



**USER
FRIENDLY
MANUAL
2012**



USER FRIENDLY MANUAL:

A Guide and Resource Directory For People at Risk or Living with HIV/AIDS

Residing in the Detroit EMA (Eligible Metropolitan Area)
Includes the City of Detroit and following counties: Wayne,
Oakland, Macomb, Monroe, Lapeer, and St Clair

February, 2012

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Detroit Department of Health and Wellness Promotion, HIV/AIDS Programs

User Friendly Manual Website

An online version of the User Friendly Manual is available through Community Health Awareness Group. The website is:

www.chagdetroit.org

If you have questions, corrections, updates, or would like to request copies of print or CD versions of the User Friendly Manual, please contact Christina Fluker at 313-963-3434 ext. 120 or flukerc@chagdetroit.org or Lydia Meyers at 313-530-1943 or meyersl@chagdetroit.org.

For additional information on human service resources not contained in this manual, please visit these websites or call:

- Julie's List: www.julieslist.homestead.com
- Michigan Health Go Local (MHGL): www.medlineplus.gov/MI
- 2-1-1 Online Directory: www.uwsem.org/gethelp/
- 2-1-1 Phone Directory: from landline phone dial 211; cell phone users dial 1-888-299-7380

Please note that the information contained in this manual represents general guidelines and may not apply to every situation. Each case is different, just as each individual is different. The User Friendly Manual is meant to serve as a guide for both consumers and providers and should be of help whether you are HIV infected or not.

User Friendly Manual: A Guide and Resource Directory for People at Risk or Living with HIV/AIDS in the Detroit EMA

Updated February, 2012

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CHAPTER 1: HIV PREVENTION SERVICES

COUNSELING AND TESTING

Should I get tested?

The following behaviors increase your risk of getting HIV. If you answer yes to any of the questions below you should definitely get an HIV test. If you continue with any of these behaviors, you should be tested every year.

- Have you shared injection drug/steroid equipment (needles, syringes, works) with others?
- Have you had unprotected vaginal, anal or oral sex with men who have sex with men, multiple partners, or anonymous partners?
- Have you exchanged sex for drugs or money?
- Have you been diagnosed with or treated for hepatitis, tuberculosis (TB), or a sexually transmitted disease (STD), like syphilis?
- Have you had unprotected sex with anyone who could answer yes to any of the above?

If you have had sex with someone with an unknown sex or drug use history, or your partner has had many sex partners, your chance of being infected increases. You and a new partner should get an HIV test, and learn the results, before having sex for the first time.

For women who plan to become pregnant, testing is even more important. If a woman is infected with HIV, medical care and certain drugs given during pregnancy can lower the risk of passing HIV to her baby. All women who are pregnant should be tested during each pregnancy.

How long after a possible exposure should I wait to get tested for HIV?

Available HIV tests measure the antibodies your body makes against HIV. It takes some time after HIV exposure for the immune system to produce enough antibodies to be detected by a test, and the time period varies from person to person. This is called the "window period." Most people develop detectable antibodies within 2 - 8 weeks (the average is 25 days). Since there is a chance that it will take some individuals longer to develop detectable antibodies, a negative HIV test conducted within the first 3 months after possible exposure, should be repeated after 3 months after exposure to account for possible false-negative results. Anyone can get HIV. The most important thing to know is that you can only get the virus through the behaviors outlined above.

You **cannot** get HIV:

- By working with or being around someone who has HIV.
- From sweat, spit, tears, clothes, drinking fountains, phones, toilet seats, sharing a meal.
- From insect bites or stings.
- From donating blood.
- From a closed-mouth kiss (there is a very small chance you can get infected by "French" kissing with an infected person because of possible blood contact).

Where can I get tested?

To find a test site near you go to www.hivtest.org and enter your zip code. The following sites serve most of Southeastern Michigan. Please call for hours and/or appointments.

ACCESS (Arab Community Center for Economic and Social Services)

www.accesscommunity.org

6450 Maple St

Dearborn, MI 48126
313-216-2253 Contact: Chris Ayoub Ramazzotti, cayoub@accesscommunity.org

Affirmations

<http://www.goaffirmations.org>
290 W. Nine Mile Rd.
Ferndale, MI 48220
248-398-7105

AIDS Partnership Michigan (APM)

www.aidspartnership.org
2751 E. Jefferson Ave. Suite 301
Detroit, MI 48207
313-446-9800 or 800-515-3434

Community Health Awareness Group

www.chagdetroit.org
1300 W. Fort St.
Detroit, MI 48226
313-963-3434

Detroit Department of Health and Wellness Promotion

<http://www.detroitmi.gov/DepartmentsandAgencies/DepartmentofHealthWellnessPromotion/Programs/HIVAIDS.aspx>
1151 Taylor St. Rm 133A
Detroit, MI 48202
313-876-0756

Detroit Hispanic Development Corporation

www.dhdc1.org
1211 Trumbull St
Detroit, MI 48216
313-967-4880

***Detroit Medical Center/ Wayne State University
HIV / AIDS Programs***

<http://www.wsupg.med.wayne.edu/>
Infectious Disease Clinic - UPG
3750 Woodward, Ste 200
Detroit, MI 48201
313-745-4525

Sinai-Grace Infectious Disease Clinic

<http://www.sinaigrace.org/?id=105>
Infectious Disease Clinic
6001 W Outer Drive Ste 207
Detroit, MI 48235
313-966-2800

HIV/AIDS Resource Center

<http://hivaidsresource.org/>
3075 Clark Rd. Suite 203
Ypsilanti, MI 48197
800-528-2300

Horizons Project

<http://peds.med.wayne.edu/horizons/>
3127 E. Canfield St.

