



# HAAB UPDATE

HIV/AIDS Advisory Board Quarterly Newsletter



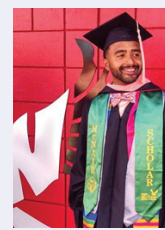
Grant Ogren, SAN Executive Director and board members: Dale Briese, Corey Fortune, Sarah Hamilton

## Social Healing BY DALE BRIESE - HAAB CO-COORDINATOR

Congratulations to all people living with HIV (PLWH) in the community! In Washington state, 81 percent of PLWH have achieved an undetectable viral load. Science has established that an undetectable viral load (200 copies per milliliter of blood or less) means an individual cannot transmit the HIV virus sexually. This fact is encompassed by the phrase “Undetectable=Untransmittable,” or “U=U.” What a journey this has been to this point, and yet there is so much further to go.

At this stage of the epidemic, individual and social healing have come to the forefront. For nearly 30 years, we have been blessed with a compassionate and diligent HIV care system within Washington state that has helped lead us to this point. We know that understanding our medications and taking them as prescribed, staying in care, researching and understanding our medication options, eating nutritious meals, and being mindful of our well-being mentally, spiritually and socially, can lead to healthier lives. But individual care is only a component of a complex healing process. The social healing process is still ongoing for many due to the lingering effects of stigma and discrimination.

Some individuals in our community have felt the impact of laws that criminalize non-disclosure of our HIV status. Newly proposed legislation, SHB 1551, passed by the House on Feb. 12 and currently headed to the Senate, intends to update the Revised Code of Washington (RCW) Chapter 70.24, Control and Treatment of Sexually Transmitted Diseases. In part, the bill would update rules around HIV, treating it more like other sexually transmitted diseases and blood-borne pathogens. If enacted, the new law would downgrade nondisclosure to a misdemeanor or gross misdemeanor (it is currently a felony to not disclose HIV status to a sexual partner regardless of whether HIV is transmitted or not).



## Welcome Quinton Baker

Born in Spokane, Quinton graduated

from Eastern Washington University with a bachelor's degree in psychology and a master's degree in public health. Quinton has volunteered with numerous organizations including the American Red Cross, Goodwill and Union Gospel Mission.

While working as a program manager for International Service Learning (ISL), Quinton oversaw and participated in public health operations in Tanzania, Costa Rica, Nicaragua and Mexico. Quinton is especially proud of his contributions on a project to create a clean water well-drilling program in rural Kenya.

Please join us in welcoming Quinton to our team. We know his passion for public health and knowledge of disease management on an international scale will guide him as he serves our HIV community.



## HAAB 2020 Goals

To better serve our community, your HIV/AIDS Advisory Board (HAAB) developed a set of 2020 goals based on client feedback received via the 2019 Spokane Regional Health District (SRHD) Client Satisfaction Survey. This year's goals include the following:

1. Create a client services manual to help SRHD medical case managers educate clients.
2. Work with SRHD Communications department to create a new quarterly newsletter for 2020.
3. Encourage and promote educational opportunities and social networking as well as activities to reduce isolation.
4. Reduce stigma by educating our community about treatment as prevention, highlighting U=U and PrEP.



## Farewell to Dr. Zucec

After 19 years of service, Dr. Mirko Zucec concluded his time as a provider at CHAS Health. His last day was Jan. 22, 2020. CHAS

Health continues to provide care to clients with a team of providers. Patients were assigned to one of three providers based on each patient's location and previous experience with the remaining providers. Gloria Spanton, the team's case manager, will reach out to clients as needed. Please call 509.444.8200 with any questions or to schedule an appointment.

On behalf of the entire HIV community, the HAAB would like to thank Dr. Zucec and CHAS for their compassionate and diligent HIV care services for over 20 years. Change is never easy, so the board would also like to thank CHAS for a smooth transition of HIV provider care for HIV patients. HAAB members wish Dr. Zucec all the best.

2019 was a very busy, productive year for SAN (Spokane AIDS Network). While SAN board members and volunteers are already looking ahead to 2020 and the potential changes it brings, it's worth reflecting on the accomplishments of 2019.

