA)**

286 Euclid Ave., Ste. 310, San Diego, CA 92104  
(619) 266-9400 x 119  
Website: [www.neighborhoodhouse.org](http://www.neighborhoodhouse.org)

Designated Wednesdays by appointment. CONTACT: Neighborhood House Association or the Legal Clinic

For more information call (619) 235-5656 x105, 106

#### **S.E.A.R. Center (Southeast Abundant Resources Center)**

324 N. 47th St., San Diego, CA 92102  
(619) 264-7351; Fax: (619) 264-3540

Designated Thursdays every other month. CONTACT: Carolyn Nevins, or the Legal Clinic at (619) 235-5656 x105, 106

---

### **GENERAL LEGAL HELP**

---

#### **Legal Aid Society of San Diego (LASSD)**

110 S. Euclid Ave., San Diego, CA 92114  
(619) 262-5557; Fax: (619) 262-0896  
Website: [www.lassd.org](http://www.lassd.org)

LASSD Services: Public benefits, criminal law, housing and eviction matters, consumer fraud, health benefits, and immigration concerns. LASSD does not normally prepare estate planning documents. Home visits for clients are available upon request. HOURS: M-F, 9am-5pm.

### **Peaceful Transitions**

3636 Fourth Ave., Ste. 210, San Diego, CA 92103  
(800) 64-PEACE (647-3223); Fax: (858) 546-0956  
E-mail: [PeacefulTr@aol.com](mailto:PeacefulTr@aol.com)

Offers drafting and review of living wills (natural death declarations), powers of attorney for health care, and related directives concerning health care. Provides referrals to estate-planning attorneys. Sliding-scale fees.

---

### **OTHER SOURCES**

---

#### **ACLU**

P.O. Box 87131, San Diego, CA 92138  
(619) 232-2121

M-F, 9am-Noon, 1-5pm. Inquiries by phone only. No fee.

#### **North County Lawyer Referral**

(760) 758-4755

For fee-generating cases.

#### **San Diego County Bar Association**

1333 Seventh Ave., San Diego, CA 92101  
(619) 231-8585; (800) 464-1529; Fax: (619) 338-0042

For fee-generating cases.

---

### **HOTLINES**

---

#### **Americans with Disabilities Hotline**

(202) 514-0301

---

### **NOTARY PUBLIC**

---

#### **Susan Adkisson**

(619) 296-0555

By appointment on Wed. and Fri. evenings. Weekends, call (619) 562-7784.

#### **George Delgado**

##### **PARK BOULEVARD PHARMACY**

3904 Park Blvd., San Diego, CA 92103  
(619) 395-3109

#### **John Keasler**

(619) 491-0779

#### **Life Benefactors**

(619) 688-5920

Free notary services for clients of Being Alive. Call for an appointment.

#### **PROCABI (Bi-National AIDS Advocacy Project)**

2860 North Park Way, San Diego, CA 92104  
Phone/Fax: (619) 235-6151  
Website: [www.baap.org](http://www.baap.org)  
E-mail: [info@procab.org](mailto:info@procab.org)

Free notary services for people with HIV. Call for an appointment.

# NEWSLETTERS/BOOKS

(ALSO SEE "EDUCATION/INFORMATION" AND "HOTLINES.")

---

## NEWSLETTERS

---

Newsletters often provide the latest information about HIV/AIDS at little or no cost for people with HIV. Subscribing to a few of them is a good idea.

---

### LOCAL

---

#### **Being Alive San Diego**

(619) 291-1400

free, quarterly

#### **HIV Housing San Diego**

(619) 295-8802

free, semi-annually

#### **Holistic AIDS Response**

(619) 718-6401

free, quarterly

---

### NATIONAL

---

#### **AIDS Clinical Care**

(800) 843-6356

#### **AIDS Treatment News**

(800) 873-2812

\$120/Yr., semi-monthly

#### **Being Alive Los Angeles**

(310) 289-2551

free, monthly

#### **The Center - Orange County\***

(714) 534-0862

quarterly

#### **BETA**

(800) 707-BETA

\$55/Yr., quarterly

#### **Critical Path AIDS Project\***

(215) 545-2212

donation, semi-annually

#### **HIV/AIDS Treatment Directory\***

(800) 38-AmFAR

\$55/Yr., semi-annually through CDC National Prevention Information Network (800) 458-5231

#### **LAP Notes (Lesbian AIDS Project)**

(212) 337-3532

#### **Medical Alert (NAPWA)\***

(202) 898-0414

free, bi-monthly

#### **NATAP Reports**

(212) 219-0106

#### **Notes from the Underground\***

(212) 255-0520

\$40/Yr., bi-monthly

#### **P.I. Perspective**

(800) 822-7422

donation, two to three times/year

#### **Positively Aware\***

(773) 404-8726

\$25/Yr., monthly

#### **PWA Newsline**

(800) 828-3280

donation, monthly

#### **Searchlight\* (AIDS ReSearch Alliance)**

(310) 358-2423

\$35 donation, quarterly

#### **TAG Line (Treatment Activist Group)**

(212) 924-3935

#### **Treatment Issues (GMHC)\***

(212) 337-3695

free to PWAs, monthly

#### **Treatment Review**

(800) 734-7104

#### **Wise Words (HIV+ Women)**

PROJECT INFORM

(800) 822-7422

#### **WORLD (HIV+ Women)**

(510) 986-0340

\*Denotes free or reduced rate for people with HIV/AIDS

---

## BOOKS

---

#### **Biography**

- *Borrowed Time*, Paul Monette
- *Someone Was Here*, George Whitmore
- *Surviving AIDS*, Michael Callen
- *Caregiving AIDS Caregiver Handbook*, Ted Eidson

## Death & Dying

- *Final Exit*, Derek Humphrey
- *On Death and Dying*, Elizabeth Kubler-Ross

## General Information/Self-Care

- *The AIDS Dictionary*, Sarah Barbara Watstein
- *Healing HIV: How to Rebuild Your Immune System*, Jon Kaiser, M.D.;
- *The HIV Wellness Sourcebook: An East-West Guide to Living Well with HIV/AIDS*, Misha Ruth Cohen, OMD, L.Ac., with Kalia Doner
- *Living Well with HIV & AIDS*, Allen L. Gifford, Kate Loring, Diana Laurent and Virginia González
- *Living with AIDS: A Self-Care Manual*, AIDS project, Los Angeles, Call APLA (213) 993-1600

## History

- *And the Band Played On*, Randy Shilts

## Holism

- *Healing AIDS Naturally*, Lawrence Badgley

## Medical

- *Complete Guide to Drugs*, H. W. Griffith
- *Dorlands Medical Dictionary*; Physicians Desk Reference 2000

## Nutrition

SEE THE BOOKS/VIDEOTAPES SECTION UNDER "NUTRITION"

## Positive Thought

- *AIDS Book*, Louise Hay
- *Head First*, Norman Cousins
- *It's Never About What It's About: What We Learned While Waiting to Die*, Krandall Kraus and Paul Bonja
- *Love, Medicine, and Miracles*, Bernie Siegal.

## Resources

- *HIV/AIDS Resources – A Nationwide Directory*, (800) 343-6681

## Safer Sex/Transmission

- *What you can do to avoid AIDS*, Magic Johnson

---

## MAGAZINES

---

- *A&U (Art & Understanding)*, the International Magazine about Literature and Art about AIDS, \$24.95/12 issues/year, (800) 841-8707. Free at Being Alive San Diego and other locations.
- *Hepatitis Magazine*, \$20/6 issues/year, (800) 792-6397 ext. 133
- *POZ*, \$24.95/12 issues/year, (212) 242-2163. Available quarterly in Spanish. Free at Being Alive San Diego and other locations.

# NUTRITION

---

## NUTRITIONISTS AND NUTRITIONAL COUNSELING

---

### The American Dietetic Association

(800) 877-1600  
Website: [www.eatright.org](http://www.eatright.org)

### Ciaccio Memorial Clinic

#### NORTH PARK FAMILY HEALTH CENTER

3544 30th St., San Diego, CA 92104  
(619) 515-2587; Fax: (619) 683-7588  
Website: [fhcsd.org](http://fhcsd.org)

Dietitian available.

### HIV Resources – Nutrition Resources

Website: [www.hivresources.com/Nutrition.htm](http://www.hivresources.com/Nutrition.htm)

### Natural Alternatives

#### CARL MATTINA, PH.D., NHD

3635 Texas St., San Diego, CA 92104  
Phone/Fax: (619) 692-9658  
Website: [drcarl.org](http://drcarl.org)  
E-mail: [info@drcarl.org](mailto:info@drcarl.org)

As a Doctor of Natural Health and a Nutritional Wellness Coach, Dr. Mattina can assist you in taking a productive role in your own healing and health maintenance. Learn how natural health methods support the immune system and promote optimum response. Investigate the power of herbs and enjoy a lifestyle overhaul. Learn to open your mind to new ideas, naturally. Sliding-scale fees.

### North County Health Services (NCHS)

150 Valpreda Rd., San Marcos, CA 92069  
(760) 736-6767; Fax: (760) 736-6782  
Website: [www.nchs-health.org](http://www.nchs-health.org)

Dietitian available.

### San Diego American Indian Health Center

2630 First Ave., San Diego, CA 92103  
(619) 234-2158

Dietitian available.

### San Ysidro Health Center

4004 Beyer Blvd., San Ysidro, CA 92173  
(619) 662-4161; Fax: (619) 662-4109  
Website: [www.syhc.org](http://www.syhc.org)

Nutritionist available.

### UCSD Antiviral Research Center (AVRC)

150 W. Washington St., Ste. 100, San Diego, CA 92103  
(619) 543-8080; Fax: (619) 298-0117  
Website: [www.AVRCtrials.org](http://www.AVRCtrials.org)

An dietitian for adults and a pediatric dietitian are available.

---

## VITAMINS

---

Multivitamins are available under the Ryan White CARE Act with a doctor's prescription at most pharmacies. For those who cannot qualify under the CARE Act, your physician may be able to request vitamins through your insurer's appeals process. Some pharmacies offer vitamins as a free service to their regular customers; most of the local pharmacies listed in the "Pharmacies" section will provide a free multivitamin with a doctor's prescription.

---

## STORES/SUPPLIES

---

(ALSO SEE "BUYERS' CLUBS")

Ranchos Organicos, Henry's and OB People's sell organic food and special products. Trader Joe's sells frozen foods without preservatives.

### Gold Coast Medical Services

(858) 505-0900; (800) 448-1784  
Fax: (858) 505-0901, (877) 827-2374

Supplies nutritional supplements to Medi-Cal clients. Free nutritional consultation and home delivery.

### Price Rite (formerly Option Care San Diego)

(877) 300-9033  
Marie Kohler (858) 860-2068

Liquid nutritional supplement. Well-versed with insurance.

### Shield Health Care

4340 Viewridge Ave., Suite C, San Diego, CA 92123  
(619) 565-8833

Supplies nutritional supplements. Client must have medical need – HIV/AIDS, prescription from doctor. Medi-Cal/Medicare and private insurance accepted. Home Delivery: all orders are made over the phone.

---

## BOOKS/VIDEOTAPES

---

- *APLA's Living with AIDS: A Self-Care Manual*, (213) 993-1600
- *Boosting Your Immune System* by Nancy Corbett
- *Built to Survive: A Comprehensive Guide to the Use of Anabolic Steroids, Nutrition and Exercise for HIV Therapy* by Nelson R. Vergel and Michael Mooney
- *Cooking for Life: A Guide to Nutrition and Food Safety for the HIV-Positive Community* by Robert H. Lehmann
- *Eat Well, Think Well, Feel Well* by Metropolitan AIDS Neighborhood Nutrition Alliance
- *Food for Life: A Guide for People with HIV* by Fawn Morgan, Impact AIDS, Inc.
- *Nutrition and HIV: A New Model for Treatment* by Mary Romeyn, M.D.
- *Prescription for Nutritional Healing A to Z to Supplements* by James F. Balch, M.D. and Phyllis A. Balch
- *Surviving with AIDS; Nutritional Co-Therapy* by Wayne Callaway, M.D.
- *Total Health* by Karen Masterson
- *Eating Defensively, Food Safety for People with HIV/AIDS*, National AIDS Information Clearinghouse (800) 458-5231, \$12. Printed pamphlet free.

## PEOPLE OF COLOR

(ALSO SEE "CASE MANAGEMENT," "CLINICS," "SUPPORT GROUPS" & "HOTLINES")

---

## GENERAL PROGRAMS

---

---

### NATIONAL

---

### NMAC (National Minority AIDS Council)

1931 Thirteenth St., N.W., Washington DC 20009  
(202) 483-6622; Fax: 202-483-1135

Develops leadership in people of color in community based organizations.

---

### LOCAL

---

### Outreach to Women of Color WIC (Women, Infants, & Children)

#### AMERICAN RED CROSS

Website: [www.sdarc.org](http://www.sdarc.org)  
E-mail: [wic@sdarc.org](mailto:wic@sdarc.org)  
5911 University Ave., San Diego, CA 92115  
(800) 500-6411

Special outreach program for women of color (low income, pregnant and lactating women.) Information about HIV services. Be ready to give your zip code so that you may be referred to the clinic nearest you.

### Christie's Place

2440 Third Ave., San Diego, CA 92103  
(619) 702-4186; Fax: (619) 702-5924  
Website: [www.christiesplace.org](http://www.christiesplace.org)

### In the Mix (YMSMOC: Young Men who have sex with Men of Color)

#### THE CENTER - HILLCREST (MAIN OFFICE)

3909 Centre St., San Diego, CA 92103  
(619) 497-2920 x 114  
Website: [www.thecentersd.org](http://www.thecentersd.org)  
E-mail: [lcervantes@thecentersd.org](mailto:lcervantes@thecentersd.org)

A collaboration among The Center, Family Health Centers of San Diego and San Diego Youth and Community Services, In the Mix has as its goal the reduction of HIV transmission in young men of color. Specific components include recruitment of popular opinion leaders, prevention case management, peer education and street- and venue-based outreach. CONTACT: Lorenzo Cervantes, Health Educator

### North County Health Services (NCHS)

#### COMMUNITY CASE MANAGEMENT PROGRAM

150 Valpreda Rd. Ste. 211, San Marcos, CA 92069  
(800) 347-7604; Fax: (760) 736-3210  
Website: [www.nchs-health.org](http://www.nchs-health.org)

Provides multi-lingual/multi-cultural anonymous and confidential HIV testing, case management, dental services, AIDS education and outreach, counseling, WIC supplemental program and primary medical care.

## **Positive Action (+Action)**

### **THE CENTER – HILLCREST (MAIN OFFICE)**

3909 Centre St., San Diego, CA 92103

(619) 692-2077 x 133

Website: [thecentersd.org](http://thecentersd.org)

E-mail: [comments@thecentersd.org](mailto:comments@thecentersd.org)

A Primary Prevention with Positives (P3) program, Positive Action is a collaboration of The Center, APICAP and CSSE. It provides prevention education and support to people living with HIV/AIDS through ongoing groups, workshops, social events, outreach, condom distribution and more. Please call for more information. CONTACT: Carolyn Hunt, Program Coordinator, [chunt@thecentersd.org](mailto:chunt@thecentersd.org)

### **HIV Neurobehavioral Research Center (HNRC)**

150 W. Washington St., San Diego, CA 92103

(619) 543-5045

Website: [hnrc.ucsd.edu](http://hnrc.ucsd.edu)

Several research and clinical studies recruiting people of color with past crystal meth use and/or problems with memory due to HIV. CONTACT: Teresa

---

## **AFRICAN AMERICAN**

---

### **Center for Social Support & Education (CSSE)**

3960 Park Blvd., Ste F, San Diego, CA 92103

(619) 325-2773 or (800) 305-2773; Fax: (619) 574-8014

Website: [www.csseonline.org](http://www.csseonline.org)

E-mail: [csse@csseonline.org](mailto:csse@csseonline.org)

Offers support groups, group/individual counseling, Living with HIV/AIDS workshops, personal hygiene packets, HIV health education, risk reduction and prevention workshops, peer counseling, referral network, social functions, emergency and transitional housing, computer resource room, voice mail services, READ San Diego Literacy program and community outreach. HOURS: M-F, 10am-6pm

### **Neighborhood House Association (NHA)**

#### **HIV/AIDS SERVICES**

286 Euclid Ave., Suite 310, San Diego, CA 92114

(619) 266-9400; Fax: (619) 243-2281

Website: [www.neighborhoodhouse.org](http://www.neighborhoodhouse.org)

NHA-HIV/AIDS services provides comprehensive, culturally competent case management, peer support and advocacy for people of color with a special emphasis on African Americans and Latinos; to insure access to new treatments and related support services that will help individuals and families remain in care. Case management includes services for recently released from jail or prison.

### **Project Rakifi**

#### **S.E.A.R. CENTER (SOUTHEAST ABUNDANT RESOURCES CENTER)**

324 N. 47th St., San Diego, CA 92102

(619) 264-3584

HIV prevention program which targets African-American men who have sex with men. Prevention case management, group intervention and community outreach are components of the program. CONTACT: Lorenzo Herman

## **Project Truth**

### **SAN DIEGO URBAN LEAGUE HIV PROGRAM**

720 Gateway Center Dr., San Diego, CA 92102

(619) 263-3115

Street outreach, education, risk reduction (injection drug) HIV-advocacy project Information/Referral: Brochures & wallet cards to homeless/transients. While African Americans are targeted, everyone is welcome. CONTACT: Allan Hazzard

### **S.E.A.R. Center (Southeast Abundant Resources Center)**

324 N. 47th St., San Diego, CA 92102

(619) 264-7351; Fax: (619) 264-3540

Infant resources, personal hygiene items for women, case management, support groups, spiritual support and alcohol/drug referral. HIV testing is offered on Wednesdays from 1-4pm. For all people infected with HIV, but targeting African Americans. Facility is near the 47th St. trolley station.

HOURS: Mon-Thurs, 9am-5pm; Fridays, 9am-4pm (by appointment only)

CONTACT PERSON: Carolyn Nevins or Clastenia Warren

---

## **ASIAN PACIFIC ISLANDER**

---

### **Asian Pacific Islander Community**

#### **AIDS PROJECT (APICAP)**

4776 El Cajon Blvd., Ste. 205, San Diego, CA 92115

PO Box 89174, San Diego, CA 92138

(619) 229-2822, 229-2828, pager: 652-8224

Fax: (619) 229-2831

Website: [www.apicap.org](http://www.apicap.org)

Provides advocacy, support groups, social activities, speakers bureau, emergency transportation, home/hospital visit and volunteer opportunities.

### **API 2 Eye**

#### **THE CENTER – HILLCREST (MAIN OFFICE)**

3909 Centre St., San Diego, CA 92103

(619) 497-2920 x 107

Website: [www.thecentersd.org](http://www.thecentersd.org)

E-mail: [jwong@thecentersd.org](mailto:jwong@thecentersd.org)

A collaboration among The Center, the Asian Pacific Islander Community AIDS Project (APICAP) and the University of California at San Francisco, API 2 Eye is an HIV prevention project targeted toward API young men aged 15 to 24. Using street- and venue-based outreach, discussion groups and small and large social events, API 2 Eye seeks to build skills and motivation toward safer sex behaviors. CONTACT: Johnny Wong or Asher Santos ([asantos@thecentersd.org](mailto:asantos@thecentersd.org)), Coordinators

### **API-HIV (e-mail list)**

E-mail: [etta@apiahf.org](mailto:etta@apiahf.org)

Information and ideas around HIV prevention and research in the API communities. Indicate (in your message) your interest in being included on this list.