Detroit, MI 48207
313-966-0123

Macomb County Health Department
www.macombcountymi.gov/PUBLICHEALTH

Central Health Service Center
43525 Elizabeth
Mt. Clemens, MI 48043
(586) 465-8434

Southwest Health Center
27690 Van Dyke Ave
Warren, MI 48093
586-465-8434

Michigan AIDS Coalition
<http://michiganaidcoalition.org>
429 Livernois St.
Ferndale, MI 48220
(248) 545-1435

Monroe County Health Department
http://www.co.monroe.mi.us/government/departments_offices/public_health/index.html
2353 South Custer Road (M-50)
Monroe, MI 48161
734-240-7835 or toll free at 888-354-5500, Ext. 7835

Oakland County Department of Human Services
www.oakgov.com/health/
Bldg. 36 E, 1200 N Telegraph Rd.
Pontiac, MI 48341
248-858-5416

Planned Parenthood Detroit Center
www.plannedparenthood.org
4229 Cass Ave.
Detroit, MI 48201
734-973-0710 or 800-230-7526

St. Clair County Health Department
www.stclaircounty.org/Offices/health/
3415 28th St.
Port Huron, MI 48060
810-987-5300

Wayne County Health Department
www.waynecounty.com/mygovt/hhs/publichealth/default.aspx
33030 Van Born Rd.
Wayne, MI 48184
734-727-2219

How do I know if I have HIV or AIDS?

You might have HIV and still feel perfectly healthy. **The only way to know for sure if you are infected or not is to be tested.** Talk with a knowledgeable health care provider or counselor before and after you are tested. You can go to your doctor or one of the sites above for testing.

The information on your HIV test and test results are confidential, as is your other medical information. This means it can be shared **only** with people authorized to see your medical records. You can ask your doctor, health care provider, or HIV counselor at the place you are tested to explain who can obtain this information. See **Confidentiality**.

CDC recommends that everyone know their HIV status. If you have been tested for HIV and the result is negative and you never do things that might transmit the disease, you need not re-test.

You can be tested anonymously or confidentially. When you get an anonymous HIV test, the test site records only a number or code with the test result, not your name. A counselor gives you this number at the time the test is administered. If you have to return to obtain your results you just give them your number or code to learn the results of your test.

What can I do if the test shows I have HIV?

Although HIV is a very serious infection, many people with HIV and AIDS are living longer, healthier lives today, thanks to new and effective treatments. It is very important to make sure you have a doctor who knows how to treat HIV. If you don't know which doctor to use, talk with a health care professional or trained HIV counselor. If you are pregnant or are planning to become pregnant, this is especially important. See **Staying Healthier**.

PREVENTION

How can I protect myself?

- Don't share needles and syringes used to inject drugs, steroids, vitamins, or for tattooing or body piercing. Also, don't share equipment ("works") used to prepare drugs to be injected. Many people have been infected with HIV, hepatitis, and other germs this way. Germs from an infected person can stay in a needle and then be injected directly into the next person who uses the needle.
- The surest way to avoid transmission is to abstain from sexual intercourse, or to be in a long-term mutually monogamous relationship with a partner who has been tested and you know is uninfected.
- For persons whose sexual behaviors place them at risk for HIV or other STIs, correct and consistent use of the male latex condom can reduce the risk of transmission. However, no protective method is 100 percent effective, and condom use cannot guarantee absolute protection. The more sex partners you have, the greater your risk of getting HIV or other diseases passed through sex.
- Condoms used with a lubricant are less likely to break. However, condoms with the spermicide nonoxynol-9 are not recommended for STI/HIV prevention. Condoms must be used correctly and consistently to be effective and protective. Incorrect use can lead to condom slippage or breakage, thus diminishing the protective effect. Failure to use condoms with every act of intercourse can result in STI transmission because transmission can occur with a single act of intercourse.
- Don't share razors or toothbrushes because they may have the blood of another person on them.
- If you are pregnant or think you might be soon, talk to a doctor or your local health department about being tested for HIV. If you have HIV, drug treatments are available to help you and they can reduce the chance of passing HIV to your baby.