- In March, SAN initiated the Monthly Lunch and Pantry program (see calendar on back page for details) and launched the Emergency Support Assistance Partnership with SRHD, which provides added assistance not otherwise offered by SRHD.
- In September, Grant Ogren, previously SAN's board president, was hired as the new executive director at SAN.
- Despite less than desirable weather, this year's Spokane AIDS Walk on Sept. 28 was a success. On Dec. 1, SAN hosted two blocks of the AIDS Memorial Quilt during the Spokane World AIDS Commemoration—this year's theme was "Ending the HIV/AIDS Epidemic: Community by Community." Visitors dropped by throughout the day and about 90 people attended the evening ceremony.
- On Dec. 13, SAN volunteers assembled holiday meal bags for about 200 clients. SAN partnered with the Airway Heights Grocery Outlet to create holiday meals that included chicken or ham and a sparkling cider for each client donated by Grocery Outlet. SAN volunteers distributed bags and provided clients with a meal during the event. In total, SAN and SRHD staff delivered over 30 bags during the event, and SAN provided another 40 to 50 clients with meal bags at SRHD. Thank you to all for the generous support.

To see what's in store for 2020 and learn more about volunteer opportunities and current events or find resources and office hours, visit [San-nw.org](http://San-nw.org) or on Facebook at [facebook.com/SpokaneAIDS](https://facebook.com/SpokaneAIDS). We offer Pantry items during Tuesday drop-in office hours (9 a.m. – 12 p.m.), during weekly Saturday group meetings, and at our monthly Lunch and Pantry.



# From the Medical Case Management Team

A new year is here, and we're ready for 2020!

We are excited to welcome our new case manager, Quinton Baker. With Quinton's hiring, we were able to reduce each team member's case load. This reduction will ensure top-notch case management care for our clients.

For clients participating in our food supportive services program, you and your case manager will need to complete a new 2020 food card application. Only once the 2020 food card application is approved will food cards be distributed.

Remember to keep in contact with your case manager and update your address, phone number and current income as soon as possible if it changes. Remember that your eligibility needs to be up to date for our case managers to serve you, so help them help you by responding to messages, attending scheduled appointments and keeping in touch.

A critical program focus right now is to bolster efforts to help clients make it to their medical appointments. We're working with clients and providers to ensure appointments are made and kept (or canceled in a timely manner) to prevent clients from being discharged from care due to clinic no-show policies. If you need help getting to your providers, please let us know. If you cannot get to a scheduled appointment, please call your provider in advance. Many clinics require at least 24-hour notice when you are unable to make your appointment. Don't hesitate to reach out to your case manager if you need help scheduling, attending, or canceling appointments. Our program, as well as many clinics, offers transportation assistance for appointments. Contact your case manager in advance to ensure you have access to these services.

We are looking forward to working with all of you in 2020!

Your Team,

Stacie, Linda, Quinton, Julie, Mereana, Jean, Josh, Will, Ann, Krystal, and Ariel

# Change in EIP Dental Benefits

Starting Jan. 1, the Washington State Department of Health Early Intervention Program (EIP) implemented a \$2,000 per calendar year cap for dental services. All dental services received must be at a contracted dental provider.

If services received exceed the \$2,000 limit, program participants will be responsible for the remaining balance. To check the balance of remaining dental benefits or to learn what services are covered, participants should contact their SRHD medical case manager or EIP directly.

Phone: 877.376.9316

Email: [ask.EIP@doh.wa.gov](mailto:ask.EIP@doh.wa.gov), Web: [doh.wa.gov/HIVcare](http://doh.wa.gov/HIVcare)



Social Healing *continued from page 1*

Efforts of this nature help to further de-stigmatize HIV and foster the social healing process. We must recognize the successes of our individual resiliency while working every day to decrease fears about the potential for HIV transmission by PLWH. While we still have more to do reach state goals of 90 percent of PLWH retained in medical care and virally suppressed, we are well on our way.

As a part of these ongoing efforts to de-stigmatize HIV, Washington State Department of Health is sponsoring a PLWH campaign throughout Washington featuring PLWH in our state. The campaign will launch within the first six months of 2020, so keep your eye out for billboards and other advertising and be sure to share the campaign with others.

Our community and state have accomplished much in the fight against HIV and AIDS, and the fight is ongoing. To continue promoting social healing, we can all encourage HIV testing and pre-exposure treatment (PrEP) to prevent getting HIV; and those living with HIV can stay in care and continue treatment. Our collective strength lies in our ability to support one another, to care for and educate one another, and to simply be there for one another, because together we heal.



## Improving the Lives of People Living with HIV in Washington State.

For more info, go to [doh.wa.gov](http://doh.wa.gov), and type "MMP" in the search box.