### **Operation Samahan, Inc.**

10737 Camino Ruiz, Ste 100, San Diego, CA 92126  
(858) 578-4220

### **Operation Samahan, Inc./South Bay**

2743 Highland Ave., National City, CA 91950  
(619) 474-2284

Health Clinic. Hours M-Th, 8:30am-8pm, Fri, 8:30am-5pm, Sat, 8:30am-3pm. Accepts Ryan White, Medicare, Medi-Cal, CMS. Member of Sharp Health Plan. HIV testing Mon, 5p-8p. Call for availability of interpreters.

### **UPAC Counseling & Treatment Center**

1031 25th, San Diego, CA.  
(619) 235-4282  
Website: [www.upacsd.com](http://www.upacsd.com)

### **UPAC San Diego**

#### **BILINGUAL TELECOMMUNICATION PROJECT**

(619) 235-4305  
Website: [www.upacsd.com](http://www.upacsd.com)

### **UPAC Pan-Asian Alcohol & Drug Treatment Program**

3288 El Cajon Blvd., San Diego, CA 92104  
(619) 571-5720  
Website: [www.upacsd.com](http://www.upacsd.com)

---

## **LATINO**

---

### **Bienestar**

3020 North Park Way, San Diego, CA 92104  
(619) 295-2192; Fax: (619) 295-2513

Offers a wide variety of educational and support groups in areas such as disease prevention, transgender concerns and PFLAG en español. HIV testing is available Thursdays from 5:00 to 7:00pm.

### **CASA (Coordinated Assistance Services Advocacy)**

#### **SAN YSIDRO HEALTH CENTER**

4004 Beyer Blvd., San Ysidro, CA 92173  
(619) 662-4161; Fax: (619) 662-4109  
Website: [www.syhc.org](http://www.syhc.org)

Provides a variety of HIV services including case management, benefits counseling, legal services, nutritional advice, treatment information, complementary therapies, drug and alcohol counseling, mental health services, Spanish language interpretation services, a drop-in center and more.

### **Christie's Place**

2440 Third Ave., San Diego, CA 92103  
(619) 702-4186; Fax: (619) 702-5924  
Website: [www.christiesplace.org](http://www.christiesplace.org)

A support center for women, children and families living with HIV/AIDS. Christie's Place focuses on women's and children's issues and offers support groups, mental health counseling, family advocacy, the "Friends for Life" Peer Mentor program, computer lab, educational workshops, on-site childcare, hygiene products, diapers and other services.

### **Latino Commission on AIDS**

24 W. 25th St., 9th Fl., New York City, NY 10010  
(212) 675-3288; Fax: (212) 675-3466  
Website: [www.latinoaids.com](http://www.latinoaids.com)

### **Latino Coordinated Services Center**

3524 30th St., San Diego, CA 92104  
(619) 515-2579; Fax: (619) 297-1943  
Website: [www.fhcsd.org](http://www.fhcsd.org)

A drop-in center for HIV-infected and -affected individuals. Provides free counseling to Ryan White eligible clients and their family members. Also accepts Medi-Cal, Medicare, Champus, Sharp and payments based on income (sliding fee scale). Services offered include case management, return-to-work assistance, peer advocacy, HIV testing and assisted referrals to primary health care and dental health services. Affiliated with Family Health Centers of San Diego.

### **Logan Heights Family Health Center**

1809 National Ave, San Diego, CA 92113  
(619) 515-2300  
Website: [fhcsd.org](http://fhcsd.org)

Provides HIV-related services: bilingual/bicultural anonymous or confidential HIV antibody testing, HIV case management (also bilingual/bicultural,) dental services, AIDS education and street outreach, and primary medical care and early intervention. Part of the Family Health Centers of San Diego network of clinics.

### **PACTO Latino AIDS Organization**

P.O. Box 86793, San Diego, CA 92138  
(619) 563-3622; Fax: 563-3902  
Website: [www.pactolatino.org](http://www.pactolatino.org)  
E-mail: [info@pactolatino.org](mailto:info@pactolatino.org)

PACTO Latino AIDS Organization provides support groups and housing shelters for men and women. Targeted toward monolingual Spanish speakers and/or transgendered individuals, although everyone is welcome.

### **Positivo Activo y Vivo (Preventions for Positives Program for Latino Gay Men)**

#### **CASA (COORDINATED ASSISTANCE SERVICES ADVOCACY)**

4004 Beyer Blvd., San Ysidro, CA 92173  
(619) 662-4161; Fax: (619) 662-4109  
Website: [www.syhc.org](http://www.syhc.org)

The Positivo Activo y Vivo program is designed to help HIV+ gay Latinos reduce their risk of infecting others or becoming re-infected and to provide a safe space where participants can share and analyze sexual experiences. Participants first enter a closed four-week group in which the sexual behaviors of each participant are explored. Thereafter they join an open group which every week covers a different topic related to sexuality. Program is in Spanish.

### **PROCABI (Bi-National AIDS Advocacy Project)**

2860 North Park Way, San Diego, CA 92104  
Phone/Fax: (619) 235-6151  
Website: [www.baap.org](http://www.baap.org)  
E-mail: [info@procab.org](mailto:info@procab.org)

Offers support groups, immigration/asylum information, counseling and social activities.

---

## E-MAIL LISTS AND CHAT ROOMS

---

All lists are in Spanish. To subscribe to a list, send an e-mail message to its address. Type "subscribe" and then the name of the list.

### **CDC National STD/AIDS Hotlines American Social Health Association**

wagner.ashastd.org/chat/world/html/logintest.html

### **GentePoz**

E-mail: lists@web-depot.com

Your message should be "subscribe gentepoz."

### **sida-ets**

E-mail: listasrcp@listas.rcp.net.pe

Your message should be "subscribe sida-etsend."

### **Veihache**

E-mail: majordomo@listas.netverk.com.ar

Your message should be "subscribe veihache."

---

## NATIVE AMERICAN

---

### **San Diego American Indian Health Center**

2630 First Ave., San Diego, CA 92103

(619) 234-2158

2602 First Ave., #100, San Diego, CA 92103

(619) 234-0648

Website: www.sdaihc.org

The 2630-location offers HIV case management, medical and dental care, free HIV antibody testing, outreach and HIV prevention and education. The 2602-location provides mental health services and alcohol- and substance-abuse counseling for people with HIV.

### **Indian Health Council Clinic**

P.O. Box 406, Pauma Valley, CA 92061

(760) 749-1410

(800) 748-1410; Fax: (760) 749-2151

### **Southern Indian Health Council**

4058 Willows Rd., Alpine, CA 91901

(619) 445-1188

---

## HOTLINES

---

### **AIDS Hotline-Southern California**

(800) 400-SIDA

### **AIDS Hotline-CDC National**

(800) 344-7432

### **National Minority AIDS Council**

(202) 483-6622

## PETS

### **PAWS San Diego County**

#### **MAIN OFFICE:**

P.O. Box 300467, Escondido, CA 92030

(760) 743-8233

#### **VISTA OFFICE:**

Dorothy McClellan Senior Center,

1400-B Vale Terr., Vista, CA 92084

(760) 630-7297; Fax: (760) 941-1467

#### **SAN DIEGO (PT. LOMA) OFFICE:**

3740 W. Point Loma Blvd., San Diego, CA 92110

(619) 222-7279

Website: www.pawssdcountry.org

Tax-exempt volunteer-driven organization dedicated to making it possible for low-income pet owners disabled by serious, acute or chronic illness and/or advanced age to keep their companion animals. Services include foster care, exercise, reduced-cost veterinary care, nutritious supplies and referral to social and animal-related services.

### **Spaying/neutering for cats**

(800) 655-2862

Medi-Cal recipients can have their cats spayed or neutered for free. Call to find a participating veterinarian. You will need to show your Medi-Cal card at the appointment.

### **Sunset Cliffs Animal Hospital**

4741 Point Loma Ave., San Diego, CA 92107

(619) 224-0773

Offers 15% discount to clients with HIV/AIDS. CONTACT: Dr. Berg

## PHARMACIES/MEDICAL SUPPLIES/WHEELCHAIRS/ DISABLED SERVICES

---

### PHARMACIES/DRUG PROVIDERS

---

(ALSO SEE "DRUGS")

### **AIDS Drug Assistance Program (ADAP)**

SAN DIEGO COUNTY HEALTH & HUMAN SERVICES AGENCY (HHS)

OFFICE OF AIDS COORDINATION (OAC)

3043 Fourth Ave., San Diego, CA 92103.

(619) 296-3400 x174; Fax:296-2688

Website: www.sdcounty.ca.gov

Free AIDS-related drugs for people with low incomes. See entry under "Drugs."

### **Alvarado Community Pharmacy**

6367 Alvarado Ct., #109, San Diego, CA 92120

(619) 287-7697

Independent pharmacy providing professional prescription services. Free delivery anywhere in San Diego County. Accepts Medi-Cal, Ryan White, ADAP and most other insurances. HOURS: M-F, 9am-6pm; Saturday, 9am-1pm

### **Community Medical Pharmacy**

750 Medical Center Ct., Ste. 1, Chula Vista, CA 91911  
(619) 421-1131

Compounding pharmacy that offers free delivery throughout central and southern San Diego County. Most insurance accepted. HOURS: M-F, 9am-6pm

### **Community Prescription Center**

640 University Ave., San Diego, CA 92103  
(619) 295-6688; Fax: (619) 294-3388  
Website: [www.cpcrx.com](http://www.cpcrx.com)

Gay-owned and operated. Full-service pharmacy that accepts most insurance, including: Medi-Cal, ADAP, Ryan White and CMS. Free local delivery, overnight deliveries. Bilingual staff. Peer advocacy. "We give great customer service, and we make friends – not numbers." HOURS: M-F, 9am-7pm; Saturday, 10am-2pm

### **Community Prescription Service**

P.O. Box 1937, New York, NY 10113-1937  
Website: [www.prescript.com](http://www.prescript.com)  
(800) 842-0502

Mail-order prescription service that is owned and operated by people with HIV.

### **Comprehensive Health Center Pharmacy**

3177 Oceanview Blvd., San Diego, CA 92113  
(619) 231-9300; Fax: (619) 858-2582

Offers personal consultations, drug education and training events, bilingual customer service. Accepts most insurances including Medi-Cal, Ryan White (ADAP) and CMS. HOURS: M-F, 8am-6pm, Sat., 8am-4pm

### **Galloway Pharmacy**

2995 National Ave., San Diego, CA 92113  
(619) 525-1551; Fax: (619) 234-1604  
Website: [www.gallowaypharmacy.com](http://www.gallowaypharmacy.com)

Compounding pharmacy that offers free delivery throughout San Diego county. ADAP provider; accepts all insurance except for Kaiser. HOURS: M-F, 9am-6:30pm; Sat., 9am-12:30pm

### **Hillcrest Pharmacy**

3689 Fourth Ave., Ste. A, San Diego, CA 92103  
(619) 260-1010; Fax: (619) 260-1031

Offers the following services free of cost: home delivery, multivitamins (with prescription), injectables service, automatic refills with pillboxes and free pagers for maintenance medications. Also offers BIA testing and nutritional counseling free of charge. Bilingual staff. HOURS: M-F, 9am-6pm; Sat., 10am-1pm

### **Meds Made Easy**

2535 Camino del Rio South, Ste. 145, San Diego, CA 92108  
(619) 858-MEDS (6337); Fax: (619) 491-3029  
(866) 993-MEDS (6337); Toll free  
Website: [www.medsmadeeasy.com](http://www.medsmadeeasy.com)

Offers the Med-Easy System, which organizes medications in a multi-dose tray according to your doctor's direction. The tray, along with instructions, is delivered to the location of your choice. Other free services provided are a text pager and voicemail, nutritional and educational services.

### **North American Pharmacy & Home Health Supply**

4655 Cass St., #405, San Diego, CA 92109  
(800) 577-3579

Call Customer Service and they will process orders for nutritional supplements and home health supplies.

### **Nudo's Pharmacy**

455 N. Magnolia Ave., El Cajon, CA 92020  
(619) 442-0303

Provides prescription services with free mail delivery. Accepts Medi-Cal, Ryan White, and most insurance.

HOURS: M-F, 9am-6pm. Sat., 9am-2pm.

### **Park Boulevard Pharmacy**

3904 Park Blvd., San Diego, CA 92103  
(619) 295-3109

Service-oriented pharmacy with outreach to the HIV+ community. Free delivery county-wide. ADAP provider, accepts all insurances. Spanish and Arabic spoken. HOURS: M-F, 9am-6:30pm; Sat., 9am-1pm. HIV Community Liaison: George Delgado

### **Priority Pharmacy**

3935 First Ave., San Diego, CA 92103  
(619) 688-2230; (800) 487-7115

Website: [www.prioritypharmacy.com](http://www.prioritypharmacy.com)  
E-mail: [clientcare@prioritypharmacy.com](mailto:clientcare@prioritypharmacy.com)

Free delivery to local zip codes and airborne delivery to other areas; helps clients understand benefits as well as drug side effects. Accepts Medi-Cal, indemnity insurance, Ryan White and ADAP.

HOURS: Locally M-F, 9am-6pm (closed Saturday); Nationally: M-F, 6am-6pm

### **ProCare Pharmacy**

1010 University Ave., San Diego, CA 92103  
(619) 291-7377

Free delivery in county and airborne delivery to other areas; helps clients understand benefits as well as drug side effects. Accepts Medi-Cal, CMS, most private insurance. HOURS: M-F, 9am-7pm; Sat., 9:30am-4pm.

### **StatScript/Fifth Avenue Pharmacy**

3900 Fifth Avenue., San Diego, CA 92103  
(619) 291-5474; Toll-free: (877) 901-9973

Professional pharmacy providing prescriptions and healthcare. Accepts most insurance including Medi-Cal, CMS, and Ryan White (ADAP). Free delivery and mail service. HOURS: M-F, 9am-7pm. Sat, 10am-2pm.

### **Women's International Pharmacy**

13925 W. Meeker Blvd., Ste. 13, Sun City West, AZ 85375  
(800) 279-5708

Compounding pharmacy that specializes in hormone treatments (e.g., human growth hormone, progesterone, estrogen, testosterone gels and creams.)

---

## MEDICAL SUPPLIES/WHEELCHAIR TRANSPORT

---

### American Medical Response

9573 Chesapeake Dr., San Diego, CA 92123  
(858) 492-8111

Provides medical transport. Accepts Medi-Cal, Medicare, CMS, insurance.

HOURS: M-F, 8am-5pm (administration); 24 hr medical transport.

### MTS Access/CTS Paratransit/(NCTD) Lift Transportation LAIDLAW TRANSIT SERVICES

MTS Access: (888) 517-9627

CTS Paratransit: (800) 921-9664

Lift Transportation: (760) 726-1111

MTS Access serves the Metropolitan San Diego area, CTS Paratransit serves the Mid-County, East County and South Bay and (NCTD) Lift Transportation serves North County. They will pick up ADA-certified clients and take anywhere in county at a nominal fee (\$3.50 or less). No restrictions on medical appointments etc. Applications available. For people who have functional disabilities and/or difficulty in accessing transportation.

### Auntie Helen's Laundry & Thrift

4028 30th St., San Diego, CA 92104  
(619) 584-8438; Fax: (619) 584-8968  
Website: [www.auntiehelens.org](http://www.auntiehelens.org)

Provides free laundry service and free medical equipment for people diagnosed with AIDS. Specifically, wheelchairs, canes, walkers and porta-potties.

HOURS: Tues.-Sat., 10am-5pm.

### SONUS

#### VALERIE ANN MCGUIRE, MA, CCC-A, CLINICAL AUDIOLOGIST

728 Robinson Ave., San Diego, CA 92103  
(619) 294-2506; Fax: (619) 294-3831  
Website: [www.sonus.com](http://www.sonus.com)  
E-mail: [valerie.mcguire@sonus.com](mailto:valerie.mcguire@sonus.com)

Free hearing-assessment testing. Medicare/Medi-Cal accepted. Some hearing aids are covered by Medi-Cal. Call for appointment and details.

---

## DISABLED SERVICES

---

### Access Center of San Diego, Inc.

1295 University Ave., Ste. 10, San Diego, CA 92103  
(619) 293-3500; TTY: (619) 293-7757; Fax: (619) 293-3508  
Website: [www.accesscentersd.org](http://www.accesscentersd.org)

#### NORTH BRANCH:

1562 Cherokee St., San Marcos, CA 92069  
(760) 591-9156; TTY: (760) 591-0173; Fax: (760) 591-0171

#### IMPERIAL VALLEY ILC

1450 Broadway, Ste. 4, El Centro, CA 92243  
(760) 353-4191; TTY: (760) 352-2802; Fax: (760) 4474

Independent Living Center created to provide a range of services designed to address the needs of individuals with disabilities, regardless

of the cause or type of disability. The Access Center also advocates social change that permits persons with disabilities to participate fully in society.

### AM ABLE

8240 Parkway Dr., Suite 107, La mesa, CA 91942  
(619) 262-2532

Provides accessible accommodations for physically disabled including addition of ramps and remodeling services.

---

## RECREATION

---

### CLASSES

---

#### AIDS Art Alive – North County

(760) 741-6817

Free art classes to people infected and affected by HIV. No art background or experience necessary. Promotes exhibition to create positive individual and community response. CONTACT: Claudia Foster

#### Living Through Art

##### EDUCATIONAL CULTURAL COMPLEX (ECC)

4343 Ocean View Blvd., San Diego, CA 92113  
(619) 527-5244

Free art class and open studio for people challenged by serious illness, on Mondays, Tuesdays and Thursdays from 10:30am to 1:30pm.. Teacher: Te Mattal. A ceramics class is offered on Fridays from 9am-noon. Easy bus transportation.

---

## SOCIAL ACTIVITIES

---

#### San Diego POZabilities

(619) 908-6479  
Website: [www.sandiegoPOZabilities.com](http://www.sandiegoPOZabilities.com)  
E-mail: [sdPOZabilities@aol.com](mailto:sdPOZabilities@aol.com)

A social and support group which offers a variety of recreational events for HIV+ men. Meets Saturday mornings at 10am at The Other Side coffeehouse, 4096 30th St.(North Park) and Thursday nights (time and place TBA). CONTACT: Daniel Salazar

---

## DROP-IN/RECREATION CENTERS

---

#### Being Alive San Diego

BEING ALIVE CENTRAL  
4070 Centre St., San Diego, CA 92103  
V/TTY: (619) 291-1400; Fax: (619) 291-2975  
Website: [www.beingalive.org](http://www.beingalive.org)  
E-mail: [info@beingalive.org](mailto:info@beingalive.org)

#### BEING ALIVE NORTH COUNTY RESOURCE CENTER

804 Pier View Way, Oceanside, CA 92054  
(760) 439-6908; Fax: (760) 439-7459  
Website: [www.beingalive.org](http://www.beingalive.org)  
E-mail: [info@beingalive.org](mailto:info@beingalive.org)

Being Alive is a coalition of people living with or affected by HIV/AIDS.