Agencies Providing Prevention Services (Individual and group level interventions for specific populations including individuals already HIV+)

ACCESS (Arab Community Center for Economic and Social Services)

www.accesscommunity.org

6450 Maple St

Dearborn, MI 48126

313-216-2253

Contact: Chris Ayoub Ramazzotti, Program Coordinator, cayoub@accesscommunity.org

AIDS Partnership Michigan (APM)

www.aidspartnership.org

2751 E. Jefferson Ave. Suite 301

Detroit, MI 48207

313-446-9800 or 800-515-3434

Contact: Isabel Cuevas, cuevas@aidspartnership.org

Community Health Awareness Group

www.chagdetroit.org

1300 W. Fort St.

Detroit, MI 48226

313-963-3434

Contact: Barbara Jones, BJones@chagdetroit.org

Connect to Protect

Contact Person: Emily Halden Brown, MPP, Coordinator

Email: ehbrown@med.wayne.edu

4201 St. Antoine UHC 6E-20

Detroit, MI 48201

313-966-7554

Connect to Protect® is a coalition of community leaders in Detroit who aim to reduce HIV prevalence among Detroit adolescents at greatest risk. It is a program of Horizons Project and funded by the National Institutes of Health to address the policies, practices and environmental aspects that increase HIV risk.

Gospel Against AIDS

www.gospelaa.org

2751 East Jefferson, Suite 301

Detroit, MI 48207

313-341-5989

Contact: Paula Sirls, gaa@gospelaa.org

Horizons Project - Adolescent Medicine

<http://peds.med.wayne.edu/horizons>

3901 Beaubien St

Detroit, MI 48201

313-924-9493



Michigan AIDS Coalition (MAC)

<http://michiganaidcoalition.org>
429 Livernois St
Ferndale, MI 48220
248-545-1435, info@michiganaidcoalition.org

Planned Parenthood Detroit Center

www.plannedparenthood.org
4229 Cass Ave.
Detroit, MI 48201
313-831-7776 or 800-230-7526

Ruth Ellis Center

www.ruthelliscenter.com
77 Victor St.
Highland Park, MI 48203
313-252-1950
Second Stories: 313-867-6936

Visiting Nurse Association (VNA) of Southeastern Michigan

www.vna.org
25900 Greenfield Rd Ste 600
Oak Park, MI 48237
248-967-1440 or 800-882-5720

PARTNER SERVICES (formerly PCRS)

Partner Services (PS) is a prevention program mandated by Michigan law (M.C.L. 333.5114a). Michigan's public health laws govern how PS must be conducted by local health departments, physicians, and funded HIV/AIDS counseling and testing programs. These laws help HIV infected individuals receive assistance to notify their at-risk partners and help reduce their partners' risk of exposure.

The goal of the program is to reduce the spread of HIV by helping HIV-infected individuals to confidentially notify their sex and/or needle-sharing partners. PS benefits both HIV-infected individuals and their at-risk partners by providing them the opportunity to learn their status, educating them about the resources available for partner notification, treatment of infection, and referral to support and/or care services.

PS will be explained at the time of testing, and once again upon the receipt of a positive test result. This will help to ensure that individuals testing are aware of the availability and the importance of Partner Services. If you test positive for HIV, the counselor will offer you the opportunity to provide information on any sex and/or needle sharing partners that you may have exposed to the HIV virus, or a referral to PS to do so.

This is a voluntary program, but you are encouraged to share as much information as you are able. Through PS, infected individuals receive counseling about their infection, and are provided risk reduction and referral information. HIV-infected clients also receive testing and treatment for other infectious diseases, are counseled on the various options available to make notifying at-risk partners a confidential and safe process, and to prevent further transmission and/or re-infection. At-risk partners, once located, will receive confidential notification of their possible

exposure, will be offered testing, and if needed referred to other care and support services. **At no time will identifying information about the HIV infected person be disclosed to the at-risk partner.**

Overall, Partner Services is a comprehensive program that works in collaboration with other prevention, care and medical providers to ensure that infected and at-risk partners access services to meet their emerging health needs. PS assistance is available through local public health, HIV/AIDS community-based organizations, correctional settings, and physicians/practitioners in both public and private medical settings.

PS will ensure that your partners are notified of their possible exposure to the infection, while protecting your confidentiality. If you wish to notify your partners yourself, PS can provide coaching and assistance with this process. They can also provide support if you are unable to complete the notification successfully. If you are not ready to provide information about your partners at the time of your test results, you can complete the process when you enter case management or medical care, or at any time after that.

For more information about PS, please contact your local public health department.

Detroit Department of Health and Wellness Promotion

<http://www.detroitmi.gov/DepartmentsandAgencies/DepartmentofHealthWellnessPromotion.asp>

X

1151 Taylor St. Rm. 133A
Detroit, MI 48202
313-876-0756

Macomb County Health Department

www.macombcountymi.gov/PUBLICHEALTH

27690 Van Dyke Ave
Warren, MI 48093
586-465-8434

Oakland County Department of Human Services

www.oakgov.com/health/

Bldg. 36 E, 1200 N Telegraph Rd.
Pontiac, MI 48341
248-858-1305

St. Clair County Health Department

www.stclaircounty.org/Offices/health/

3415 28th St.
Port Huron, MI 48060
810-987-5300

Wayne County Health Department

www.waynecounty.com/mygovt/hhs/publichealth/default.aspx

33030 Van Born Rd.
Wayne, MI 48184
734-727-2219

CHAPTER 2: UNDERSTANDING and MANAGING HIV

THE BASICS

HIV (Human Immunodeficiency Virus) is a virus that compromises the body's ability to fight disease. When a person becomes infected with HIV, his or her immune system tries to fight the virus by making antibodies. The presence of these antibodies is detected by an HIV test, and being "HIV positive" means that HIV antibodies were found.