**46%**

of people living with HIV in WA had a one-on-one conversation about protecting themselves or their partners in the past 12 months.

**96%**

of people living with HIV in WA are happy with the outpatient care they receive.

**22%**

of people living with HIV in WA wanted HIV peer group support - **only 12% of them we able to access it.**

**U**  
UNDETECTABLE



Call/text  
**509.329.8490**

**U**  
UNTRANSMITTABLE





**Weekly Women's Hour** Saturdays 10 - 11 a.m.  
*Odyssey Youth Movement, 1121 S. Perry St*

Women joining together in a judgment-free zone. Stress-free and SAFE environment. Breakfast snacks and refreshments provided.

Women living with HIV and significant others welcome.

**Dale Briese 509.324.1550, [dbriese@srhd.org](mailto:dbriese@srhd.org)**

**Monthly HIV/AIDS Advisory Board (HAAB) Meetings** Third Tuesday

COMMUNITY INPUT: 5:00 - 5:30 p.m.  
BOARD MEETING: 5:30 - 7 p.m.

*Spokane Regional Health District, 1101 W. College Ave., Rm. 140*

Join the HAAB for the input drop-in portion and/or the full meeting. The HAAB is an open board consisting of persons living w/HIV, service providers and allied community working together to support SRHD quality improvement efforts.

All are welcome. Bring a friend, we are looking for new members. Your voice and experience matter!

**Dale Briese 509.324.1550, [dbriese@srhd.org](mailto:dbriese@srhd.org)**

**Mark Garrett 509.323.2826, [mgarrett@srhd.org](mailto:mgarrett@srhd.org)**

**Monthly HAAB Eat & Learn Presentations**

LUNCH: Last Wednesday 12 - 1 p.m.

*Spokane Regional Health District, 1101 W. College Ave., Rm. 310*

DINNER: Last Wednesday 5:30 - 7 p.m.

*Spokane Regional Health District, 1101 W. College Ave., Rm. 140*

Eat & Learn presentations provide persons living w/HIV and medical case managers with current information on topics that effect the health and well-being of the HIV community. These presentations are free and include meal. Space is limited, so please RSVP to reserve a seat.

**Dale Briese 509.324.1550, [dbriese@srhd.org](mailto:dbriese@srhd.org)**

**Mark Garrett 509.323.2826, [mgarrett@srhd.org](mailto:mgarrett@srhd.org)**

**Weekly Coffee Drop-In**  
Saturdays 9 - 11 a.m.

*Odyssey Youth Movement, 1121 S. Perry St.*

This diverse group of individuals living with HIV/AIDS provides a safe and supportive environment to share our journeys together. We are a peer-led drop-in group available when you need us. Topics are varied and relevant to the experiences of each other's journey. Many different, successful ways of living are shared. Breakfast snacks and refreshments provided.

**Dale Briese 509.324.1550, [dbriese@srhd.org](mailto:dbriese@srhd.org)**

**Weekly Coffee Talk & Pantry Drop-In with Grant Ogren** Tuesdays 9 a.m. - 12 p.m.

*Odyssey Youth Movement, 1121 S. Perry St.*

Talk about whatever is on your mind and heart. Your emotional well-being and social support is important to SAN's goal to reduce isolation and encourage community. Pantry also available.

**Grant Ogren 509.951.6477, [director@san-nw.org](mailto:director@san-nw.org)**

**Monthly Lunch & Pantry**

Third Thursday 11 a.m. - 1 p.m.

(Fourth Thursday in February)

*Odyssey Youth Movement, 1121 S. Perry St.*

SAN provides a monthly community lunch and pantry where PLWHA can come together, build community and enjoy each other's company. SAN is looking for lunch sponsors to reduce costs and donate non-perishable items for the pantry each month.

**Grant Ogren 509.951.6477, [director@san-nw.org](mailto:director@san-nw.org)**

**Monthly CHAS HIV Group**

First Tuesday 1:30 - 3 p.m.

*Denny Murphy Clinic, 1001 W. 2nd Ave. (Downtown location)*

The Big Picture is a social group for all living with HIV regardless of whether you are a CHAS patient or not. Please join us for an opportunity to connect, build community and focus on well-being. No referral needed, and everyone is welcome. Refreshment offered. Check in at front lobby desk for direction.

**CHAS Denny Murphy Clinic, 509.444.8200**