Both sites offer a recreational drop-in center, tickets for theatre, concerts, sports, etc., social events, haircuts, support groups, a library, and videos.

**CASA (Coordinated Assistance Services Advocacy)  
SAN YSIDRO HEALTH CENTER**

4004 Beyer Blvd., San Ysidro, CA 92173  
(619) 662-4161; Fax: (619) 662-4109  
Website: [www.syhc.org](http://www.syhc.org)

The primary provider of HIV services in the South Bay, CASA also offers social and recreational programs such as art therapy, yoga, support groups and Internet access.

**Christie's Place**

2440 Third Ave., San Diego, CA 92101  
(619) 702-4186; Fax: (619) 702-5924  
Website: [www.christiesplace.org](http://www.christiesplace.org)

A support center for women, children and families living with HIV/AIDS. Christie's Place focuses on women's and children's issues and offers support groups, mental health counseling, family advocacy, the "Friends for Life" Peer Mentor program, computer lab, educational workshops, on-site childcare, hygiene products, diapers and other services.

**Center for Social Support & Education (CSSE)**

3960 Park Blvd., Ste. F, San Diego, CA 92103  
(619) 325-2773; Fax: (619) 574-8014  
Website: [csseonline.org](http://csseonline.org)  
E-mail: [csse@csseonline.org](mailto:csse@csseonline.org)

Offers support groups and social and cultural activities. Movie Night on the third Monday of each month. Glory! Community Gospel Choir every Tuesday. Bingo night every fourth Wednesday. Call for times. Everyone is welcome to attend these activities.

**Latino Coordinated Services Center**

3524 30th St., San Diego, CA 92104  
(619) 515-2579; Fax: (619) 297-1943  
Website: [www.fhcsd.org](http://www.fhcsd.org)

Offers a variety of social and support services for individuals and families impacted by HIV. Part of the Family Health Centers of San Diego network of clinics.

**Drop-In Center**

**VISTA COMMUNITY CLINIC RESOURCE CENTER**

804 Pier View Way, Oceanside, CA 92054  
(760) 421-0408  
Website: [www.vistacommunityclinic.org](http://www.vistacommunityclinic.org)

Movies shown each Friday.

---

**RECREATION PROGRAMS**

---

**Recreation & Tickets**

**BEING ALIVE SAN DIEGO**

4070 Centre St., San Diego, CA 92103  
V/TTY: (619) 291-1400; Fax: (619) 291-1491  
Website: [www.beingalive.org](http://www.beingalive.org)  
E-mail: [info@beingalive.org](mailto:info@beingalive.org)

Free tickets to theater, sports and special events on a year-round basis

for HIV clients and their dependents. COORDINATOR: John Steinmetz, volunteer

**Yoga**

**CASA (COORDINATED ASSISTANCE SERVICES ADVOCACY)  
SAN YSIDRO HEALTH CENTER**

4004 Beyer Blvd., San Ysidro, CA 92173  
(619) 662-4161; Fax: (619) 662-4109  
Website: [www.syhc.org](http://www.syhc.org)

Informal gathering of individuals who wish to practice yoga in a pleasant and friendly setting. Offered Fridays from 6-7:30pm.

---

**SPECIAL EVENTS/RETREATS**

---

**AIDS Walk San Diego**

**THE CENTER - HILLCREST (MAIN OFFICE)**

Mail: P.O. Box 3068, San Diego, CA 92163  
3909 Centre St., San Diego, CA 92103  
(619) 692-2077 x 209; Fax: (619) 260-3092  
Website: [www.aidswalksd.org](http://www.aidswalksd.org)  
E-mail: [office@aidswalksd.org](mailto:office@aidswalksd.org)

Non-profit concern created to raise and allocate funds for HIV and AIDS services throughout the San Diego region. The Walk is always held the first Sunday in October. All money raised stays in the San Diego region. Interested participants may register online or contact Megan Blanek, AIDS Walk Project Manager at (619) 291-9255 or at [mblanek@thecentersd.org](mailto:mblanek@thecentersd.org)

**Brad Truax Award**

**OFFICE OF AIDS COORDINATION (OAC)**

3043 Fourth Ave., San Diego, CA 92103  
(619) 296-3400; Fax: (619) 296-2688  
Website: [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

Annual award presented in December by the San Diego County Regional Advisory Board on HIV for the outstanding person who works in the AIDS community.

**Names Project San Diego**

1286 University Ave., Box 276, San Diego, CA 92103  
(858) 492-8452; Fax: (619) 542-0970  
Website: [www.sdinsider.com/community/groups/quilt/index.html](http://www.sdinsider.com/community/groups/quilt/index.html)

Assembles panels for the AIDS Quilt shown around the country. Call if you would like to make a panel in memory of someone who has died of AIDS. Workshops and instruction provided. For more information call the Names Project-SanFrancisco: (415) 882-5500.

**Ride 4 AIDS**

**BEING ALIVE SAN DIEGO**

4070 Centre St., San Diego, CA 92103  
V/TTY: (619) 291-1400; Fax: (619) 291-1491  
Website: [www.ride4aids.kintera.org](http://www.ride4aids.kintera.org)

Ride 4 AIDS is a charity bike ride benefiting HIV/AIDS research and services. Register online or send an entry form with a self-addressed stamped envelope to Being Alive - Ride 4 AIDS. Call for additional information.

## Strength for the Journey

(619) 296-3400

Emergency phone during retreat (Camp Cedar Glen):

(760) 765-0477

Sponsored by the Methodist Church. Annual retreat for persons living with HIV/AIDS at Camp Cedar Glen, Julian, in the latter part of September. Everyone welcome without regard to religion, race, sex, or sexual orientation. CONTACT: John Keasler

## World AIDS Day

### OFFICE OF AIDS COORDINATION (OAC)

3043 Fourth Ave., San Diego, CA 92103

(619) 296-3400; Fax: (619) 296-2688

Website: [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

Annual event, held the first of December, focusing on HIV prevention education to heighten awareness of AIDS as a global problem. Call for more information on World AIDS Day and AIDS Awareness Month (November).

---

## WEBSITES

---

Don't have access to a computer? Talk to a Peer Advocate at Being Alive.

### Gay.com

Website: [www.gay.com](http://www.gay.com)

Chat rooms for gay HIV+ individuals.

### HeteroChat

Website: [www.heterochat.org](http://www.heterochat.org)

Personal ads, chat rooms, events, etc. Section in Spanish.

### hivpositivepersonals

Website: [groups.yahoo.com/group/hivpositivepersonals](http://groups.yahoo.com/group/hivpositivepersonals)

Group for HIV+ gays and bisexuals who want to meet others. Post and receive messages, files, photos, etc.

### HIVSTRAIGHT

Website: [www.hivstraight.com](http://www.hivstraight.com)

Personal ads, chat rooms, message boards, support groups, etc.

### HIV+ Heterosexual Dating Service

Website: [www.clicqx.com/hivdates.html](http://www.clicqx.com/hivdates.html)

Information on southern California parties and events.

### Living Positive

Website: [www.livingpositive.com](http://www.livingpositive.com)

Personal ads, classified by gender and sexual orientation. Also roommates, jobs and other classified services.

### Positive Connections.com

Website: [www.positiveconnections.org](http://www.positiveconnections.org)

Personals, social activities, support groups, etc. Respond to an ad for \$3 (\$5 for two). Focus is on HIV-positive heterosexuals.

### Positive Personals

Website: [www.positivepersonals.com](http://www.positivepersonals.com)

Personal ads, searchable by preference and location.

## Pozmen of the World

Website: [groups.yahoo.com/group/Pozmen](http://groups.yahoo.com/group/Pozmen)

Group for HIV-positive men. Post and receive messages, files, photos, etc.

## The Life Boat

Website: [www.thegrid.net/popeye](http://www.thegrid.net/popeye)

Personals, chat, announcements, etc. Caters primarily to heterosexuals, but all persuasions are welcome.

# SAFER SEX/PREVENTION

(ALSO SEE "EDUCATION/INFORMATION," "HOTLINES,"  
"NEWSLETTERS/BOOKS" AND "COMPUTERS/INTERNET")

## AIDS Education & Prevention Project

### VISTA COMMUNITY CLINIC

1000 Vale Terrace, Vista, CA 92084

(760) 631-5000 ext. 1353.; Fax: (760) 724-9596

Website: [www.vistacommunityclinic.org](http://www.vistacommunityclinic.org)

Offers programs targeting injection drug users and their partners, men who have sex with men, sex industry workers, and migrant farm workers in North County. HIV testing is also provided.

## API 2 Eye

### THE CENTER - HILLCREST (MAIN OFFICE)

3909 Centre St., San Diego, CA 92103

(619) 497-2920 x 107

Website: [www.thecentersd.org](http://www.thecentersd.org)

E-mail: [jwong@thecentersd.org](mailto:jwong@thecentersd.org)

A collaboration among The Center, the Asian Pacific Islander Community AIDS Project (APICAP) and the University of California at San Francisco, API 2 Eye is an HIV prevention project targeted toward API young men aged 15 to 24. Using street- and venue-based outreach, discussion groups and small and large social events, API 2 Eye seeks to build skills and motivation toward safer sex behaviors. CONTACT: Johnny Wong or Asher Santos ([asantos@thecentersd.org](mailto:asantos@thecentersd.org)), Coordinators

## Condom-Sensible Workshop

P.O. Box 4544, San Diego, CA 92164

(619) 563-4052

Fun safer-sex workshops for heterosexual men or women. Group sliding-scale. CONTACT: Cat Gautieri

## CRASH

(619) 233-8054

Website: [www.crashinc.org](http://www.crashinc.org)

Provides HIV prevention and education as part of their drug rehabilitation program. See entries under "Drug and Alcohol."

**In the Mix  
(YMSMOC: Young Men who have sex with Men of Color)**

**THE CENTER – HILLCREST (MAIN OFFICE)**

3909 Centre St., San Diego, CA 92103  
(619) 497-2920 x 114  
Website: [www.thecentersd.org](http://www.thecentersd.org)  
E-mail: [lcervantes@thecentersd.org](mailto:lcervantes@thecentersd.org)

A collaboration among The Center, Family Health Centers of San Diego and San Diego Youth and Community Services, In the Mix has as its goal the reduction of HIV transmission in young men of color. Specific components include recruitment of popular opinion leaders, prevention case management, peer education and street- and venue-based outreach. CONTACT: Lorenzo Cervantes, Health Educator

**Men's Wellness Project**

**NORTH PARK FAMILY HEALTH CENTER**

3544 30th St., San Diego, CA 92104  
(619) 515-2424 x2952; Fax: (619) 683-7570

A social resource and HIV prevention project for men who have sex with men. Provides one-on-one risk assessments and risk reduction plans, interactive HIV prevention courses, support to HIV sero-discordant male couples, and safer sex information at the North Park Family Health Center, Stepping Stone, Inc. and other appropriate venues.

**Multi-Cultural Health Prevention Dept. –  
HIV Prevention Projects**

**LINDA VISTA HEALTH CARE CENTER**

6973 Linda Vista Rd., San Diego, CA 92111  
(619) 279-9675; Fax: (619) 278-1896  
Website: [www.lvhcc.com](http://www.lvhcc.com)

Multi-Cultural Youth Prevention program targeting high-risk youth. Offers prevention and education programs, interventions, and services capable of sustaining behavior change and HIV risk reduction.

**North Park Family Health Center**

3544 30th St., San Diego, CA 92104  
(619) 515-2449  
Website: [fhcsd.org](http://fhcsd.org)

Provides bilingual/bicultural AIDS education and street outreach.. Part of the Family Health Centers of San Diego network of clinics.

**Positive Action (+Action)**

**THE CENTER – HILLCREST (MAIN OFFICE)**

3909 Centre St., San Diego, CA 92103  
(619) 692-2077 x 133  
Website: [thecentersd.org](http://thecentersd.org)  
E-mail: [comments@thecentersd.org](mailto:comments@thecentersd.org)

Positive Action is a collaboration of The Center, APICAP and CSSE. It provides prevention education and support to people living with HIV/AIDS through ongoing groups, workshops, social events, outreach, condom distribution and more. Please call for more information. CONTACT: Carolyn Hunt, Program Coordinator, [chunt@thecentersd.org](mailto:chunt@thecentersd.org)

**Positivo Activo y Vivo (Preventions for Positives  
Program for Latino Gay Men)**

**CASA (COORDINATED ASSISTANCE SERVICES ADVOCACY)**

4004 Beyer Blvd., San Ysidro, CA 92173  
(619) 662-4161; Fax: (619) 662-4109  
Website: [www.syhc.org](http://www.syhc.org)

The Positivo Activo y Vivo program is designed to help HIV+ gay Latinos reduce their risk of infecting others or becoming re-infected and to provide a safe space where participants can share and analyze sexual experiences. Participants first enter a closed four-week group in which the sexual behaviors of each participant are explored. Thereafter they join an open group which every week covers a different topic related to sexuality. Program is in Spanish.

**Steps to Change Outreach Center**

**FAMILY HEALTH CENTERS OF SAN DIEGO**

3030 Imperial Ave., San Diego, CA 92113  
(619) 702-1103  
Website: [www.fhcsd.org](http://www.fhcsd.org)

Steps to Change is a prevention and case management program for minorities, IDUs and their partners and families and others at risk for STDs and HIV. It offers rehabilitation assistance, individual and group support, free HIV/STD testing and referrals to medical help, counseling and rehabilitation centers. CONTACT: Jonathan Gonzalez

**Project First Step**

(619) 563-5020

Independent education/outreach program based on belief that one should be open about his/her HIV status. Emphasizes dissemination of information about safe sex. CONTACT: Mike Passante

**Project Rakifi**

**S.E.A.R. CENTER (SOUTHEAST ABUNDANT RESOURCES CENTER)**

324 N. 47th St., San Diego, CA 92102  
(619) 264-3584

HIV prevention program which targets African-American men who have sex with men. Prevention case management, group intervention and community outreach are components of the program. CONTACT: Lorenzo Herman

**Project Truth**

**SAN DIEGO URBAN LEAGUE HIV PROGRAM**

720 Gateway Center Dr., San Diego, CA 92102  
(619) 263-3115

Street outreach, education, risk reduction (injection drug), HIV advocacy. CONTACT: Allan Hazzard

**Proyecto CARA A CARA (Project Face to Face)**

**NORTH PARK FAMILY HEALTH CENTER**

3544 30th St., San Diego, CA 92104  
(619) 515-2424; Fax: (619) 683-7570  
Website: [www.fhcsd.org](http://www.fhcsd.org)

Offers HIV- and STD-prevention services to homosexual, bisexual and transgender men who have sex with men. Individuals can receive information, education and condoms, and can attend a weekly support group for self-improvement. The program also offers one-on-one counseling and case management for men at risk for HIV infection or reinfection.

**TRAC (The Resource Assistance Collaborative)  
COUNCIL OF COMMUNITY CLINICS**

7535 Metropolitan Dr., San Diego, CA 92108  
Mailing address: P.O. Box 880969, San Diego, CA 92168  
(619) 265-2100 x307  
Website: [www.ccc-sd.org](http://www.ccc-sd.org)

Technical assistance program and social marketing campaign for HIV prevention programs.

**UCSD Edge Research Study  
HIV NEUROBEHAVIORAL RESEARCH CENTER (HNRC)**

150 W. Washinton St., 2nd Floor, San Diego, CA 92103  
(619) 543-5086  
Website: [hnrc.ucsd.edu](http://hnrc.ucsd.edu)

The Edge is looking for sexually active HIV+ gay or bisexual men who use crystal meth and are willing to participate in a confidential research project. Qualified participants can earn up to \$255.00. CONTACTS: Jim Zians (619) 543-5086

**Women of Glory & Men of Glory  
CENTER FOR SOCIAL SUPPORT & EDUCATION (CSSE)**

3960 Park Blvd., Ste. F, San Diego, CA 92103  
(619) 325-2773; Fax: (619) 574-8014  
Website: [www.csseonline.org](http://www.csseonline.org)  
E-mail: [csse@csseonline.org](mailto:csse@csseonline.org)

Outreach program to the faith-based community that utilizes volunteers within churches. Provides HIV education and awareness to local congregations.

**Rubberbandz  
HILLCREST YOUTH CENTER**

3777 Fourth Ave., San Diego, CA 92103  
(619) 497-2920  
Website: [www.youthcentersd.com](http://www.youthcentersd.com)  
E-mail: [hyc@thecentersd.org](mailto:hyc@thecentersd.org)

Part of The Center's youth programs, Rubberbandz is an HIV prevention program focused on school-based and neighborhood-based access, outreach and prevention workshops. This program meets in North County, East County and Central San Diego (Hillcrest).

## SPECIAL POPULATIONS

(ALSO SEE "PEOPLE OF COLOR")

---

### BLIND

---

**California Council of the Blind**  
578 B St., Hayward, CA 94541  
(800) 221-6359

Offers educational scholarships to blind Californians and low-interest loans which enable blind people to acquire special equipment to help them become employed. Also maintains a toll-free number through which recently blinded individuals and their families can obtain peer counseling, referral to training programs and agencies and advice and encouragement to make their adjustment easier.

**California State Department of Rehabilitation**  
(619) 495-3600

Helps people adjust to visual impairment. CONTACT: Graham Nadel

**San Diego Center for the Blind & Vision-Impaired**  
5922 El Cajon Blvd., San Diego, CA 92115  
(619) 583-1542

Help with coping with the life challenges created by the onset of vision impairment or blindness.

---

### DEAF

---

**Deaf Chat Room  
CDC National STD/AIDS Hotlines  
American Social Health Association**  
Website: [wagner.ashastd.org/chat/world/html/logintest.html](http://wagner.ashastd.org/chat/world/html/logintest.html)

**Deaf Community Services**  
3930 Fourth Ave., Ste. 300, San Diego, CA 92103  
(619) 398-2441; TTY: 398-2440; Fax: (619) 398-2444  
Website: [www.dcofsd.org](http://www.dcofsd.org)  
E-mail: [webmaster@dcofsd.org](mailto:webmaster@dcofsd.org)

Program for deaf/hearing-impaired individuals infected with HIV/AIDS and the community service providers who serve them.

This program is out-stationed at Being Alive San Diego, 4070 Centre St., San Diego, CA 92103, Thursdays from 9am-12pm.

**Deaf Counseling, Advocacy & Referral Agency (DCARA)**  
Website: [www.dcara.org](http://www.dcara.org)

**Deaf Resource Library**  
Website: [www.deaflibrary.org/](http://www.deaflibrary.org/)

**Hotlines- Hearing-Impaired**  
AIDS Hotline-National: (800) 243-7889  
AIDS Hotline-Southern California: (800) 553-AIDS  
AIDS Clinical Trials Experimental Drugs: (800) 234-7012  
HIV/AIDS Treatment Information Service: (888) 480-3739

**Signs of Life (substance abuse program)**  
4327 Ohio St., Santee, CA 92104  
(619) 640-0855; TTY: (619) 640-2854  
Website: [www.solemalisterinstitute.org](http://www.solemalisterinstitute.org)

Focus: Deaf, hard of hearing, and late-deafened individuals. Culturally sensitive outpatient substance abuse/dependence program. American Sign Language, counseling, treatment planning, education and referral services. Fees based on ability to pay.