HIV is caused by contact with an infected person's body fluid (blood, vaginal fluid, semen, and breast milk) primarily through sex, needle sharing, breast-feeding, and during birth. Some people experience flu-like symptoms when they are first infected, but others have no symptoms at all, sometimes for many years. However, even if there are no outward signs of HIV infection, the virus slowly damages the immune system and can be passed to other people.

Having HIV disease is not the same thing as having AIDS (Acquired Immunodeficiency Syndrome). There are certain illnesses that the Centers for Disease Control and Prevention (CDC) consider to be AIDS defining. AIDS also exists if you have a CD4 count less than 200. These things occur in individuals with very weakened immune systems, as a result of having HIV. The diagnosis of AIDS can only be made by a doctor or other healthcare provider.

THE IMMUNE SYSTEM

The immune system consists of many different parts of the body working together to fight germs, viruses and other organisms that can make you sick. T-cells and B-cells are the types of blood cells that are part of the immune system. When a germ or virus enters the body, each of these cells does a different job to keep you from becoming ill.

- **T-cells** are the first cells to respond to a germ or virus. They identify the type of germ or virus that has invaded the body. They then send a message to a second type of cell (a B-cell) that actually fights the germ or virus. The HIV virus specifically attacks the type of T cells called T4 or CD4 cells.
- **B-cells** fight the invader by creating proteins called antibodies, which attack the particular type of germ or virus identified by the T-cell. Basically, antibodies act like bullets that will only strike particular targets. However, the antibodies against HIV are not strong enough to kill the virus, and since we do not yet have a medicine that will kill HIV, it continues to live in the blood.

T-CELLS

HIV can live in the body for up to ten years or more before you feel sick. During this time the virus is at work killing the T-cells, causing the immune system to become too weak to fight the illnesses to which we are exposed. Why HIV destroys the T-cells is not fully known yet. For many people who are infected, HIV will enter the T-cell and begin to multiply. This continues slowly until the cell wall breaks and new infected cells enter the blood and attack more T-cells. As the T-cells are killed, the body is unable to "tell" the B-cells to fight off the common germs and viruses to which we are exposed. If the virus is not suppressed by antiretroviral medication, eventually, most people become ill.

AIDS DEFINING ILLNESSES

AIDS is the late stage of HIV infection, when a person's immune system is severely damaged and has difficulty fighting diseases and certain cancers. Before certain medications were developed, a person infected with HIV could progress to AIDS in just a few years. Now people are able to live much longer – even decades – before they develop AIDS.

There are 26 different AIDS defining conditions. Most are caused by organisms that usually don't cause disease if a person has a healthy immune system. AIDS is also diagnosed if an HIV-infected person has a CD4 count less than 200, whether or not that person has an AIDS-defining condition. There are several opportunistic infections (OI) that are currently associated with AIDS. While some are very rare, others are unusual manifestations of more common diseases. **Most OIs can be prevented by regular medical care and adherence to treatment.**

Candidiasis (Thrush) is an overgrowth of a yeast (fungus) called "candida." It can be found in your mouth, your rectum, your vagina, your colon, or your throat, among other places. You can get thrush even if you have higher T-cell counts. There are medications to prevent or treat thrush. Sometimes changes in diet may help. See **Nutrition**.

Pneumocystis Jiroveci (previously Carinii) Pneumonia (PCP) is the most common infection and is caused by a fungus, an amoeba-like organism, commonly found in soil, houses, offices and just about everywhere else. In healthy people it causes no problems. However, people with compromised immune systems, if left untreated, can develop pneumonia. Shortness of breath with an unproductive cough can be a sign of PCP and warrant a visit to the doctor. *There are effective prophylactic, or preventative, treatments, so regular medical treatment is very important.*

Mycobacterium Avium Complex (MAC) is actually caused by two very similar bacterial organisms. This bacterial infection can be localized or spread throughout the body. It is a life threatening disease, but *therapies are available for both prevention and treatment, so regular medical treatment is very important.* MAC is extremely rare in people not infected with HIV.

Kaposi's Sarcoma (KS) is a form of cancer, commonly referred to as a skin cancer because of the lesions that range from pink to purple to brown, depending on skin color. KS has become less common. It can occur in the nose, eyelids, mouth, rectum, internal organs, and on other areas of the body. There is no drug therapy to help prevent KS; it is treated with chemotherapy.

Toxoplasmosis (TOXO) is a parasite that infects the brain, and occasionally the heart and lungs. Symptoms include fever, weakness, confusion, seizures, and dizziness. Like PCP, it is found in soil, but it is also found in cat feces. HIV infected individuals should avoid cleaning cat boxes, digging in soil with their bare hands, and eating undercooked meat. TOXO can be controlled with drugs but never completely destroyed. There is prophylactic treatment available.

Cryptosporidium is a protozoal infection commonly found in farm animals. It can cause diarrhea so severe that it can cause weakness and result in death due to fluid loss. It can be found in the water supply, so drinking purified water may be advisable. There are drugs to treat it. There is no prophylactic treatment.

Cryptococcal meningitis is a fungus that infects the covering of the brain and spinal cord. Like most other diseases that involve the central nervous system (CNS), it can cause headaches, dizziness, and confusion. Other symptoms are blurred vision, nausea, memory loss, seizures,

fever, and speech difficulties. It is treatable if identified early.

Cytomegalovirus (CMV) is a common viral infection found in many adults, which doesn't cause illness in healthy people. It remains in the body for life, so it can manifest if the immune system becomes severely damaged or suppressed by drugs. **CMV Retinitis**, an eye disease common among people with AIDS, can be treated with medications if caught soon enough. Without treatment, CMV can cause loss of vision in one or both eyes.

Neurological complications occur because HIV has the ability to directly infect the cells of the brain and spinal cord. This may produce motor control problems, memory loss, mood swings, headaches, dizziness, dementia, and seizures. It is difficult to diagnose neurological disease as a direct result of the virus, but many people infected with HIV could have neurological problems that range from minor to severe.

For more information on these and the other AIDS-defining illnesses, go to www.aegis.com/topics/oi/ or www.aidsinfo.nih.gov/ContentFiles/GlossaryHIVrelatedTerms.pdf

HIV / HEPATITIS C CO-INFECTION

Hepatitis C is a viral liver disease that is spread through blood contact, usually through needle sharing during intravenous drug use, but also through blood transfusions before 1992. It may be spread through sexual contact, but the risk is low. Sharing personal hygiene items, including razors and toothbrushes, can also transmit Hepatitis C virus (HCV). Although some people who are infected with HCV do not feel sick, some, especially those with weakened immune systems, may experience serious conditions including liver cirrhosis or liver failure.

HCV is the most common co-infection in people with HIV. It is estimated that as many as 30 to 40% of HIV infected people in the U.S. may also be infected with HCV. Since HIV affects the body's ability to fight off infections, those who have HCV are more vulnerable to developing these conditions. Liver disease has become a primary cause of hospital admission and death among people with HIV. Recent studies have shown that combination drug regimens can successfully treat hepatitis C in many people with HIV, and that most people with hepatitis C can be successfully treated for HIV. Pegasys (peginterferon alfa-2A), Copegus (ribavirin), Incivek (telaprevir) and Victrelis (boceprevir) are the only FDA approved medications to treat hepatitis C in people coinfecting with HIV. For more information go to <http://www.hcvadvocate.org>

For Hepatitis C support group information

- Contact Henry Ford Hospital at 313-916-2523
- Contact Karmanos Cancer Institute at 313-993-8640

For Hepatitis C hotlines

- Centers for Disease Control and Prevention (CDC) 888-443-7232 or 404-718-8596, or go to www.cdc.gov/hepatitis
- HEP-C Connection at 800-522-4372 or www.hepc-connection.org
- Be In Charge Program at 866-550-5027 or www.beincharge.com

Hepatitis C Physicians

Mark Blumenkehl, MD

Gastroenterologist / Hepatologist
Henry Ford Hospital
2799 West Grand Blvd
Detroit, MI 48202
313-916-2393

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Disclaimer: The physicians included are those who received personal recommendations submitted by hepatitis patients. The omission of particular physicians does not mean that they are not competent or reputable.

TB/HIV COINFECTION

Basic TB Facts

"TB" is short for tuberculosis. TB disease is caused by a bacterium called *Mycobacterium tuberculosis*. It usually attack the lungs, but TB bacteria can attack any part of the body such as the kidney, spine, and brain. If not treated properly, TB disease can be fatal.

How TB Spreads

- TB is spread through the air from one person to another. The TB bacteria are put into the air when a person with active TB disease of the lungs or throat coughs, sneezes, speaks, or sings. People nearby may breathe in these bacteria and become infected.

Latent TB Infection and TB Disease

Not everyone infected with TB bacteria becomes sick. As a result, two TB-related conditions exist: latent TB infection and active TB disease.

Latent TB Infection

TB bacteria can live in your body without making you sick; this is called latent TB infection (LTBI). In most people who become infected, the body is able to fight the bacteria to stop them from growing. People with latent TB infection do not feel sick and do not have any symptoms. The only sign of TB infection is a positive reaction to the tuberculin skin test or special TB blood test. People with latent TB infection are not infectious and cannot spread TB bacteria to others.

TB Disease

TB bacteria become active if the immune system can't stop them from growing. When TB bacteria are active (multiplying in your body), this is called TB disease. TB disease will make you sick. People with TB disease may spread the bacteria to people they spend time with every day. Many people who have latent TB infection never develop TB disease. Some people develop TB disease soon after becoming infected (within weeks) before their immune system can fight the TB bacteria. Other people may get sick years later, when their immune system becomes weak for another reason. For persons whose immune systems are weak, especially those with HIV infection, the risk of developing TB disease is much higher than for persons with normal immune systems.