---

### HEMOPHILIA

---

**The Committee of Ten Thousand (COTT)**  
918 Pennsylvania Ave., SE, Washington, DC 20003  
Website: [www.web-depot.com/users/cott/](http://www.web-depot.com/users/cott/)  
(800) 488-COTT (2688); Fax: (202) 543-6720

Grass roots, non-profit advocacy group for people who have contracted HIV through the use of blood products.

## Hemophilia Association of San Diego County

3570 Camino del Rio North, Ste. 108, San Diego, CA 92108  
(858) 560-8373; Fax: (858) 467-4788  
Website: [www.hasdc.org](http://www.hasdc.org)

Local association offering assistance to persons living with hemophilia in San Diego and Imperial counties. Operates SHARE food subsidy program, Access & Outreach social and recreational programs, and public education on hemophilia/HIV. Emergency assistance, support groups, respite and child care programs available. Quarterly newsletter available.

## Hemophilia Council of California

2850 Sixth Ave, Ste 202, San Diego, CA 92103  
(619) 543-1355; Fax: (619) 543-0258  
E-mail: [HCCSD543@aol.com](mailto:HCCSD543@aol.com)

Provides counseling, education, networking, and relationship/community building. CONTACT PERSON: Thomas E. Brown

## Hemophilia-Support (e-mail list)

E-mail: [lists@web-depot.com](mailto:lists@web-depot.com)

Medical information and emotional support. Type "subscribe hemophilia-support."

## National Hemophilia Foundation

### HEMOPHILIA & AIDS/HIV NETWORK FOR THE DISSEMINATION OF INFORMATION (HANDI)

(800) 424-2634 En español, ext. 3054  
Website: [www.hemophilia.org](http://www.hemophilia.org)

---

## IMMIGRANTS/UNDOCUMENTED

---

(ALSO SEE "TIJUANA" AND "PEOPLE OF COLOR")

If you have legal residency status, you are eligible to apply for SDI, SSDI, SSI, Medi-Cal, IHHS and case management. Legal residency status means you have a social security card and a current Alien Residency Card. (NOTE: If you have a Social Security card which was issued by the Social Security Administration BEFORE legal residency was required, call the Social Security Administration to find out if your card is valid, (800) 772-1213.) Call Immigration and Naturalization Services, (619) 557-5570 if you have lost your Alien Residency card. It costs \$80 for a replacement.

If you do not have legal permanent residency status, you can still receive services. While you cannot get financial assistance such as general relief or social security, you can get help (see below). NOTE: Agencies which receive Federal, State or County funding may be prohibited from assisting undocumented residents applying for state or local services.

## Glimmigration San Diego (formerly Lesbian & Gay Immigration Rights Task Force)

c/o The Center, P.O. Box 3357, San Diego, CA 92163  
(619) 692-2077 ext. 802  
Website: [www.lgirtf.org](http://www.lgirtf.org)

Non-profit organization addressing the widespread discriminatory impact of immigration laws on the lives of lesbians, gay men and people with HIV, through education, outreach, advocacy and the maintenance of a nationwide resource and support network.

Los Angeles office: (213) 526-2915

## Migrant Education Program

### SAN DIEGO COUNTY OFFICE OF EDUCATION

135 Vallecitos de Oro, Ste. A, San Marcos, CA 92069  
(760) 510-0250; Fax: (760) 752-1599  
Website: [www.sdcoe.k12.ca.us/student/MigEd.html](http://www.sdcoe.k12.ca.us/student/MigEd.html)

Medical and dental treatment for migrant education children ages 3-21. Fees based on ability to pay. If you are interested in helping the Migrant Education Program, know someone who might be eligible for the program or have questions about any aspect of the program, please contact the Regional Migrant Education office at (760) 510-0250 or submit your questions on our feedback page.

## PROCABI (Bi-National AIDS Advocacy Project)

2860 North Park Way, San Diego, CA 92104  
Phone/Fax: (619) 235-6151  
Website: [www.baap.org](http://www.baap.org)  
E-mail: [info@probcabi.org](mailto:info@probcabi.org)

Holds a political asylum meeting to give information every fourth Thursday of the month from 6-7:30pm. An immigration attorney is available for consultation twice a month. Please make an appointment with the receptionist.

## Other Information Sources:

Legal problems or immigration issues can also be handled by the following organizations:

Catholic Charities: (619) 231-2828  
Legal Aid Society: (619) 262-5557  
Mexican Consulate: (619) 231-8414  
SOFIA: (619) 235-0799

## Border Issues:

Lauri Senini, US/Mexico Border Health, (619) 692-8472

## Hotlines

LÍNEA DE ASISTENCIA PARA INMIGRANTES  
(415) 543-6767 (English/Spanish)

NORTHERN CALIFORNIA COALITION FOR IMMIGRANT RIGHTS  
(415) 543-6769 (Mandarin/Cantonese/Japanese)

---

## INMATE/EX-INMATE

---

(ALSO SEE "CASE MANAGEMENT")

## AIDS Case Management (ACM)

### SAN DIEGO COUNTY HEALTH & HUMAN SERVICES AGENCY (HHSA) OFFICE OF AIDS COORDINATION (OAC)

3043 Fourth Ave., San Diego, CA 92103  
(619) 296-3400; Fax: (619) 296-2368  
(Collect calls only from county jails to 296-5924 or 296-5860)  
Website: [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

HOURS: Referrals can be called in Mon.-Fri., 8am-5pm at (800) 510-2020.

ELIGIBILITY: HIV+

TARGETS: HIV+ ex-offenders and substance abusers. Special program for inmates in the San Diego County jails. Special program called Intensive Case Management that targets homeless substance abusers for placement in an inpatient treatment program.

## **Community Coalition for Inmate Health**

### **SAN DIEGO HIV CARE COALITION (TITLE II)**

P.O. Box 85524, MS P501C, San Diego, CA 92186-5524  
(619) 515-6691 or (888) 304-4422

Coalition of interested agencies and individuals working to improve health issues for the incarcerated, especially targeting HIV and TB. Meets monthly.

## **Las Colinas Jail Women's Clinic**

### **PLANNED PARENTHOOD OF SAN DIEGO & RIVERSIDE COUNTIES**

2100 Fifth Ave., San Diego, CA 92101  
(619) 231-6760

Clinic for women at Las Colinas Jail every Thursday. Services include HIV testing and counseling. CONTACT: Rita Sarich

## **Prisoner Hotline (AIDS/HIV Hotline for Prisoners)**

(718) 378-7022

Accepts collect calls Tuesdays, Wednesdays & Thursdays from 3pm to 8pm EST. Provides prisoners and former prisoners, their advocates, friends and families with information on prevention, discharge planning, inmate support groups, and medical parole.

## **PWA-RAG Newsletter**

(800) 828-3280

Prisoners with AIDS- Rights Advocacy Group. Send self-addressed stamped envelope to 50 W. 17th St., 8th Floor, New York, NY 10019.

## **Uptown Faith Center**

2214 Fifth Ave., San Diego, CA 92101  
(619) 236-8077; Fax: (619) 692-5547

Provides HIV homeless and ex-inmates with assistance in location emergency housing and food. Also provides mail boxes, free phone use, ID, job preparation, and occasional hygiene kits and snack lunches. ELIGIBILITY: HIV+ (at any stage of the disease). Hrs: M-F, 9am-1pm. Targets HIV Homeless or people just released from jail.

CONTACT: Jerry O'Brien

---

## **MILITARY**

---

(ALSO SEE "BENEFITS")

## **Naval (Balboa) Hospital HIV Clinic**

### **NAVAL MED CENTER, SAN DIEGO, 2-WEST (INFECTIOUS DISEASE/INTERNAL MEDICINE)**

34800 Bob Wilson Dr., San Diego 92134-5000  
(619) 532-6194

Website: [www.nmcsd.med.navy.mil](http://www.nmcsd.med.navy.mil)

Program open to active duty military personnel retirees, medical retirees and their dependents. Connected services include support groups (Positive Hope), couples groups, and annual women's week. For additional information contact Social Worker: Anthony Cheng or Barbara Graham.

## **Special Infectious Disease Program (S.P.I.D.)**

### **SAN DIEGO VA MEDICAL CENTER**

3350 La Jolla Village Dr., (MC1185), San Diego, CA 92161  
(858) 642-3180; Fax: (858) 552-4311

HIV services program which includes case management and primary care. Call M-F, 8am-4pm. After hours call (877) 252-4866 (for emergencies).

## **Veterans Administration Regional Office**

8810 Rio San Diego Drive, San Diego, CA 92108  
(619) 400-5220

Provides financial benefits to eligible veterans who received an honorable discharge from the service. Pensions can be supplemental to other income sources.

## **Military Law Task Force**

### **(NATIONAL LAWYERS' GUILD)**

1168 Union St., 2nd Floor, San Diego, CA 92101  
(619) 233-1701

## **Veterans Outreach Center**

2900 Sixth Ave., San Diego, CA 92101  
(619) 294-2040

# **SPIRITUAL/RELIGIOUS**

## **AIDS Compassion Ministry**

### **FOOTHILLS UNITED METHODIST CHURCH**

4031 Avocado Blvd., La Mesa, CA 91941  
(619) 670-4009

East County-based ministry team created for the purpose of promoting compassion and understanding within the Christian community about persons with HIV/AIDS.

## **Hope Ministries**

P.O. Box 16154, San Diego, CA 92176  
(619) 293-0502

Interdenominational group providing pastoral care and other assistance for persons living with HIV/AIDS. CONTACT: Rev. Hollis Allen, Ph.D.

## **Holistic AIDS Response Program (HARP)**

### **THE CENTER - HEALTH SERVICES**

2313 El Cajon Blvd., San Diego, CA 92104  
(619) 718-6401; Fax: (619) 718-6446

Website: [www.thecentersd.org](http://www.thecentersd.org)

E-mail: [callison@thecentersd.org](mailto:callison@thecentersd.org)

On-site and voucher services for chiropractic, acupuncture, massage services, Reiki, reflexology and hypnotherapy. CONTACT: Ed Allison, HARP Coordinator

## **Hummingbird Ministry**

### **IMPERIAL BEACH UNITED METHODIST CHURCH**

455 Palm Ave., Imperial Beach, CA 91932  
(619) 424-5181; (619) 423-7174

Church group that reaches out to the HIV/AIDS community via computer, telephone support and personal visits. Program COORDINATOR: Rev. John Griffin

## Health Force

### BRONX COMMUNITY COLLEGE

552 Southern Blvd., Bronx, NY 10455

(718) 585-8585; Fax: (718) 585-5041

Website: [www.angelfire.com/az/azizpage/nmai.html](http://www.angelfire.com/az/azizpage/nmai.html)

Aims to raise awareness within Muslim communities of the urgent need for AIDS support, education and prevention, and to increase the sensitivity of non-Muslim service providers and caregivers to Islamic customs, concerns and institutions. Assists Muslim agencies to secure government and private HIV/AIDS funding. Offers information, educational literature and training for Muslim religious and community leaders in HIV prevention, testing and support.

### Peaceful Transitions

3636 Fourth Ave., Ste. 210, San Diego, CA 92103

(800) 64-PEACE (647-3223); Fax: (858) 546-0956

Website: [64peace.com](http://64peace.com)

E-mail: [drterman@64peace.com](mailto:drterman@64peace.com)

Offers spiritual guidance and pastoral care with a focus on the process of dying. Sliding-scale fees.

### S.E.A.R. Center (Southeast Abundant Resources Center)

324 N. 47th St., San Diego, CA 92102

(619) 264-7351; Fax: (619) 264-3540

Provides a program of spiritual support targeting African Americans, Latinos (in conjunction with PACTO), and all people infected with HIV. Also provides case management, resources for women and infants, and HIV testing (Thursdays). Near trolley.

HOURS: Mon -Thurs, 9am-5pm; Fridays, 9am-4pm (by appointment only)

CONTACT PERSON: Clastenia Warren

### Women of Glory & Men of Glory

#### CENTER FOR SOCIAL SUPPORT & EDUCATION (CSSE)

3960 Park Blvd., Ste. F, San Diego, CA 92103

(619) 325-2773; Fax: (619) 574-8014

Website: [www.csseonline.org](http://www.csseonline.org)

E-mail: [csse@csseonline.org](mailto:csse@csseonline.org)

Outreach program to the faith-based community that utilizes volunteers within churches. Provides HIV education and awareness to local congregations.

---

## CHURCHES

---

### Christ's New Creation Community Church

115 Thorn St., San Diego, CA 92103

(619) 293-0706; Fax: (619) 293-0605

Website: [www.cnccc.org](http://www.cnccc.org)

Worship service Sundays at 10am. ASL interpreted.

### Downtown Community Church

1249 F St., San Diego, CA 92101

(619) 491-3087

Website: [www.downtowncc.org](http://www.downtowncc.org)

Services every Sunday at 10am.

### First Unitarian Universalist Church

4190 Front St., San Diego, CA 92103

(619) 298-9978

An intentionally welcoming congregation.

### Metropolitan Community Church (MCC)

4333 30th St., San Diego, CA 92104

(619) 280-4333; TTY/TDY: (619) 280-4174

Website: [www.mccsd.org](http://www.mccsd.org)

E-mail: [mccsd@aol.com](mailto:mccsd@aol.com)

Provides counseling and referral on HIV related issues as well as personal, spiritual, and women's issues.

### St. Paul's Episcopal Cathedral

2728 Sixth Ave., (near Olive), San Diego, CA 92101

(619) 298-7261

Healing services offered Fridays at noon.

### United Methodist Church

545 East Naples St., Chula Vista, CA 92011

(619) 421-6993

---

## RELATED ORGANIZATIONS

---

### Dignity, Gay & Lesbian Catholics

P.O. Box 33367, San Diego, CA 92163

(619) 230-9360

Outreach to gay and lesbian Catholics and their friends. Weekly mass, social.

### Integrity, Gay & Lesbian Episcopalians

P.O. Box 34253, San Diego, CA 92163

(619) 234-1829

Outreach to gay and lesbian Episcopalians. Meets once per month at St. Paul's Cathedral in Hillcrest.

## SUPPORT GROUPS

NOTE: "Closed" means limited enrollment for a specific period.

---

## AIDS

---

### People Living with AIDS

(619) 260-6380

The Center (closed)

### Positive Long-Term Survivors

(619) 857-5578

Skip Godsey

---

## BEREAVEMENT/GRIEF GROUPS

---

### CDG Ring of Life

(619) 291-9412

Being Alive San Diego – For gay men, Wed., 6:30-8:30 pm  
Kevin Currin, or Ron Eads (619) 269-3613

### Good Grief

(619) 702-4186

Christie'sPlace, Tu 7-9pm

### Memorial & Monthly Healing Services

(619) 298-7261

Cathedral Church of St. Paul

---

## CHILDREN

---

### Children's Art Therapy Group

(619) 543-8080 x254

UCSD Mother, Child & Adolescent Program, Susan Okuno. Ages 9-12,  
infected or affected by HIV, Fridays 4-6pm.

---

## CO-INFECTION

---

### Hepatitis C/HIV Co-Infected Support Group

(619) 543-8080 x237

Being Alive San Diego

---

## COUPLES

---

### Gay Couples

(619) 239-9222

Dr. Judy Olmstead and Dr. Scott Rhodes

### HIV Sero-Opposite

#### GAY MALE COUPLES

(619) 260-6380

(call on-duty counselor)

### Magnetic Couples

#### (HIV-OPPOSITE COUPLES)

(619) 235-4211 x15

---

## DRUG AND ALCOHOL RECOVERY

---

### Breaking the Ice

(619) 521-1356 x100

Neighborhood House Association, Fridays, 10-11:30am

### HIV & Recovery Group

(619) 521-1356 x100

Christie's Place, Tuesdays, 5:30-6:30pm

### HIV & Sobriety

(619) 521-1356 x100

Stepping Stone – Positive Support Services, Tuesdays, 6-7:30pm

### HIV in Recovery

(619) 521-1356 x100

Live and Let Live Alano Club, Thursdays, 10:30am-noon

---

## EAST COUNTY

---

### PCS Counseling Center

(619) 449-8703

---

## FAMILIES, FRIENDS, LOVERS, CAREGIVERS

---

### Caregivers Group

(619) 688-1600

San Diego Hospice

### Christie's Place

(619) 702-4186

Various groups

### Families, Friends, Lovers & Caregivers Group

(619) 969-3500

AIDS Service Professionals, Stephen Haire, Ph.D.

### Mothers of AIDS Patients

(619) 224-4134

Ann Wright or Alan

---

## HEMOPHILIA

---

### Hemophilia HIV+

(619) 543-1355

---

## HETEROSEXUAL

---

### Heterosexual Issues Group

(619) 702-4186

Christie's Place, Tu 7-9pm

### HIV+ Heterosexual Support Group

(619) 543-6404

UCSD Treatment Center – Craig Noonan

---

---

## HIV+

---

### Destinations

(619) 291-1400

Currently on (or candidates for) fusion therapy.  
Being Alive San Diego, 2nd Wed. of month, 6-8pm

### New Beginnings

(619) 291-1400

Less than two years since diagnosis.  
Being Alive San Diego, Mondays, 6-8pm

### Noon Support Group

(619) 291-1400

Being Alive San Diego, on Tuesdays, 12-1pm

### Living Positive

(619) 325-2773

CSSE, Mondays, 6-7pm

### People with Kaiser Support Group

(619) 641-4194

Kaiser Permanente members only

### Positive Outlook

(619) 280-4333

MCC, Wednesdays, 6-7:30pm  
Program of CSSE, (619) 325-2773

### Stayin' Alive 9 to 5

(619) 702-4186

Group for those who are working or considering a return to work.  
Christie's Place, Thursdays, 6-8pm

### Young Positive Men's Group

(619) 692-2077 x213

Men age 18 to 34

---

## KAPOSI'S SARCOMA

---

### KS Group

(619) 260-6380

The Center

---

## LYMPHOMA, LEUKEMIC CANCERS

---

### Family Support Group

(619) 277-1800

Leukemia Society of America

---

## MILITARY

---

### Military Groups

(619) 532-6102

Balboa Naval Hospital

### Heterosexual Couples

(619) 532-6102

For Navy and civilians, Balboa Hospital

---

## NORTH COUNTY

---

### Family, Friends & Partners

(760) 481-7547

Scripps Memorial Hospital, Roger or Mary Jane Boyd

### HIV+ Group

(760) 737-2000

Escondido Community Clinic

### People Living with HIV/AIDS

(760) 481-7547

Hospice of the North Coast, Mary Jane Boyd

### Open HIV+ Support Group

(760) 439-6908

Being Alive North County Resource Center, Thur. 4:30-6:30pm

### Women's Support Group

(760) 439-6908

Being Alive North County Resource Center, 2nd Wed. of month

---

## PARENTS

---

### Parent Support Group

(619) 543-8080

Parents of HIV+ children. UCSD Mother, Child & Adolescent Program, Susan Okuno

---

## PEOPLE OF COLOR

---

### APICAP Support Group

(619) 229-2822

Meetings as needed

### Art Group

(619) 662-4161

CASA, San Ysidro Health Center (in Spanish), Wednesdays at 6pm

### Caregivers & Others Affected

(619) 266-2881

Neighborhood House (African American)

---

**Entre Latinos**

(619) 563-3901

PACTO at The Center – Tue. 7:30-9pm (Spanish)

**Grupo de Apoyo**

(619) 662-4161

CASA, San Ysidro Health Center (Spanish), Mondays, 5-8pm

**Grupo Familiar**

(619) 702-4186

Christie's Place, Sundays, 4-8pm (Spanish, potluck 4-6pm)

**Grupo Familiar**

(619) 235-6151

PROCABI, Tuesdays, 6-8pm (Spanish, potluck at 5:30)

**Grupo Gay**

(619) 235-6151

PROCABI, Wednesdays, 6:30-8:30pm (Spanish, food at 6pm)

**Grupo Transgénero**

(619) 235-6151

PROCABI, Fridays, 6-8pm (Spanish, food at 5:30pm)

**HIV+ Newly Diagnosed**

(619) 266-9881

Neighborhood House (African American)

**Living Positive**

(619) 325-2773

CSSE, Mondays, 6-7pm

**Mujeres VIH+**

(619) 702-4186

Christie's Place, Fri 11am-1pm (Spanish, food served, childcare available)

**Nations of the Four Directions**

(619) 296-9525

(Native American)

**Parent Therapy Group**

(619) 543-8080 x254

Spanish-speaking therapy group for parents/guardians of HIV+ children (closed), Tuesdays 6-7:30pm (childcare and transportation provided)

**Parents & Women Living with HIV**

(619) 543-8080

UCSD Mother, Child & Adolescent HIV Program  
Bilingual programs

**Positive Outlook**

(619) 280-4333

MCC, Wednesdays, 6-7:30pm

Program of CSSE, (619) 325-2773

---

**SEXUAL ABUSE**

---

**Adult Men Molested as Children**

(619) 260-6380

The Center (Closed)

---

**SPIRITUAL/RELIGIOUS**

---

**HIV Spiritual Group**

(619) 293-0502

Hope Ministries

**HIV+ Spiritual Group**

(619) 280-4333

Metropolitan Community Church (MCC)

CONTACT: Kaki Johnson, George Murphy

**Stepping Stone of San Diego, Inc.**

(619) 295-3995

HIV & NA meetings

---

**TIJUANA**

---

**PROCABI**

(619) 235-6151

or 011-52-664-688-3632 (Tijuana)

Mon-Family HIV, Tues-psychological counseling

---

**HIV+ WOMEN**

---

**Women's HIV+ Support Group**

(619) 291-1400

Being Alive SD, Mondays 2-3:30pm

**HIV+ Women**

(619) 325-2773

Center for Social Support and Education (CSSE)

**Mujeres VIH+**

(619) 702-4186

Christie's Place, Friday 11am-1pm (Spanish, childcare available)

**Positive Divas – 2**

(800) 347-7604

Heterosexual women's support group. "Meet and share with other positive sisters." COORDINATOR: Priscilla Bramlette

**UCSD Mother, Child & Adolescent HIV Program**

(619) 543-8080

Bilingual groups offered

## Women's Support Group

(760) 439-6908

Being Alive North County Resource Center, 2nd Wed. of month

# TESTING

---

## HIV TESTING

---

You can choose either anonymous or confidential HIV testing. Anonymous testing means that the medical staff will not know your name and your test results will be labeled with a number that you are assigned. Confidential testing means that your identity is protected, but your name will appear on your test results. Confidential testing allows you to prove your HIV status to others.

---

## TESTING INFORMATION

---

### San Diego County Health & Human Services Agency (HHS)

San Diego (recorded): (619) 236-2352

Administration/Information: (619) 296-2120

---

## HEALTH AND HUMAN SERVICES AGENCY TESTING SITES

---

HIV testing is free. No appointment is needed, unless otherwise indicated. Hours are subject to change; please call prior to arrival at clinic site.

### Public Health Services

#### SAN DIEGO COUNTY HEALTH & HUMAN SERVICES AGENCY (HHS)

3028 Fifth Ave., San Diego, CA 92103

(619) 296-2120; Fax: (619) 296-1803

Website: [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

Anonymous/rapid test: Monday, Tuesday and Thursday, 7:30am-4pm;  
Wednesday, 7:30am-6:30pm, Friday, 11am-4pm

### San Diego County Health & Human Services Agency Complex

3851 Rosecrans, San Diego, CA 92110

(619) 692-8550

Confidential HIV testing is available as part of STD clinical services. \$15.

Testing: Mon-Thur, 7:30am-4pm, Fri, 10am-4pm

### HIV Mobile Testing Unit

(619) 296-2120

Anonymous/rapid test: Please call for locations and times.

### The Center - Health Services

2313 El Cajon Blvd., San Diego, CA 92104

(619) 260-6380; Fax: (619) 718-6447

Website: [www.thecentersd.org](http://www.thecentersd.org)

E-mail: [comments@thecentersd.org](mailto:comments@thecentersd.org)

Anonymous: Tuesdays, 10am-6pm; Fridays, 12-3pm. Results are available one week after test.

### Central Region Public Health Center

5202 University Avenue., San Diego, CA 92105

(619) 229-5400

Anonymous/confidential: Tuesday, 1-7:30pm; Friday, 11am-4pm

### East Region Public Health Center

855 E. Madison Ave., El Cajon, CA 92020

(619) 441-6500

Anonymous: Thursdays, 8-11am and 1-4pm

### North Central Public Health Center

(Pacific Beach)

2440 Grand Avenue, San Diego, CA 92109

(858) 490-4400

Anonymous: Thursdays, 1-6:30pm

### North Coastal Public Health Center

104 S. Barnes St., Oceanside, CA 92054

(760) 967-4401

Anonymous/confidential: Mondays, 1-6:30pm; Wednesdays, 2-7:30pm

### S.E.A.R. Center (Southeast Abundant Resources Center)

324 N. 47th St. San Diego, CA 92102

(619) 264-7351; Fax: (619) 264-3540

Anonymous: Wednesdays, 1-4pm

### South Region Public Health Center

690 Oxford St., Chula Vista, CA 91911

(619) 409-3110

Anonymous/confidential: Mondays, 11:30am-4pm; Thursdays, 1-6pm

---

## OTHER HIV TESTING SITES

---

Some community clinics provide free HIV testing; see "Clinics." In addition, there are private medical groups which offer anonymous tests for a fee, with results within 24 to 48 hours. See "Doctors."

### Beach Area Family Health Center

3705 Mission Blvd., San Diego, CA 92109

(619) 515-2449

Website: [www.fhcsd.org](http://www.fhcsd.org)

Anonymous/confidential: Th 3-6pm

### Being Alive North County Resource Center

804 Pier View Way, Oceanside, CA 92054

(760) 439-6908; Fax: (760) 439-7459

Website: [www.beingalive.org](http://www.beingalive.org)

E-mail: [basdnort@pacbell.net](mailto:basdnort@pacbell.net)

"OraSure" and "OraQuick" oral tests. Anonymous: M-F, 10am-4pm. Call for appointment.

### Bienestar

#### SAN DIEGO LGBT CENTER

3020 North Park Way, San Diego, CA 92104

(619) 295-2192; Fax: (619) 295-2513

Offered Thursdays, 5-7pm

### **Comprehensive Health Center**

1855 First Ave., Ste. 300A, San Diego, CA 92101  
(619) 235-4211 x15

Anonymous: Tuesdays, 2-6pm

### **Gay Men's Health Clinic**

#### **NORTH PARK FAMILY HEALTH CENTER**

3544 30th St., San Diego, CA 92104  
(619) 515-2449

HIV/STD screening, testing and Hepatitis B vaccination. \$20 fee waived for those who cannot pay. Se habla español. Tuesdays, 5:30-8pm by appointment or walk-in.

### **HIV Counseling Program**

#### **EPISCOPAL COMMUNITY SERVICES (ECS)**

4305 University Ave., 4th Floor San Diego, CA 92105  
(619) 228-2800; Fax: (619) 228-2801  
Website: [www.ecscalifornia.org](http://www.ecscalifornia.org)

Free confidential HIV testing for people in county-funded alcohol and drug treatment programs.

### **Logan Heights Family Health Center**

1809 National Ave, San Diego, CA 92113  
(619) 515-2300  
Website: [fhcsd.org](http://fhcsd.org)

Anonymous/confidential: MW, 1:30-4:40pm

### **Neighborhood Healthcare (formerly Escondido Community Health Center)**

641 E. Pennsylvania Ave., #102, Escondido, CA 92025  
(760) 737-7896  
Website: [www.nhcare.org](http://www.nhcare.org)

Free. Anonymous testing. MW, 2-4pm; ThF, 9-11am

### **North County Health Services (NCHS)**

150 Valpreda Rd., Ste. 211, San Marcos, CA 92069  
(800) 347-7604  
Website: [www.nchs-health.org](http://www.nchs-health.org)

"Orasure" oral test. Anonymous. M-F, 8am-5pm

### **North Park Family Health Center**

3544 30th St., San Diego, CA 92104  
(619) 515-2449  
Website: [www.fhcsd.org](http://www.fhcsd.org)

Anonymous/confidential: M-F, 8:30am-4:30pm

### **Operation Samahan, Inc./South Bay**

2743 Highland Ave., National City, CA 91950  
(619) 474-2284

HOURS: Mondays, 5pm-8pm

### **Planned Parenthood of San Diego & Riverside Counties**

(619) 683-7526

Fourteen local clinics. Call for location and hours of clinic nearest you. Charges on a sliding scale. Accepts Medi-Cal.

### **Planned Parenthood of San Diego & Riverside Counties**

#### **HILLCREST OFFICE**

3500 Fifth Avenue, Ste 102, San Diego, 92103  
(619) 296-6312

HOURS: Monday & Thursday, 8:30-8:30pm; Tuesday & Wednesday, 8:30am-5pm; Friday, 8:30am-noon.

### **San Diego American Indian Health Center**

2630 First Ave., San Diego, CA 92103  
(619) 234-2158  
Website: [www.sdaihc.org](http://www.sdaihc.org)

Free, confidential; results in 72 hours. Also offers "OraSure" oral test. Everyone welcome. M-Th 9:30am-noon, 1-6pm; F 9:30am-noon, 1-5pm

### **San Ysidro Health Center**

4004 Beyer Blvd., San Ysidro, CA 92173  
(619) 662-4161  
Website: [www.syhc.org](http://www.syhc.org)

Free and anonymous: Wednesdays, 9am-4pm; Fridays, 9am-4:30pm

### **Southern Indian Health Council**

4058 Willows Rd., Alpine, CA 91910  
(619) 445-1188

Free HIV-antibody testing. Serving the Native American and rural communities, including Alpine, Campo, and East County. Court-mandated HIV education course.

### **UCSD Mother, Child & Adolescent HIV Program**

150 W. Washington St., San Diego, CA 92103  
(619) 543-8080; Fax: (619) 298-2698  
Website: [www.avrctrails.org](http://www.avrctrails.org)

Provides HIV testing for infants and children. CONTACT: Myrene Preston

---

## **RELATED TESTING**

---

### **BIA TESTING**

---

Bioelectrical Impedance Analysis (BIA) is a measure of lean body mass, fat and water content, and gives an overall measure of general health. It supplies an objective measure of the metabolically active tissue available to fight HIV and stay healthy.

### **Being Alive North County Resource Center**

804 Pier View Way, Oceanside, CA 92054  
(760) 439-6908

Testing offered the last Tuesday of each month, starting at 2pm.

### **Being Alive San Diego**

4070 Centre St., San Diego, CA 92103  
V/TTY: (619) 291-1400; Fax: (619) 291-2975  
Website: [www.beingalive.org](http://www.beingalive.org)  
E-mail: [info@beingalive.org](mailto:info@beingalive.org)

Call to make an appointment.

### **Hillcrest Pharmacy**

3689 Fourth Ave., Ste. A, San Diego, CA 92103  
(619) 260-1010; Fax: (619) 260-1031

### Priority Pharmacy

3935 First Ave., San Diego, CA 92108  
(619) 688-2230; (800) 487-7115  
Website: [www.prioritypharmacy.com](http://www.prioritypharmacy.com)

Testing available from 10am to 5pm Monday through Friday.

### San Ysidro Health Center

4004 Beyer Blvd., San Ysidro, CA 92173  
(619) 662-4161  
Website: [www.syhc.org](http://www.syhc.org)

Free and anonymous: Wednesdays, 9am-4pm; Fridays, 9am-4:30pm

### StatScript/Fifth Avenue Pharmacy

3900 Fifth Ave., Ste. #110, San Diego, CA 92103  
(619) 291-5474

Testing offered once in the middle of each month. Call for dates and appointment.

---

#### T-CELL TESTING

---

### Public Health Services

#### SAN DIEGO COUNTY HEALTH & HUMAN SERVICES AGENCY (HHSA)

3028 Fifth Ave., San Diego, CA 92103  
(619) 296-2120  
Website: [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

The Health and Human Services Agency provides a T-cell test one time only, free of charge, and by appointment only. The test is confidential. Additional STD screening is also available.

---

#### VIRAL-LOAD TESTING

---

The UCSD Treatment Center has a number of ongoing studies for people newly infected with HIV- all provide viral-load and T-cell testing, and monitoring for the length of the study; some also provide drug treatment and counseling. For information call (619) 543-8080. Viral-load tests are also available from any doctor or clinic. (Not all insurance plans cover viral-load testing in all circumstances. Check first to see if it is covered. The Ryan White Care Act will pay for viral-load testing for patients who qualify.)

### Chiron Therapeutic

(800) 775-7533

Payment assistance for viral-load testing.

### Roche

(888) TEST-PCR

Free viral-load testing.

---

#### HIV RESISTANCE TESTING

---

There are two types of resistance tests: genotype and phenotype. A genotype test looks at the genetic structure of your virus to see if there are any mutations that might cause resistance to HIV drugs. A phenotype test actually exposes your virus to different HIV drugs to see which ones it is resistant to. Neither test can tell you for certain which drugs will work

for you, but they can tell you which drugs might not work for you. Both tests are now covered by Ryan White, Medi-Cal, Medicare, and some private insurance.

---

#### STD TESTING (SEXUALLY TRANSMITTED DISEASES)

---

HIV Testing available only if testing for STD.

### The Center – Health Services

2313 El Cajon Blvd., San Diego, CA 92104  
(619) 260-6380; Fax: (619) 718-6447  
Website: [www.thecentersd.org](http://www.thecentersd.org)  
E-mail: [comments@thecentersd.org](mailto:comments@thecentersd.org)

Syphilis testing: Tuesdays, 10am-6pm; Fridays, 12-3pm

### Central Region Public Health Center

5202 University Ave. San Diego, CA 92105  
(619) 229-7990

Tues, 1-7pm; Fri, 1-4pm. \$15.

### San Diego County

#### Health & Human Services Agency Complex

3851 Rosecrans, San Diego, CA 92110  
(619) 692-8550

County agency that provides information on STDs (venereal disease.) Confidential HIV Test available only if tested for an STD. \$15.

Testing: Mon-Thur, 7:30am-4pm, Fri, 10am-4pm

### Oceanside Public Health Center

104 South Barnes St., Oceanside, CA 92054  
(760) 967-4401

Wed 2pm-7:30pm. \$15.

### Public Health Services

#### SAN DIEGO COUNTY HEALTH & HUMAN SERVICES AGENCY (HHSA)

3028 Fifth Ave., San Diego, CA 92103  
(619) 296-2120  
Website: [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

STD testing available Wednesday only, 1-6pm. \$15.

### South Region Public Health Center

690 Oxford St., Chula Vista, CA 91911  
(619) 409-3110

Thursdays, 1-6pm. \$15.

---

#### HEPATITIS TESTING

---

Hepatitis, especially hepatitis C, has become a concern for the HIV+ community. Individuals who have both HIV and hepatitis C are said to be co-infected, and present treatment challenges. The following STD clinics will test for hepatitis if the individual is determined to have a high risk of exposure. Otherwise, you must be tested by your doctor.

## The Center – Health Services

2313 El Cajon Blvd., San Diego, CA 92104

(619) 260-6380; Fax: (619) 718-6447

Website: [www.thecentersd.org](http://www.thecentersd.org)

E-mail: [comments@thecentersd.org](mailto:comments@thecentersd.org)

Hepatitis services based on medical and risk history. HOURS: Tuesdays, 10am-6pm; Fridays, 12-3pm

## San Diego County Health & Human Services Agency Complex

3851 Rosecrans St., San Diego, CA 92110

(619) 692-8550

Hepatitis services based on medical and risk history. HOURS: M-Th, 7:30am-4pm; Fri, 10am-4pm

## East San Diego Public Health Center

5202 University Ave., San Diego, CA 92105

(619) 299-7990

Hepatitis services based on medical and risk history. HOURS: Tuesday, 1-7pm; Friday, 1-4pm

---

### TB TESTING

---

For those that develop active TB disease, recognizing the symptoms is extremely important. These symptoms include: persistent cough, coughing up blood or sputum, persistent fever, unexplained weight loss, chest pains, and night sweats. Please contact your private physician or San Diego County's TB Control Program at (619) 692-8610 if you are experiencing any TB-like symptoms.

## Tuberculosis (TB) Control Program

### SAN DIEGO COUNTY HEALTH & HUMAN SERVICES AGENCY

3851 Rosecrans St., San Diego, CA 92186

(619) 692-8627; Fax: (619) 692-5650

[www.sandiegotbcontrol.org](http://www.sandiegotbcontrol.org)

Wednesday, 8-11:30am & 1-4pm, \$11, results within 72 hours. Also offers education, information and literature about TB. Includes TB's relation to HIV/AIDS, and its effect on San Diego County. CONTACT: Rachele Kotrba

## Logan Heights Family Health Center

1809 National Ave, San Diego, CA 92113

(619) 515-2300

Website: [fhcsd.org](http://fhcsd.org)

## THRIFT SHOPS

### Auntie Helen's Laundry & Thrift

4028 30th St. (Near Lincoln) San Diego, CA 92104

(619) 584-8438; Fax: (619) 584-8968

Website: [www.auntiehelens.org](http://www.auntiehelens.org)

Provides free laundry service including pick-up and delivery, emergency clothing and free medical equipment for people diagnosed with AIDS. Accepts any resaleable item for the thrift shop – especially wheelchairs, canes, and walkers. Service area: central San Diego and parts of county. Open 10-5, Tues.-Sat. CONTACT PERSON: Bob Stanley or Rocky Thomas

## TIJUANA/BORDER

(ALSO SEE "SPECIAL POPULATIONS" AND "BENEFITS")

---

### TIJUANA

---

---

### MEDICAL SERVICES/SERVICIOS MÉDICOS

---

#### Clínica ACOSIDA (Alianza Contra el SIDA)

Calle Artículo 123 (1ra) 7648, Ste. 6, Zona Norte, 22100

Tijuana, BC México

011-52-664-685-9163

Website: [adcosida.freesevers.com](http://adcosida.freesevers.com)

E-mail: [acosida@mexicomail.com](mailto:acosida@mexicomail.com)

Free medical, pharmaceutical and psychological outpatient services for residents of Tijuana living with HIV without health insurance. Free HIV counseling, blood testing and condoms for the general public. Community HIV/STD prevention outreach. Open every Thursday from 5-8pm. Additional information including San Diego contact information available on the Website in English and Spanish.