TB and HIV

In spite of fewer people in this country suffering with TB, it remains a serious threat, especially for HIV-infected persons. In fact, worldwide TB is one of the leading causes of death among people infected with HIV. People infected with HIV are more likely than uninfected people to get sick with other infections and diseases. TB is one of these diseases.

Without treatment, as with other opportunistic infections, HIV and TB can work together to shorten the life of the person infected. Someone with untreated latent TB infection and HIV infection is much more likely to develop active TB disease during his or her lifetime than someone without HIV infection. Among people with latent TB infection, HIV infection is the strongest known risk factor for progressing to active TB disease.

A person who has both HIV infection and active TB disease has an AIDS-defining condition. The good news is that HIV-infected persons with either latent TB infection or active TB disease can be effectively treated. The first step is to get a test for TB infection and any other needed tests. The second step is to get proper treatment. Rapid progression from latent TB infection to active TB disease can easily be prevented.

Treatment

There are a number of treatment options for HIV-infected persons with either latent TB infection or active TB disease. Consult with your state or local health department for treatment options.

Drug Interactions

A major concern in treating TB in HIV-infected persons is the interaction of rifampin (RIF) with

certain antiretroviral agents (some protease inhibitors [PIs] and nonnucleoside reverse transcriptase inhibitors [NRTIs]). Rifabutin, which has fewer problematic drug interactions, may be used as an alternative to RIF.

As new antiretroviral agents and more pharmacokinetic data become available, these recommendations are likely to be modified.

Case Management

Directly observed therapy (DOT) and other adherence promoting strategies should be used in all patients with HIV-related TB. Whenever possible, the care for HIV-related TB should be provided by or in consultation with experts in management of both TB and HIV. The care for persons with HIV-related TB should include close attention to the possibility of TB treatment failure, antiretroviral treatment failure, paradoxical reactions of TB (e.g., temporary worsening of signs or symptoms of TB), side effects for all drugs used, and drug toxicities associated with increased serum concentrations of rifamycins.

BLOOD TESTS

After testing positive for HIV antibodies, you should get some baseline testing done to find out the condition of your immune system at this point. You can easily see how healthy your immune system is by having regular blood tests. Although no one expects you to understand all of the medical terms, it is a good idea for you to have a basic idea of what your blood tests reveal.

Complete Blood Count (CBC)

This is a routine series of tests that give a very general picture of your health. The complete blood count gives information about the number and types of red and white blood cells. There are four components of the CBC which deserve attention:

- **Red Blood Cells (RBC)** are cells that bring oxygen to all parts of your body. The part of the red cell that carries oxygen and gives it its red color is called hemoglobin. People with HIV infection can have lower than normal levels of hemoglobin, the reason is not clear.
- **White Blood Cells (WBC)** make up part of your immune system. Their main purpose is to fight infection, which is why it's important to keep an eye on them. White blood cell counts in HIV+ people are often lower than normal. This can be due to HIV itself, from drugs used to treat HIV infection, or opportunistic infections. The normal WBC ranges from 4,300 -10,000.
- **Platelets** are cells that help blood clot. A CBC can provide an estimate of the platelet count, but absolute numbers can be ordered by your healthcare provider. Normal values range between 140,000 and 350,000. Providers often monitor platelets because platelet counts below 50,000 can lead to bruising or bleeding. The good news is that there are several therapies that can be used to increase platelet counts.
- **T-Cells** are your immune system's fighter cells. The T4 or CD4 cell is the main one affected by HIV. Checking CD4 count is a standard part of blood testing. The lower the CD4 count, the more vulnerable you are to infections. Generally, a CD4 count greater than 350 will give normal immune function. When a person takes medications regularly, the CD4 count will often improve, and missing doses often leads to lower CD4 counts and risk of infections.

GART

GART (Genotype Antiretroviral Resistance Testing) is performed at some medical centers. This test is used to determine if HIV in your bloodstream is sensitive or resistant to medications you are taking. Some doctors use GART to help decide medications you should take.

VIRAL LOAD TESTS

Viral Load, also called Viral Count, is a test that counts the number of HIV virus in your blood. RNA is the part of HIV that knows how to make more virus. When people have high viral loads, it means that you have a lot of virus circulating in your system. People with high viral loads sometimes get sicker more quickly than people with low viral loads. HIV medicines do not cure AIDS but may lower the amount of HIV circulating in your system.

Measuring the viral load is a standard part of the blood testing. It is a measurement of the amount of HIV virus in the blood; it does not measure the level of the virus in the brain or the lymph system. It is important in getting an accurate picture of how much the HIV has reproduced in your system. Should your insurance company deny reimbursement for viral load tests, the Michigan Department of Community Health (MDCH) Drug Assistance Program (DAP) will cover viral load testing, if you qualify. See **DAP** section for further information.