#### Clínica COMUNSIDA – SSA

##### JURISDICCIÓN SANITARIA NÚMERO II

Avenida Constitución 1641, entre calles 8va y 9na

Zona Centro, Tijuana. México

011-52-66-88-33-20

CONTACT: Dr. Albeláís

#### Servicios Médicos Municipales

Calle 1ra, Número 6525,

Colonia Castillo. CP 22100

Tijuana, México

---

### SOCIAL SERVICES/SERVICIOS SOCIALES

---

#### PROCABI (Bi-National AIDS Advocacy Project)

2860 North Park Way, San Diego, CA 92104

Office/Fax: (619) 235-6151

Administrative office/Fax: (619) 281-6068

Voice mail/pager: (619) 595-2550

Website: [www.baap.org](http://www.baap.org)

E-mail: [info@procabi.org](mailto:info@procabi.org)

OFFICE IN TIJUANA:

Calle Batopilas 2336, Col. Cacho. Tijuana, B.C. México

011-52-664-684-7723

#### Centro de Información COMUNSIDA

Calle 2da y Constitución, Zona Centro, CP 22000.

Tijuana, México

011-52-66-85-55-53

Information, condoms, referrals.

## Medicina Social Comunitaria

Calle Batopilas, #3446, Colonia Cacho, C.P. 22150,  
Tijuana, B.C., México  
011-52-66-84-14-43

CONTACT: Dra. Blanca Lomeli

## Organización SIDA Tijuana/INF-COMUNSIDA

Apartado Postal 1810, Zona Centro, Tijuana, México  
011-52-66-85-55-53

CONTACT: Emilio o Rodrigo

---

### RELATED ORGANIZATIONS/ ORGANIZACIONES RELACIONADAS

---

## AIDS Association USA/MEX

(619) 595-2550

A non-profit corporation established to bring together an association of 14 agencies working on the border to provide funding and support to the agencies working in Tijuana.

## AIDS Organization US-Mexico

(619) 231-8557

## HIV/STD Subcommittee

US/MEXICO BORDER HEALTH ASSOC. CALIFORNIA/BAJA CALIFORNIA

CALIFORNIA OFFICE OF BORDER HEALTH

3851 Rosecrans St., P.O. Box 85524, San Diego, CA 92138-5524  
(619) 692-8472; Fax: (619) 692-8313

CONTACT: Lauri Senini, US-Mexico Border Health Advisor

---

## MEXICALI

---

---

### MEDICAL SERVICES/SERVICIOS MÉDICOS

---

## Clínica de Genética e Inmunología/Centro Local SIDA

Av. Obregón Número 850, C.P. 21100

Mexicali, B.C., México

011-52-65-53-50-65, 011-52-65-52-96-06, 011-52-65-54-22-14

## Jurisdicción Sanitaria Número 1

Calle F y Mecánicos, Colonia Industrial, C.P. 21000

Mexicali, B.C., México

## Programa Amigo/ Universidad Autónoma de Baja California

FACULTAD DE MEDICINA, CENTRO DE DIAGNÓSTICO

Avenida de los Héroes, Apartado Postal 1-624

Centro Cívico, C.P. 21000

Mexicali, B.C., México

011-52-65-55-42-62

CONTACT: Dr. Enrique Gómez B.

## Centro Local SIDA Mexicali

Avenida Madero 454 Altos 2110

Zona Centro, C.P. 21100

Mexicali, B.C., México

011-52-65-52-24-27

---

### SOCIAL SERVICES/SERVICIOS SOCIALES

---

## FRENPAVIH (Frente de personas con VIH)

011-52-65-66-06-62

AIDS activist organization whose primary goal is free medicines for all. Support group for people with HIV.

## Proyecto SIDA Mexicali

Calle Fco. Javier Mina #1040, Colonia Independencia, CP  
21290, Mexicali, BC Mexico

U.S. ADDRESS:

120A Rockwood St., Calexico, Ca 92231

HIV prevention information, free condoms, support groups and referrals for people with HIV/AIDS. CONTACT: Altigracia Tamayo or Armando Rodríguez.

---

### RELATED PROGRAMS/PROGRAMAS RELACIONADOS

---

## COESIDA (State AIDS Program)

Hotline: 018000272095

Information about medicines, treatments and referrals. CONTACT: Dr. Andres Nuñez

---

## ENSENADA

---

## Secretaria de Salud

Calle 4ta Y Floresta, Zona Centro, C.P. 22830

Ensenada, B.C., México

011-52-61-76-39-88, 011-52-61-76-39-39

# TRANSPORTATION

## CARE Act Transportation Services

NEIGHBORHOOD HOUSE ASSOCIATION - TRANSPORTATION DEPT.

4425 Federal Blvd., Ste. 24B, San Diego, CA 92102

(619) 527-1287; Fax: (619) 527-4851

Toll-free: (888) 793-2513

Website: [www.neighborhoodhouse.org](http://www.neighborhoodhouse.org)

Two types of programs available:

**Unassisted transportation services:** Offers clients free bus passes on a monthly basis. Eligibility based on symptomatic HIV status, possession of Disabled Transit ID Card, and income verification (max \$1100/month for an individual).

**Assisted transportation services:** Allows certified clients to be transported by van services. Services available only to those HIV symptomatic clients in need of urgent care, or those who meet certain other eligibility requirements.

Applicants may be eligible for both services. Bus passes and related services are also available at the following sites: Community Case Management, PROCABI Centro Familiar and San Ysidro Health Center, (call (619) 520-6578), and HIV/AIDS Services Case Management, (call (619) 266-9400). Call for applications and further information.

---

## OTHER SOURCES

---

### ADA Transportation/Certification Infoline

(877) 232-7433

### MTS Access/CTS Paratransit/(NCTD) Lift Transportation

#### LAIDLAW TRANSIT SERVICES

MTS Access: (888) 517-9627

CTS Paratransit: (800) 921-9664

Lift Transportation: (760) 726-1111

MTS Access serves the Metropolitan San Diego area, CTS Paratransit serves the Mid-County, East County and South Bay and (NCTD) Lift Transportation serves North County. They will pick up ADA-certified clients and take anywhere in county at a nominal fee (\$3.50 or less). No restrictions on medical appointments etc. Applications available. For people who have functional disabilities and/or difficulty in accessing transportation.

### Bus Passes or Taxi Vouchers

Check with case managers for cheaper bus passes or taxi vouchers.

### Dial-a-Ride

(800) 921-964

### Patient Aid Program

#### LEUKEMIA SOCIETY OF AMERICA

4715 Viewridge Ave., Ste. 110, San Diego, CA 92123

(858) 277-1800

Provides up to \$750.00 in reimbursement for transportation-related expenses for patients with leukemic cancer secondary to AIDS.

### Public Transit Information

(619) 233-3004

### STRIDE

Website: [www.stridesd.org](http://www.stridesd.org)

E-mail: [info@stridesd.org](mailto:info@stridesd.org)

Specialized Transportation Referral & Information for the Disabled (STRIDE) offers San Diego's most comprehensive database of public and private transportation providers. Information is available online only.

### The Transit Store

102 Broadway, San Diego, CA 92101 (Downtown)

(619) 234-1060

\$4.00 for Disabled Transit ID Card (good for 5 years only), then ride the bus for 75 cents, or buy a pass for \$12.50/mo. Bring certificate from doctor. HOURS: 9-4:30, M-F

### Travelers Aid

(619) 295-8393; Fax: (619) 295-3217

Information, referrals and occasional emergency support. Volunteers are stationed at the airport and train station to help travelers in need. Consumers are seen Monday through Friday, 1-4:30pm on a walk-in basis at St. Vincent de Paul's, 3550 E St.

CONTACT: Amy Gonyeau, ext. 18

---

## RELATED PROGRAMS

---

### Helping Hands Moving Program

#### BEING ALIVE SAN DIEGO

4070 Centre St., San Diego, CA 92103

V/TTY: (619) 291-1400; Fax: (619) 291-1491

Website: [www.beingalive.org](http://www.beingalive.org)

E-mail: [info@beingalive.org](mailto:info@beingalive.org)

Moving/relocation program for people with HIV. The program provides volunteers, a truck, packing boxes and tape to assist with the move.

## VOLUNTEERS

Volunteer opportunities are featured on the Volunteer San Diego website: [www.volunteersandiego.org](http://www.volunteersandiego.org).

---

## GENERAL SERVICES

---

### Being Alive San Diego

4070 Centre St., San Diego, CA 92103

V/TTY: (619) 291-1400; Fax: (619) 291-1491

Website: [www.beingalive.org](http://www.beingalive.org)

E-mail: [info@beingalive.org](mailto:info@beingalive.org)

Volunteers needed for peer advocacy, recreation, haircutting, reception, Respite Services and Helping Hands Moving Program.

### Being Alive North County Resource Center

804 Pier View Way, Oceanside, CA 92054

(760) 439-6908

Website: [www.beingalive.org](http://www.beingalive.org)

Volunteers needed for peer advocacy, recreation, haircutting, reception, Respite Services and Helping Hands Moving Program.

### CASA (Coordinated Assistance Services Advocacy)

4004 Beyer Blvd., San Ysidro, CA 92173

(619) 662-4161; Fax: (619) 662-4109

Website: [www.syh.org](http://www.syh.org)

Volunteers needed for front office support, newsletter staffing, graphic and web designing, peer and client advocacy and Spanish-speaking outreach.

### The Center - Hillcrest (main office)

3909 Centre St., San Diego, CA 92103

(619) 692-2077 x 108

Website: [www.thecentersd.org](http://www.thecentersd.org)

E-mail: [tperry@thecentersd.org](mailto:tperry@thecentersd.org)

Volunteer opportunities available in HIV and non-HIV programs.

---

## **PROCABI (Bi-National AIDS Advocacy Project)**

2860 North Park Way, San Diego, CA 92104  
Phone/Fax: (619) 235-6151  
Website: [www.baap.org](http://www.baap.org)  
E-mail: [info@probcabi.org](mailto:info@probcabi.org)

Volunteers are needed for reception, cleaning, preparing food bags and medicines for Mexico. Volunteers meet every Saturday from 10am-3pm to pack medicines and food bags.

## **San Diego Palliative Home Healthcare**

4311 Third Ave., San Diego, CA 92103  
(619) 278-6451; Fax: (619) 688-2410  
Website: [www.advancedcare.org](http://www.advancedcare.org)  
E-mail: [cdodd@sdhospice.org](mailto:cdodd@sdhospice.org)

Volunteers needed for companionship, respite care and other assistance for patients living with HIV/AIDS. CONTACT: Carol Dodd, Volunteer Coordinator

---

## **WOMEN/CHILDREN**

---

### **Christie's Place**

2440 Third Ave., San Diego, CA 92103  
(619) 702-4186; Fax: (619) 702-5924  
Website: [www.christiesplace.org](http://www.christiesplace.org)

---

## **FOOD DELIVERY**

---

### **Mama's Kitchen**

1875 Second Ave., San Diego, CA 92101  
(619) 233-6262; Fax: (619) 233-6283  
Website: [www.mamaskitchen.org](http://www.mamaskitchen.org)

Volunteers needed to deliver and prepare meals to persons with symptomatic HIV disease or AIDS and to staff Mama's Pantry, a food bank service..

### **Special Delivery San Diego**

4021 Goldfinch St., San Diego, CA 92103  
(619) 297-7373

Volunteers needed to deliver and prepare meals to persons with HIV/AIDS. CONTACT: Ruth Hendricks

---

## **LAUNDRY AND THRIFT**

---

### **Auntie Helen's Laundry & Thrift**

4028 30th St., San Diego, CA 92104  
(619) 584-8438; Fax: (619) 584-8968  
Website: [www.auntiehelens.org](http://www.auntiehelens.org)

Volunteers needed to staff washers/dryers, for pick-up and delivery, and for administration of thrift store.

HOURS: Tues.-Sat, 10am-5pm

---

## **PETS**

---

### **PAWS San Diego County**

**VISTA OFFICE:**  
Dorothy McCormick Senior Center,  
1400-B Vale Terr., Vista, CA 92084  
(760) 630-7297; Fax: (760) 941-1467

**SAN DIEGO OFFICE:**  
PACTO Latino, 2828 University Ave., #107, San Diego, CA 92104  
(619) 725-0946; Fax: (760) 941-1467

Website: [www.sdpride.com/paws](http://www.sdpride.com/paws)  
E-mail: [pawsdco@yahoo.com](mailto:pawsdco@yahoo.com)

Volunteers needed for foster care, exercise, reduced-cost veterinary care, nutritious supplies and referral to social and animal-related services.

---

## **CONSUMER ADVOCACY**

---

### **CHAANGE (California HIV/AIDS Advocacy Network Grassroots Evolution)**

1127 11th St., Ste. 214, Sacramento, CA 95814  
(916) 869-1312  
Website: [www.chaange.org](http://www.chaange.org)  
E-mail: [chaange@aol.com](mailto:chaange@aol.com)

Grass-roots alliance of individuals, families and organizations that advocate on behalf of people infected and affected by HIV/AIDS. Focus is on funding and policies that guarantee access, care and treatment and prevention services.

### **HIV Consumer Council (HCC)**

**C/O OFFICE OF AIDS COORDINATION (OAC)**  
P.O. Box 85524 MS P501-C, San Diego, CA 92186  
(619) 296-3400 x 104; (888) 304-4422; Fax: (619) 296-2663  
Website: [www.hivconsumercouncil.org](http://www.hivconsumercouncil.org)  
E-mail: [consumercouncil@juno.com](mailto:consumercouncil@juno.com)

A committee of the HIV Planning Council designed to give consumers an active role in shaping the services provided by Ryan White CARE Act funding. The public is encouraged to attend regional and other meetings. Call for meeting times and places, or consult the website's calendar.

### **HIV Housing Committee**

3989 Ruffin Rd., San Diego, CA 92123  
(858) 694-8712

Committee designed to provide a forum for consumer input regarding housing issues for those living with or affected by HIV/AIDS. The public is invited to attend these meetings, held at the County Health Services Complex, Coronado Room, 3851 Rosecrans St., San Diego.

## HIV Planning Council

### RYAN WHITE CARE ACT, TITLE I-II

#### C/O OFFICE OF AIDS COORDINATION (OAC)

P. O. Box 85524, P-501C, San Diego, CA 92186-5524  
3043 Fourth Ave., San Diego, CA 92103  
(619) 296-3400; Fax: (619) 296-2688  
Website: [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

A council appointed by the County Board of Supervisors to establish priorities for the allocation of Ryan White CARE Act funds. The public is encouraged to attend meetings. Applications for membership are welcome, and are available by writing or calling the OAC.

## Needs Assessment Survey

### OFFICE OF AIDS COORDINATION (OAC)

P. O. Box 85524 P-501C, San Diego, CA 92186-5524  
(619) 296-3400; Fax: (619) 296-2688  
Website: [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

Bi-annual survey of consumer needs done for the HIV Planning Council. A working group is convened in November or December of every other year. Volunteers are needed to plan and distribute the survey. CONTACT: Dan O'Shea

## North County AIDS Coalition

### NORTH COUNTY HEALTH SERVICES - COMMUNITY ROOM

150 Valpreda Rd., San Marcos, CA 92069  
(760) 721-3422; Fax: (760) 439-7459

Meets on the 4th Thursday of each month from 12-2pm.

## Positive Words

Website: [www.positivewords.com](http://www.positivewords.com)

Free resource for creating newsletters. Contains templates, articles and graphics, ready-made newsletters and fact sheets in English and Spanish.

---

## RESEARCH

---

(ALSO SEE "CLINICAL TRIALS")

## Fight AIDS at Home

Website: [fightaidsathome.org](http://fightaidsathome.org)

Program that utilizes PC idle time to test drug compounds against computer models of HIV. Program is free of charge and will not interfere with PC usage. For more information call Special Delivery San Diego, (619) 297-7373 or e-mail [Bamboobill1@home.com](mailto:Bamboobill1@home.com).

# WOMEN & CHILDREN

## AIDS Clinical Trials for Women

### UCSD ANTIVIRAL RESEARCH CENTER (AVRC) (ACTG)

150 W. Washington St., Ste. 100, San Diego, CA 92103  
(619) 543-8080; Fax: (619) 298-0117  
Website: [www.AVRCtrials.org](http://www.AVRCtrials.org)

## Antiretroviral Pregnancy Registry

(800) 258-4263  
[www.apregistry.com](http://www.apregistry.com)

The Antiretroviral Pregnancy Registry is intended to provide an early signal of any effects associated with prenatal exposure to HIV medications. The Registry is conducted through a health care provider and does not collect or maintain identifying information about its participants. For more information, please ask your health care provider to contact the Registry.

## Camp Laurel

1235 Hotel Circle South, Ste. G, San Diego, CA 92108  
(619) 294-4FUN (4386); Fax: (619) 294-3072  
Website: [www.camplareel.org](http://www.camplareel.org)  
E-mail: [info@camplareel.org](mailto:info@camplareel.org)

Dedicated to provide year-round educational wilderness camping programs (free of charge) to children, ages 6-16, living with HIV/AIDS. Also offers, once a year, an opportunity for the immediate family to attend Family Winter Camp. Call to request applications. Se habla español.

## Christie's Place

2440 Third Ave., San Diego, CA 92103  
(619) 702-4186; Fax: (619) 702-5924  
Website: [www.christiesplace.org](http://www.christiesplace.org)

A support center for women, children and families living with HIV/AIDS. Christie's Place focuses on women's and children's issues and offers support groups, mental health counseling, family advocacy, the "Friends for Life" Peer Mentor program, computer lab, educational workshops, on-site childcare, hygiene products, diapers and other services.

## Elizabeth Glaser Pediatric AIDS Foundation

1140 Connecticut Ave. NW, Ste. 200, Washington, DC 20036  
(888) 499-4673  
Website: [www.pedaids.org](http://www.pedaids.org)  
E-mail: [info@pedaids.org](mailto:info@pedaids.org)

## Fem-Owen

### UCSD AMBULATORY CARE CENTER

4168 Front St., San Diego CA 92103  
(619) 543-3995

A multidisciplinary HIV care program for women.

## Guide to the Clinical Care of Women with HIV

### 2001 (FIRST EDITION)

(888) 275-4772  
Website: [www.ask.hrsa.gov](http://www.ask.hrsa.gov)

## HIV Neurobehavioral Research Center (HNRC)

150 W. Washington St., San Diego, CA 92103  
(619) 543-5045  
Website: [hnrc.ucsd.edu](http://hnrc.ucsd.edu)

Several research and clinical studies recruiting women with past crystal meth use and/or problems with memory due to HIV. CONTACT: Teresa, 543-5045, or Randy, 543-5016

## Hook Into Vitality

### CHRISTIE'S PLACE

2440 Third Ave., San Diego, CA 92103  
(619) 702-4186; Fax: (619) 702-5924  
Website: [www.christiesplace.org](http://www.christiesplace.org)

Program designed by and for women living with HIV/AIDS to share information, wisdom and concerns. Various topics are covered. Light lunches provided. Childcare is available to those who register in advance.

## International Community of Women Living with HIV/AIDS (ICW)

Unit 6, Building 1, Canonbury Business Centre, Canonbury Yard,  
190a New North Rd., London, N1 7BJ, UK  
(011) 44-20-7704-0606; Fax: (011) 44-20-7704-8070  
Website: [www.icw.org](http://www.icw.org)  
E-mail: [info@icw.org](mailto:info@icw.org)

ICW is an international network run by and for HIV+ women. It seeks to improve the lives of women with HIV/AIDS throughout the world by providing support and information. North American CONTACT: Antigone Hodgins, (202) 363-0121, e-mail [antigoneh@aol.com](mailto:antigoneh@aol.com)

## Project SPEAK UP!

### CHRISTIE'S PLACE

2440 Third Ave., San Diego, CA 92103  
(619) 702-4186; Fax: (619) 702-5924  
Website: [www.christiesplace.org](http://www.christiesplace.org)

Project SPEAK UP! (Sisters Promoting Empowerment, Activism & Kinship) is a peer-based leadership program for HIV+ women. The project is designed to build self-esteem and provide trainings and skills-building opportunities in the HIV arena. The goal of this project is to help women become effectively involved in community forums such as HIV planning committees. Training topics include: CARE Act 101, communication skills, budgeting, lobbying and more.

## S.E.A.R. Center (Southeast Abundant Resources Center)

324 N. 47th St., San Diego, CA 92102  
(619) 264-7351; Fax: (619) 264-3540

HOURS: Mon -Thurs, 9am-5pm; Fridays, 9am-4pm (by appointment only)

ELIGIBILITY: Diagnosed HIV+ (at any stage of the disease) San Diego County resident.

TARGET: People of color, homeless, and ex-inmates, but welcomes everyone.

## Women Alive

1566 Burnside Ave., Los Angeles, CA 90019  
(323) 965-1564; Fax: (323) 965-9886  
Hotline: (800) 554-4876  
Website: [www.women-alive.org](http://www.women-alive.org)  
E-mail: [info@women-alive.org](mailto:info@women-alive.org)

Provides women-focused medical updates, peer support and hotline, support groups, treatment information, mental-health counseling and group therapy, Narcotics Anonymous meetings and peer-support and community-education training.

## Women, Children & Family

### CENTER FOR SOCIAL SUPPORT & EDUCATION (CSSE)

3960 Park Blvd., Ste. F, San Diego, CA 92103  
(619) 325-2773; Fax: (619) 574-8014  
Website: [www.csseonline.org](http://www.csseonline.org)  
E-mail: [csse@csseonline.org](mailto:csse@csseonline.org)

Provides information and education to women, adolescents and their family members in collaboration with the UCSD Mother, Child & Adolescent HIV Program. Assistance is also available with emergency housing, family support and substance-abuse counseling.

## WORLD

414 13th St.; 2nd Fl., Oakland, CA 94612  
(510) 986-0340; Fax: (510) 986-0341  
Website: [www.womenhiv.org](http://www.womenhiv.org)  
E-mail: [info@womenhiv.org](mailto:info@womenhiv.org)

Information and support network by, for and about women with HIV/AIDS.

---

## MEDICAL AND DENTAL SERVICES FOR CHILDREN

---

### Anderson Center for Dental Care

#### CHILDREN'S HOSPITAL & HEALTH CENTER

3020 Children's Way, MC503, San Diego, CA 92123  
(800) 788-9029

Services provided to children under 21 who have early childhood cavities or a severely disabling medical condition. Family must have an annual income of less than \$40,000 and have no access to other funding to cover full cost of treatment. Fees are based on ability to pay.

### California Children Services (CCS)

6160 Mission Gorge Rd., San Diego, CA 92120  
Mailing address: P.O. Box 85222, San Diego, CA 92186-5222  
(619) 528-4000; Fax: (619) 528-4087

CCS provides treatment services to children under age 21 who have a medically qualified condition such as HIV/AIDS and whose family income is low. Services include diagnostic examination, payment for medicines, hospital care, laboratory and rehabilitative services.

### CHDP (Child Health & Disability Prevention Program)

(619) 692-8428; (800) 675-2229

Services provided to low-income children up to 21 years of age. Call for a referral.

### Children's Hospital

3020 Children's Way, San Diego, CA 92123  
(858) 576-1700 TDD: (858) 576-5831  
Healthcare Referral Service: (800) 788-9029

### KidCare Express Mobile Medical Unit

#### FAMILY HEALTH CENTERS OF SAN DIEGO

(619) 515-2371  
Website: [www.fhcsd.org](http://www.fhcsd.org)

Provides health services to medically underserved children and youth in collaboration with schools, community centers, social service agencies and neighborhood health fairs.

## **Migrant Education Program**

### **SAN DIEGO COUNTY OFFICE OF EDUCATION**

135 Vallecitos de Oro, Ste. A, San Marcos, CA 92069  
(760) 510-0250; Fax: (760) 752-1599  
Website: [www.sdcoe.k12.ca.us/student/MigEd.html](http://www.sdcoe.k12.ca.us/student/MigEd.html)

Medical and dental treatment for migrant education children ages 3-21. Fees based on ability to pay. If you are interested in helping the Migrant Education Program, know someone who might be eligible for the program or have questions about any aspect of the program, please contact the Regional Migrant Education office at (760) 510-0250 or submit your questions on our feedback page.

## **San Diego Children's Dental Health Center**

1270 24th St., San Diego, CA 92102  
(619) 234-8131

Treatment for children 3 -17 years of age, of low-income families unable to afford private care.

## **UCSD Pediatric HIV Program**

### **UCSD MOTHER, CHILD & ADOLESCENT HIV PROGRAM**

### **UCSD ANTIVIRAL RESEARCH CENTER (AVRC) (ACTG)**

150 W. Washington St., Ste. 100, San Diego, CA 92103  
(619) 543-8080; Fax: (619) 298-0117  
Website: [www.AVRCtrials.org](http://www.AVRCtrials.org)

For information on HIV in children, clinical HIV care, case management, clinical trials for women, community referrals and resources, open M-F, 8am-4:30pm. See list below for appropriate referral:

*Leonora Calsada, LCSW, MPH*  
*Counseling to HIV-infected, pregnant woman*

*Andrew Hull, M.D.*  
*Comprehensive HIV care during pregnancy*

*Susan Okuno, LCSW*  
*Counseling to HIV-infected children, youth and families*

*Stephen A. Spector, M.D.*  
*HIV care and clinical trials to infants, children and adolescents*

---

## **WOMEN'S/CHILDREN'S SUPPORT GROUPS**

---

## **Being Alive North County**

### **RESOURCE CENTER**

(760) 439-6908

## **Children's Art Therapy Group**

(619) 543-8080

UCSD Mother, Child & Adolescent Program. Ages 9-12, infected or affected by HIV, Fridays 4-6pm.

CONTACT: Susan Okuno

## **Mujeres VIH+**

(619) 702-4186

Christie's Place, Fri 11am-1pm (Spanish, childcare available)

## **Positive Divas - 2**

(800) 347-7604

Heterosexual women's support group. "Meet and share with other positive sisters." COORDINATOR: Priscilla Bramlette

## **The Center**

(619) 692-2077

## **Urban League**

(619) 266-6166

---

## **SAFER SEX EDUCATION**

---

## **Condom-Sensible Workshop**

P.O. Box 4544, San Diego, CA 92164  
(619) 563-4052

Fun, safer sex workshops for heterosexual men or women. Group sliding scale. CONTACT: Cat Gautieri

## **UCSD Mother, Child & Adolescent HIV Program**

150 W. Washington St., San Diego, CA 92103  
(619) 543-8080  
Website: [www.avrc-trials.org](http://www.avrc-trials.org)

---

## **DOMESTIC VIOLENCE COUNSELING**

---

## **Center for Community Solutions**

4508 Mission Bay Dr., San Diego, CA 92109  
(858) 272-1767; (888) 272-1767

Provides 24-hour hotline, in-person counseling, information, referral and advocacy.

## **Community Connection Resource Center**

4305 University Ave., #530, San Diego, CA 92105  
(619) 280-3220; Fax: (619) 280-9254  
Website: [www.communityconnection-ca.com/san\\_diego.htm](http://www.communityconnection-ca.com/san_diego.htm)

Provides court-approved 52-week Domestic Violence Intervention Program and a 19-week Anger Management Program. Classes are held in English, Spanish, Laotian, Cambodian and Arabic.

## **Family Justice Center**

707 Broadway, Ste. 700, San Diego, CA 92101  
(619) 533-6000; Toll-free: (866) 933-HOPE (4673)  
Website: [www.familyjusticecenter.org](http://www.familyjusticecenter.org)

The Family Justice Center offers counselors, police, prosecutors, housing and social service agencies to victims of domestic violence and allows them to get help for their needs at one place.

## **Family Violence Intervention**

### **WOMEN'S RESOURCE CENTER**

1963 Apple St., Oceanside, CA 92054  
(760) 757-3500; Fax: (760) 757-0680

Operates a 24-hour crisis hotline and provides a range of counseling and supportive services to victims of sexual assault and domestic violence. Also offers a one-year intervention and treatment program for domestic violence abusers.

## Relationship Violence Treatment & Intervention Program

### THE CENTER – HEALTH SERVICES

2313 El Cajon Blvd., San Diego, CA 92104

(619) 260-6380; Fax: (619) 718-6447

Website: [www.thecentersd.org](http://www.thecentersd.org)

E-mail: [ihansen@thecentersd.org](mailto:ihansen@thecentersd.org)

Domestic violence counseling for same-sex couples. Both survivors' and offenders' groups available. CONTACT: Inge Hansen, x107 or the on-duty counselor

---

## ADOLESCENT PROGRAMS

---

### Adolescent AIDS Program

Website: [www.adolescentaids.org](http://www.adolescentaids.org)

Online information for youth between the ages of 13-24, including locations of youth-friendly testing sites and The Deal, an ezine for young people with discussions about life, love and HIV/AIDS.

### Teen Health Center

#### FAMILY HEALTH CENTERS OF SAN DIEGO

1643 Logan Ave., San Diego, CA 92113

(619) 515-2333

Website: [www.fhcsd.org](http://www.fhcsd.org)

### Sex, Etc.

Website: [www.sxetc.org](http://www.sxetc.org)

Website by teens for teens featuring stories concerning teen sex and chat sessions with experts. Sponsored by the Network for Family Life Education.

### UCSD Youth HIV Program

150 W. Washington St., San Diego, CA 92103

(619) 543-8080 x242; Fax: (619) 298-2698

E-mail: [maperez@ucsd.edu](mailto:maperez@ucsd.edu)

Provides a full range of services to youth ages 12-24 who are at risk or living with HIV. Services are provided by a youth-friendly staff in a clinic designed by and for youth. All services are offered in English and Spanish, and include:

- **MEDICAL CARE:** Personal, confidential HIV care, birth control and STD treatment. Help with all medical problems. Studies available for new treatments.
- **CASE MANAGEMENT:** Help with food, housing, transportation and childcare. Help with medical appointments. Referrals to drug and alcohol recovery programs.
- **SUPPORT SERVICES:** Counseling, individual and family Peers to support you. Support groups in English and Spanish. Social activities.

CONTACT: Mauricio Pérez

### whatudo.org

Website: [www.whatudo.org](http://www.whatudo.org)

Online information geared toward adolescents and young adults, including FAQs answered by experts, discussions, stories and Thrive Guide, a survival manual for HIV-positive youth.

---

## YOUTH OUTREACH PROGRAMS

---

### Breaking Cycles

#### SAN DIEGO YOUTH & COMMUNITY SERVICES (SDYCS)

3255 Wing St., San Diego, Ca 92110

(619) 221-8600; Fax: (619) 521-5944

Website: [www.sdycs.org](http://www.sdycs.org)

E-mail: [admin@sdycs.org](mailto:admin@sdycs.org)

The Breaking Cycles program offers drug, alcohol and HIV information to the at-risk youth population in the probation system.

### Child Welfare Services – HIV Unit

(858) 694-5149

Arranges HIV testing for foster children, provides HIV education to social workers, foster parents, adoptive parents and community agencies. Provides HIV education to youth in independent living skills programs. CONTACT: Judith Quinn, RN, PHN

### Hillcrest Youth Center

#### THE CENTER – HILLCREST (MAIN OFFICE)

3909 Centre St., San Diego, CA 92103

(619) 497-2920 x 113

Website: [www.thecentersd.org](http://www.thecentersd.org)

E-mail: [jdavisdefeo@thecentersd.org](mailto:jdavisdefeo@thecentersd.org)

The Hillcrest Youth Center offers cyber/computer training, health education, basic financial education, diversity and cultural awareness workshops and seminars, youth leadership training, case management, HIV prevention education, life-skills training workshops, discussion groups, counseling services and social activities. It is committed to providing safe space, adult leadership and educational opportunities for high-risk youth to develop into responsible, productive and fully participating citizens. CONTACT: Jennifer Davis-DeFeo, Hillcrest Youth Center Coordinator

### Multi-Cultural Health Prevention Dept. – HIV Prevention Projects

#### LINDA VISTA HEALTH CARE CENTER

6973 Linda Vista Rd., San Diego, CA 92111

(619) 279-9675; Fax: (619) 278-1896

Website: [www.lvhcc.com](http://www.lvhcc.com)

Multi-Cultural Youth Prevention program targeting high-risk youth. Offers prevention and education programs, interventions, and services capable of sustaining behavior change and HIV risk reduction.

### Rubberbandz

#### HILLCREST YOUTH CENTER

3777 Fourth Ave., San Diego, CA 92103

(619) 497-2920

Website: [www.youthcentersd.com](http://www.youthcentersd.com)

E-mail: [hyc@thecentersd.org](mailto:hyc@thecentersd.org)

Part of The Center's youth programs, Rubberbandz is an HIV prevention program focused on school-based and neighborhood-based access, outreach and prevention workshops. This program meets in North County, East County and Central San Diego (Hillcrest).

## The Storefront

### SAN DIEGO YOUTH & COMMUNITY SERVICES

(619) 325-3527; Fax: (619) 325-3534  
Hotline: (866) 752-2327 (PLACE2STAY)  
Website: [www.sdyics.org](http://www.sdyics.org)

Located in the Hillcrest area, the Storefront is a 20-bed emergency night shelter for homeless, runaway and "street" youth. The Storefront operates an outreach program and a drop-in center with a variety of services including case management, counseling, HIV-prevention education and employment-skills training.

## Teen Drop-In Center – "The 2nd Floor"

### FAMILY HEALTH CENTERS OF SAN DIEGO

1643 Logan Ave., San Diego, CA 92113  
(619) 515-2333  
Website: [www.fhcsd.org](http://www.fhcsd.org)

HOURS: M-F, 2-7pm; Sat., 12-4pm

## UCSD Mother, Child & Adolescent HIV Program

150 W. Washington St., San Diego, CA 92103  
(619) 543-8080  
Website: [www.avrctrials.org](http://www.avrctrials.org)

Assists in promoting HIV testing to youth & linking youth into care.

---

## WIC PROGRAMS

---

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a nutritional program for mid-to-low-income pregnant, post-partum or breastfeeding women and their children under five years of age. The purpose of the WIC Program is to prevent health problems.

## WIC (Women, Infants & Children)

### AMERICAN RED CROSS

Website: [www.sdarc.org](http://www.sdarc.org)  
E-mail: [wic@sdarc.org](mailto:wic@sdarc.org)  
3650 Fifth Ave., San Diego, CA  
(800) 500-6411

## Family Health Centers of San Diego

1809 National Ave., San Diego, CA 92113  
(619) 515-2300  
Website: [www.fhcsd.org](http://www.fhcsd.org)

## SDSU Foundation WIC Program

(888) 999-6897

---

## RELATED PROGRAMS

---

## Lesbian Health Clinic

### PROGRESSIVE HEALTH SERVICES

4783 Pescadero Ave., San Diego, CA 92107  
(619) 222-9904

GYN, pap smears, Donor Insemination Program, Lesbians Considering Parenting workshops, PMS/menopause, CARES program for lesbians with cancer, LGBTI health care, vaginal and breast self-exam/self-help, 20-minute Rapid HIV results, STD testing, integrated medicine, nutrition, acupuncture, herbs.

---

## HOTLINES AND NEWSLETTERS

---

## Project Heartbeat

(619) 477-0242  
Toll-free: (888) 843-5800

Mental health information and referrals for children or their family members; M-F, 8:30am-6:30pm.

## Teen Stat National AIDS Hotline

(800) 234-TEEN  
(M-F 4pm-8pm CST)

## Wise Words (HIV+ Women)

### PROJECT INFORM

(800) 822-7422

Donation asked, published quarterly

## Women Alive

(800) 554-4876  
(Peer support – MWF 11am-6pm PST)

# ASSISTANCE PROGRAMS FOR PRESCRIPTION DRUGS

Most programs provide a free supply of drugs to people who don't have insurance and can't qualify for other programs. Others provide a payment cap on expensive drugs: After a certain dollar amount has been spent within a given year, the program will provide the drug for free. In almost all cases, you need to have your doctor call these numbers; how-ever, most will be happy to give you eligibility information. Other drugs: [www.phrma.org/searchcures/dpdpap/](http://www.phrma.org/searchcures/dpdpap/).