STAYING HEALTHIER

Stop or reduce all "high risk" behaviors, such as sharing needles or having vaginal, anal and oral sex without using a latex condom. If you are infected with HIV and other STDs like gonorrhea or syphilis, you can weaken your immune system. Remember, even if your partner is also HIV+, you still run a high risk of reinfection if you do not practice safe sex. Try to avoid or reduce consumption of all drugs, alcohol, and cigarettes. All of these can weaken your immune system and interfere with medication adherence.

Eat food that is healthy. Be careful to avoid raw eggs, raw seafood, and undercooked meat. Read the section **Nutrition** for more information about eating in a healthy way.

If you are an infected woman, you should know the possible dangers of becoming pregnant. You risk infecting your baby and its father, and you can further weaken your immune system. Pregnant women should see an OB/GYN as soon as possible. Read the section **Pregnancy Considerations** for more information.

Continue regular dental check-ups every six months. There is a connection between your teeth and a healthy immune system. The indications of HIV found in your mouth are sometimes the first symptom that your immune system is becoming weak. Some people develop HIV-related periodontal disease which causes tooth and gum loss.

Be very careful when cleaning cat boxes, birdcages, and aquariums. Animal droppings contain germs that can make you sick. Be sure to wear latex gloves (or nonlatex gloves if there is a latex allergy). Educate yourself. Find out everything you can about ways to fight this virus. Most of all, remember that there are people who care about you, your questions and your health, so don't be afraid to speak up if you need help.

LONG-TERM SURVIVAL

People Living with HIV (PLWH) who have been infected for many years know that there can be unexpected challenges associated with living with the virus. While side effects of treatments or medication resistance often come to mind as important long-term survival issues, dealing with emotional issues - such as survivor's guilt and maintaining quality of life - is just as important.

Medical and Physical Issues

Lipodystrophy

Lipodystrophy, or "lipo" for short, is a catch-all term for a collection of body shape changes in people taking antiretroviral medications. It is a medical term that means an abnormal change of fat. Medical experts cannot agree on what causes lipodystrophy, or even how to define it. The condition results in what some call "the HIV look," as lipodystrophy can really change people's appearances. People who are knowledgeable about HIV can often see signs of it present in the face and body. The current thinking is that lipodystrophy has four components that are distinctly different but related:

- **Central fat buildup:** increased fat around the stomach and waist, increased chest size and a buildup of fat on the back of the neck or near the shoulders.
- **Peripheral fat wasting:** a loss of fat in the face, arms, legs, hips or butt; sunken cheeks can result from loss of fat in the face. This is also known as lipoatrophy.
- **Lipid elevations:** high levels of cholesterol and triglycerides in the blood are often seen with lipodystrophy.
- **Insulin resistance:** most food is turned into glucose (simple sugar) in the blood; glucose is a major source of energy in the body.

Although little is known about how to treat lipodystrophy, there are treatment methods that may offer some positive results. These range from diet and exercise to plastic surgery. If you are experiencing problems that you think are related to lipodystrophy, speak with your doctor about your options. A good resource for lipodystrophy information is The Body (www.thebody.com).

Wasting

Wasting is another physical issue related to long term survival. Wasting is the involuntary loss of more than 10% of body weight in one month, accompanied by diarrhea or weakness with fever. To measure wasting, bioelectrical impedance analysis (BIA) is used to assess lean body mass. Wasting is thought to be caused by a combination of decreased food intake, inadequate absorption of nutrients, and changes in metabolism. To reduce problems with food intake, the appetite stimulants Marinol and Megace may be prescribed. Problems with food absorption can be managed by treating diarrhea and intestinal infections. Nutritional supplements such as Ensure are often used as well. Steroids and hormone treatments are being studied to determine their impact on changes in metabolism.

Peripheral Neuropathy

Peripheral neuropathy (PN) is a disease of the peripheral nerves. These are all the nerves except for those in the brain and spinal cord. About 30% of people with HIV develop PN. Some PN is a breakdown of the nerve endings (axons) that send sensations to the brain. Sometimes, PN is damage to the coating of nerve fibers (myelin). This affects the transmission of pain signals to the brain.

PN can be a minor nuisance or a disabling weakness. It is usually a feeling of pins and needles, burning, stiffness, or numbness in the feet and toes. It can also be tickling sensations, unexplained pain, or sensations that seem more intense than normal. PN symptoms can come and go. Serious PN can cause difficulty walking or standing.

PN can be caused by HIV infection of nerve cells, by drugs used to treat HIV or other health problems, or other factors. Risk factors for PN include higher HIV viral load, diabetes, age greater than 50, and heavy alcohol use. Other risk factors are the use of cocaine or amphetamines, cancer treatments, thyroid disease, or deficiency of vitamin B12 or vitamin E. Several HIV drugs can cause PN. Other drugs that can cause PN include:

- dapsone (for pneumocystis pneumonia, PCP)
- isoniazid (INH, for tuberculosis)
- metronidazole (Flagyl, for amoebic dysentery and microsporidiosis), and
- vincristine (Oncovin, for Kaposi's sarcoma - KS -- and non-Hodgkin's lymphoma).