Generic Name	Brand Name	Type	Drug Company	Phone
3TC, lamivudine	Epivir	antiviral	GlaxoWellcome	(800) 722-9294
3TC/AZT	Combivir	antiviral	GlaxoWellcome	(800) 722-9294
3TC/AZT/abacavir	Trizivir	antiviral	GlaxoWellcome	(800) 722-9294
Abacavir	Ziagen	antiviral	GlaxoWellcome	(800) 722-9294
Acyclovir	Zovirax	antiviral	GlaxoWellcome	(800) 722-9294
Albendazole	Zentel	antiprotozoal	SmithKline Beecham	(800) 546-0420
Amitriptyline	Endep	antineuropathy	Roche Laboratories	(800) 285-4484
Amphotericin B lipid	Abelcet	antifungal	Liposome Company	(800) 345-2252
Amprenavir	Agenerase	antiviral	Glaxo Wellcome	(800) 722-9294
Atazanavir	Reyataz	antiviral	Bristol Meyers Squibb	(800) 272-4878
Atovaquone	Mepron	antiprotozoal	Glaxo Wellcome	(800) 722-9294
Azithromycin	Zithromax	antibiotic	Pfizer, Inc.	(800) 869-9979
AZT, zidovudine	Retrovir	antiviral	GlaxoWellcome	(800) 722-9294
Bleomycin	Blenoxane	anticancer	Bristol Myers Squibb	(800) 272-4878
Cefotaxime	Claforan	antibiotic	Hoechst Marion Roussel	(800) 221-4025
Ceftriaxone	Rocephin	antibiotic	Roche Laboratories	(800) 285-4488
Cefuroxime	Ceftin	antibiotic	Glaxo Wellcome	(800) 722-9294
Cidofovir	Vistide	antiviral	Gilead Sciences	(800) 226-2056
Ciprofloxacin	Cipro	antibiotic	Bayer Corporation	(800) 998-9180
Clarithromycin	Biaxin	antibiotic	Abbott Laboratories	(800) 222-6885
Clindamycin	Cleocin	antibiotic	Pharmacia & Upjohn, Inc.	(800) 242-7014
Clofazimine	Lamprene	antibiotic	Ciba Pharmaceuticals	(800) 257-3273
Clotrimazole	Lotrimin	antifungal	Schering Laboratories	(800) 656-9485
Clotrimazole	Mycelex	antifungal	Alza Pharmaceuticals	(800) 577-3788
Cyclophosphamide	Cytosan	anticancer	Bristol Myers Squibb	(800) 272-4878
d4T, stavudine	Zerit	antiviral	Bristol Myers Squibb	(800) 272-4878
Daunorubicin	DaunoXome	anticancer	Gilead Sciences	(800) 226-2056
ddC, zalcitabine	HIVID	antiviral	Roche Laboratories	(800) 282-7780
ddI, didanosine	Videx	antiviral	Bristol Myers Squibb	(800) 272-4878
Delavirdine	Rescriptor	antiviral	Agouron, Inc.	(888) 777-6637
Dronabinol	Marinol	antiwasting	Roxane Laboratories	(800) 274-8651
Doxorubicin	Doxil	anticancer	Alza Pharmaceuticals	(800) 609-1083
Doxycycline	Vibramycin	antibiotic	Pfizer, Inc.	(800) 646-4455
Efavirenz	Sustiva	antiviral	Dupont Pharmaceuticals	(800) 334-4486
Epoetin alfa	Epogen	immunomodulator	Amgen, Inc.	(800) 272-9376
Epoetin alfa	Procrit	immunomodulator	Ortho Biotech	(800) 553-3851
Erythromycin	A/T/S	antibiotic	Hoeschst Marion Roussel	(800) 221-4025
Ethambutol	Myambutol	antibiotic	Dura Pharmaceuticals	(800) 859-8586
Famciclovir	Famvir	antiviral	SmithKline Beecham	(800) 546-0420
Fentanyl	Duragesic	analgesic	Janssen Pharmaceuticals	(800) 544-2987
Fluconazole	Diflucan	antifungal	Pfizer, Inc.	(800) 869-9979
Flucytosine	Ancobon	antifungal	Roche Laboratories	(800) 285-4484
Foscarnet	Foscavir	antiviral	Astra-Zeneca	(800) 488-3247
FTC, emtricitabine	Emtriva	antiviral	Gilead Sciences	(800) 226-2056
Ganciclovir	Cytovene	antiviral	Roche Laboratories	(800) 772-5790
Ganciclovir implant	Vitrasert	antiviral	Roche Laboratories	(800) 393-4675
G-CSF (Filgrastim)	Neupogen	immunomodulator	Amgen, Inc.	(800) 272-9376
Gentamicin	Garamycin	antibiotic	Schering Laboratories	(800) 656-9485

<b>Generic Name</b>	<b>Brand Name</b>	<b>Type</b>	<b>Drug Company</b>	<b>Phone</b>
Granisetron	Kytril	antinausea	SmithKline Beecham	(800) 546-0420
GM-CSF	Leukine	immunomodulator	Immunex Corporation	(800) 334-6273
GM-SCF	Prokine	immunomodulator	Schering Laboratories	(800) 656-9485
Human Growth Hormone	Serostim	antiwasting	Serono Laboratories	(888) 628-6673
Hydrocortisone	Hydrocortone	corticosteroid	Merck and Company	(800) 994-2111
Hydrocortisone	Cortef	corticosteroid	Pharmacia & Upjohn, Inc.	(800) 242-7014
Hydroxyzine	Vistaril	antinausea	Pfizer, Inc.	(800) 646-4455
Immune Globulin	Gamimune	immunomodulator	Bayer Corporation	(800) 998-9180
Indinavir	Crixivan	antiviral	Merck and Company	(800) 850-3430
Interferon Alpha-2	Roferon-A	anticancer/antiviral	Roche Laboratories	(800) 282-7780
Interferon Alpha-2	IntronA	anticancer/antiviral	Schering Laboratories	(800) 521-7157
Itraconazole	Sporanox	antifungal	Janssen Pharmaceuticals	(800) 544-2987
Ketoconazole	Nizoral	antifungal	Janssen Pharmaceuticals	(800) 544-2987
Liposomal daunorubicin	DaunoXome	anticancer	Gilead Sciences	(800) 226-2056
Lopinavir/ritonavir	Kaletra	antiviral	Abbott Laboratories	(800) 222-6885
Loperamide	Imodium	antidiarrheal	Janssen Pharmaceuticals	(800) 544-2987
Megestrol acetate	Megace	antiwasting	Bristol-Myers Squibb	(800) 272-4878
Methotrexate	Rheumatrex	anticancer	Lederle Laboratories	(800) 395-9938
Mexiletine	Mexitil	antineuropathy	Boehringer Ingelheim	(800) 556-8317
Morphine sulphate	Roxanol	analgesic	Roxane Laboratories	(800) 274-8651
Nevirapine	Viramune	antiviral	Roxane Laboratories	(800) 274-8651
Nelfinavir	Viracept	antiviral	Agouron, Inc.	(888) 777-6637
Nimodipine	Nimotop	antineuropathy	Bayer Corporation	(800) 998-9180
Nystatin	Mycostatin	antifungal	Bristol-Myers Squibb	(800) 272-4878
Octreotide acetate	Sandostatin	antidiarrheal	Novartis	(800) 257-3273
Oxandrolone	Oxandrin	antiwasting	Bio-Technology General	(800) 741-2698
Oxymetholone	Anadrol-50	antiwasting	Unimed Pharmaceuticals	(800) 256-8918
Paclitaxel	Taxol	anticancer	Bristol-Myers Squibb	(800) 272-4878
Paromomycin	Humatin	antiprotozoal	Parke-Davis	(908) 725-1247
Pentamidine	NebuPent	antiprotozoal	American Pharmaceutical	(888) 391-6300
Phenytoin	Dilantin	antiseizure	Parke-Davis	(908) 725-1247
Prednisone	Deltasone	corticosteroid	Pharmacia & Upjohn, Inc.	(800) 242-7014
Prednisone	Meticorten	corticosteroid	Schering Laboratories	(800) 656-9485
Prochlorperazine	Compazine	antinausea	SmithKline Beecham	(800) 546-0420
Pyrazinamide	P. USP	antibiotic	Lederle Laboratories	(800) 395-9938
Pyrimethamine	Daraprim	antiprotozoal	GlaxoWellcome	(800) 722-9294
Pyrimethamine	Fansidar	antiprotozoal	Roche Laboratories	(800) 285-4484
Rifabutin	Mycobutin	antibiotic	Pharmacia & Upjohn, Inc.	(800) 242-7014
Rifampin	Rimactane	antibiotic	Ciba Pharmaceuticals	(800) 257-3273
Ritonavir	Norvir	antiviral	Abbott Laboratories	(800) 222-6885
Saquinavir	Fortovase/Invirase	antiviral	Roche Laboratories	(800) 755-0120
Scopolamine	Transderm Scop	antinausea	Ciba Pharmaceuticals	(800) 257-3273
Sparfloxacin	Cinarcid	antibiotic	Rhone-Poulenc Rorer	(610) 454-8110
Streptomycin	S.USP	antibiotic	Pfizer, Inc.	(800) 646-4455
T-20, enfuvirtide	Fuzeon	antiviral	Roche Laboratories	(800) 755-0120
Tenofovir	Viread	antiviral	Gilead Sciences	(800) 226-2056
Terfenadine	Seldane	antihistamine	Hoechst Marion Roussel	(800) 221-4025
Testosterone patch	Testoderm	antiwasting	Alza Pharmaceuticals	(800) 577-3788
TMP/SMX	Bactrim	antiprotozoal	Roche Laboratories	(800) 526-6367
TMP/SMX	Septra	antiprotozoal	GlaxoWellcome	(800) 722-9294
Trimetrexate	NeuTrexin	antiprotozoal	US Bioscience	(800) 887-2467
Valaciclovir	Valtrex	antiviral	GlaxoWellcome	(800) 722-9294
Vinblastine	Velban	anticancer	Eli Lilly and Company	(800) 545-6942
Vincristine	Oncovin	anticancer	Eli Lilly and Company	(800) 545-6942
VP16 (Etoposide)	VePesid	anticancer	Bristol-Myers Squibb	(800) 272-4878
Zidovudine/lamivudine	Combivir	antiviral	GlaxoWellcome	(800) 722-9294

# GLOSSARY OF COMMON HIV TERMS

**Acute infection:** any infection that begins suddenly, with intense or severe symptoms, is called “acute.” If the illness lasts more than a couple of weeks, it is called chronic.

**Adherence:** maintaining a schedule of drug-taking, or other prescribed treatment. Adherence can be extremely important in preventing viral resistance to certain medications.

**AIDS (Acquired Immune Deficiency Syndrome):** a life-threatening collection of illnesses due to HIV infection.

**Anemia:** when blood is deficient in red blood cells.

**Antibiotic:** a drug used to combat bacterial infections by killing bacteria or slowing their growth.

**Antibody:** a protein that identifies, neutralizes, or kills harmful toxins. HIV can often be detected in the body by the presence of HIV antibodies.

**Antigen:** any substance capable of stimulating an immune (antibody) response.

**Antiviral:** a substance or process that destroys a virus or suppresses its ability to reproduce.

**Antiretroviral:** drug that fights a retrovirus. HIV is a retrovirus. AZT, ddI, ddC, d4T, 3TC, and protease inhibitors are a few antiretrovirals.

**Asymptomatic:** without symptoms.

**Baseline:** a known value to which later measurements can be compared (e.g., baseline CD4 count). Baselines are usually determined at the start of a therapy or a clinical study.

**B-cell:** a type of cell in the immune system that fights infection primarily by making antibodies.

**Biopsy:** any procedure in which a sample of tissue is removed from the body for examination in a laboratory. The sample is usually examined under a microscope to see if there are signs of a disease process. Biopsies are commonly used to diagnose cancer and to help identify causes of infection.

**Chronic:** continuing, persistent, or recurring.

**CD4:** a protein embedded in the cell surface of certain T-lymphocytes, called CD4 cells. HIV invades cells by first attaching to the CD4 protein.

**CD4 cell count:** the actual number of T-cells (lymphocytes) in a cubic centiliter of blood. The CD4 cell count is significantly lower in people whose immune system has been affected by HIV.

**CD8:** a protein embedded in the cell surface of certain T-lymphocytes. CD8 cells are also called cytotoxic T-lymphocytes (CTLs).

**Chemotherapy:** the use of drugs to combat disease, specifically cancer.

**Chronic infection:** an infection that persists for longer than a couple of weeks or recurs over time.

**Combination therapy:** simultaneous or alternating administration of 2 or more therapies or drugs.

**Cross resistance:** a virus’ development of resistance to a drug, which also confers resistance to other, similar, drugs.

**Cytokine:** a chemical messenger secreted by immune cells to regulate immune activity.

**Cytotoxic:** damaging to cells.

**Dermatitis:** inflammation of the skin.

**ELISA:** Enzyme Linked Immunosorbent Assay. A testing method to detect antibodies to HIV.

**Entry inhibitor:** see **fusion inhibitor**.

**Expanded access:** FDA program that allows free distribution of experimental drugs through physicians to people with a life-threatening illness who have failed or cannot tolerate approved therapies.

**Fusion inhibitor:** also called “entry inhibitor”, a class of drugs, such as T-20, which prevents HIV from entering new cells, thus blocking HIV replication.

**Genotype:** a test that can help determine drug resistance by examining the genetic structure of a patient’s virus.

**HAART:** “highly active anti-retroviral therapy,” usually comprised of at least three drugs and at least two classes of drugs.

**HIV (Human Immunodeficiency Virus):** the retrovirus recognized as the cause of AIDS. HIV may work with unidentified co-factors to cause AIDS.

**IL-2, IL-12, etc.:** see **interleukin**.

**Immune system:** the mechanism in the body that fights infections.

**Immunosuppression:** reduced performance of the body’s immune system.

**Incubation period:** the time between exposure to an infection and the first signs of the body’s response. In HIV infection, this time usually ranges from a few weeks to six months.

**Infection:** the invasion of the body by bacteria, fungi, viruses, or other organism.



What's good  
for us is  
good for you



**Thinking of replacing a vehicle soon?**

**Selling it is not your only option.**

**Consider the benefits of making a donation.**

**By donating your vehicle to Being Alive San Diego you can:**

- Help us maintain and expand our efforts in the community
- Receive fair market value of your vehicle as a tax deduction
- Avoid the possibility of receiving a low trade-in value from a dealer, or the anxiety and hassle of selling to a private party

**If you decide to donate your vehicle:**

- It will be picked up free of charge
- It will be sold at auction
- Proceeds will go to Being Alive San Diego
- You will receive a receipt entitling you to a tax deduction

Our vehicle donation program is made possible through our partnership with Donate For Charity. When you are ready to donate your vehicle, you may call Donate For Charity toll-free at (866) 392-4483 or donate on-line at [www.beingalive.org](http://www.beingalive.org).



*“Helping Charities Help Themselves”*



# new beginnings

a support group for men who are newly diagnosed with HIV

## Topics include:

Dealing with the crisis mind	Exercise, Stress Reduction, Sleep
Focusing: Breathing techniques	Benefits and Local HIV/AIDS Services
Recognizing your anger and forgiveness	HIV Impact on Social Life
Support network	Confidentiality
Disclosure	Volunteerism
Consulting a Physician	Holistic Therapy
Disease Management	And so much more. These are just
Sex	a few of the topics.
Medications: Should you or Not	
Nutrition and Supplements	

Group Meetings are held every Monday Night at 6:00 pm - 8:00 pm  
at Being Alive San Diego - 4070 Centre Street, San Diego, CA  
A light meal is provided at every group meeting.

To reserve your spot contact Jim Cassidy at 619-291-1400

## COLLABORATING PARTNERS

**BEING ALIVE**  
AIDS • HIV • BERRY • C&A • **EXPERIENCE**

**stepping  
stone**  
a catalyst for change

**DR. DAVID SHAMBLAW**  
Board Cert. Med. Family Practice and HIV & Family Practice  
Certified by the American Academy of HIV Medicine

Timothy J. Citzer  
Author, AIDS Advocate

**MEDIA SPONSOR**  
**UPDATE**  
[www.updatejournal.com](http://www.updatejournal.com)



*Success is a journey and we are here to walk that journey with you. Welcome to New Beginnings.*

Being Alive San Diego  
HIV CONSUMER GUIDEBOOK

# CHANGE/ADDITION FORM

This form should be completed and mailed or faxed to:

HIV CONSUMER GUIDEBOOK  
Being Alive San Diego, CA 92103  
4070 Centre Street  
San Diego, CA 92103

Fax: (619) 291-2975

Check one:

- Addition to guidebook  
 Change existing item

Page number \_\_\_\_\_ Date \_\_\_\_\_

Name of agency/service/provider to be listed \_\_\_\_\_

Your name \_\_\_\_\_

Agency address \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Website \_\_\_\_\_ E-mail \_\_\_\_\_

In the space below, please write down the information as you would like it to appear in the guidebook

# YOU DON'T HAVE TO BE PERFECT...



## ...to be an Angel

Approximately 15,000 people in San Diego are infected with HIV / AIDS. Many of them live below the poverty level. Be an Angel and help them receive the care they need. Here's how:

*Join the circle of caring individuals who support HIV services for low income San Diegans.*

**BEING ALIVE**  
AIDS/HIV SERVICES SAN DIEGO

## Angel Application

Please enroll me at the following level:

- \$5,000 and above Diamond Halo
- \$1,000 - \$4,000 Platinum Halo
- \$250 - \$500 Gold Halo
- \$125 - \$200 Silver Halo
- \$75 - \$100 Bronze Halo
- \$25 - \$50 Copper Halo
  
- I/we wish to contribute \$\_\_\_\_\_ Enclosed is a check. (make payable to Being Alive San Diego)
- I/we wish to pay \_\_\_\_\_ monthly/quarterly installments of \$\_\_\_\_\_
- Electronic Funds Transfer. Enclosed is my voided check for contributing \$\_\_\_\_\_ per month (\$10 minimum)
- I intend to make a gift of stocks/bonds.
- Please send me information about making a bequest to Being Alive.
- Please apply my donation of \$\_\_\_\_\_ to my credit card:  VISA  MasterCard

Account Number \_\_\_\_\_

Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

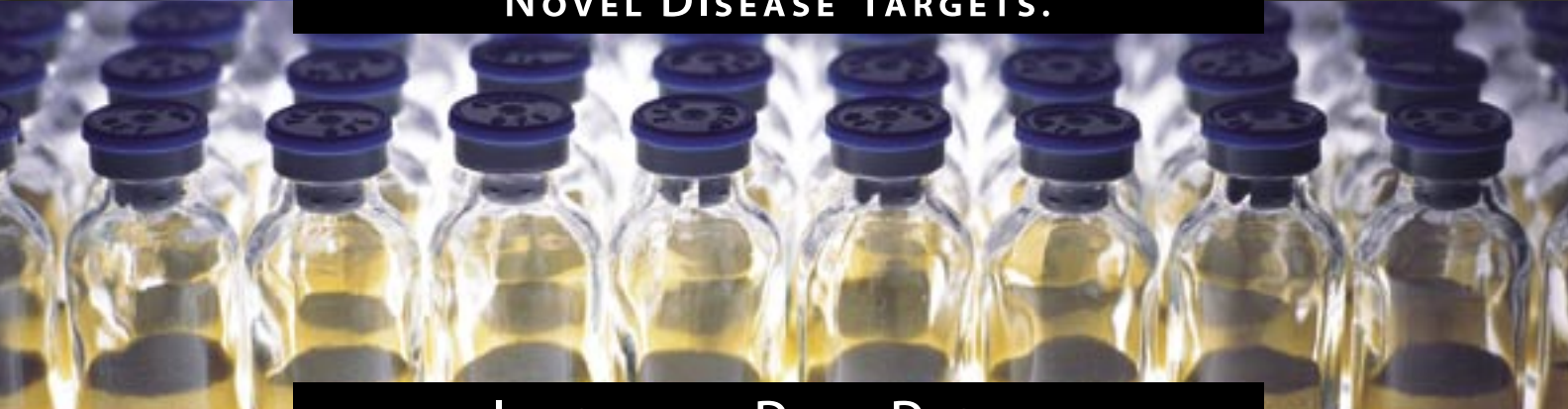
Zip \_\_\_\_\_ Telephone \_\_\_\_\_

E-mail \_\_\_\_\_

Being Alive San Diego  
4070 Centre Street  
San Diego, CA 92103  
Telephone (619) 291-1400  
Fax (619) 291-1491  
www.beingalive.org



**NOVEL DISEASE TARGETS.**



**INNOVATIVE DRUG DESIGN.**



**THERAPEUTICS ARE ADVANCING.**

**Fighting life-threatening infectious diseases.**

At Gilead, we are applying the best of biopharmaceutical science to create innovative medicines that bring new hope in the battles against HIV, hepatitis B, influenza and systemic fungal infections.

**Outperforming current treatment standards.**

We are pursuing new drugs with greater potencies, improved resistance profiles, better safety indices and more convenient dosing regimens. With every therapeutic breakthrough, we strive to significantly advance patient care and improve human lives.



**GILEAD**

Advancing Therapeutics.  
Improving Lives.

To learn more, please visit [www.gilead.com](http://www.gilead.com) or call (800) 445-3235.