No laboratory testing is needed to diagnose PN; the signs and symptoms are enough. Special tests may be needed to find the cause of PN. These tests measure tiny electrical currents in nerves and muscles. The amount or speed of these electric signals drops with different types of PN. However, many patients with PN are not diagnosed correctly.

Talk to your health care provider about discontinuing any drugs that might be causing PN. Drug-induced PN normally goes away totally if the drugs are stopped when PN first appears. However, this can take as long as eight weeks. If you continue to take the drugs, the nerve damage might become permanent.

If you aren't taking any of these drugs, or have stopped taking them, you can do some simple things to reduce the pain of neuropathy:

- wear looser shoes
- don't walk too far
- don't stand for too long a time
- soak your feet in ice water

It is common for people with peripheral neuropathy to experience different degrees of pain. It's important to identify the type of pain medication that will best manage your symptoms, work with your body chemistry, and complement other treatments.

- Over-the-Counter Pain Medications are available to relieve mild-to-moderate pain.

When over-the-counter pain medications do not relieve the pain associated with peripheral neuropathy, other types of medications and therapies are available, including prescription nonsteroidal anti-inflammatory drugs, narcotics, antidepressants, and topical medications.

- COX-2 Inhibitors (includes Celebrex®)
- Narcotics (Opioids)
- Tramadol (Ultram®)
- Antidepressants (as pain relievers; includes Amitriptyline and Cymbalta®)
- Topical Medications
- Mexiletine

- Alpha-2 Adrenergic Agonists

There are two kinds of pain:

- **Acute pain** accompanies illness, inflammation, or injury to tissues. The onset of acute pain is sudden and may occur with emotional distress. The cause of acute pain can usually be diagnosed and treated, and the pain will go away over time. Occasionally, acute pain can become chronic.
- **Chronic pain** may be part of the disease itself. Environmental and psychological factors may make it become worse. Chronic pain lasts for longer periods of time than acute pain and is more difficult to treat.

More information on neuropathy is available from the Center for Peripheral Neuropathy <http://peripheralneuropathycenter.uchicago.edu/learnaboutpn/> and in the book *Numb Toes and Aching Soles: Coping with Peripheral Neuropathy*, by John A. Senneff.

The bottom line is Peripheral neuropathy is a disease of the nervous system. It causes strange sensations, especially in the feet, legs, and fingers, and can cause pain. The pain might be mild, or so severe that it prevents you from walking. Tell your health care provider immediately if you have any signs of PN.

Emotional and Psychological Issues

One aspect of long term survivorship that can be difficult involves the changing expectations individuals have concerning their own survival. For many who were diagnosed in the early years of the epidemic, living more than a few years seemed difficult to imagine. Now, more than twenty-nine years into the epidemic, many slow progressers must deal with the fact that they are living despite not being expected to. The emotional highs and lows of long term survival, or preparing to die and then preparing to live again, can lead to intense stress, making long term survivors vulnerable to depression and substance abuse.

Survivor guilt is an issue that many long-term HIV survivors face. Any survivor of a traumatic event causing many deaths, such as Holocaust survivors or more recently, those who were involved in the September 11th, 2001 terrorist attacks, may experience difficulty reconciling why he or she was not killed when so many others were. HIV survivors, care givers, and those who work in the field may experience guilt pertaining specifically to HIV. In particular, for individuals living with the virus who have seen many friends die, dealing with conflicting feelings of loss and guilt can be devastating.

Maintaining quality of life is another important issue for all infected with HIV/AIDS. In the process of working with your doctor to extend your health, you may want to consider how this process will impact your emotional well being and how that relates to quality of life. Psychosocial strategies related to longer survival with HIV/AIDS focus around: following healthy self care; maintaining connectedness; having a sense of meaning or purpose in life; and maintaining perspective.

RYAN WHITE TREATMENT MODERNIZATION ACT / PARTS A-F

Many resources in this manual are supported through funding from the Ryan White HIV/AIDS Program, a federal program run by the US Department of Health and Human Services / Health

Resources and Services Administration (HRSA). The Ryan White Program works with those lacking sufficient health-care coverage or financial resources coping with HIV disease. It fills gaps in care not covered by other sources. The majority of Ryan White funds support primary medical care and essential support services. The Ryan White HIV/AIDS Program has five parts to meet different community and population needs. For more information, go to www.hab.hrsa.gov/aboutus.htm.

Part A: Provides emergency assistance to Eligible Metropolitan Areas most severely affected by the epidemic.

Part B: Provides grants to all 50 states, the District of Columbia, and other US territories.

Part C: Provides comprehensive primary health care in out-patient settings.

Part D: Provides both out-patient and ambulatory for women, infants, children, and youth.

Part F: Provides funds for the Special Projects of National Significance, the AIDS Education and Training Center, Dental Programs, and the Minority AIDS Initiative.

Providers who receive Ryan White Funding are noted throughout the Manual by an asterisk (*) next to the provider's name.

WORKING with a CASE MANAGEMENT/ADVOCACY AGENCY/HEALTH CARE PROVIDER

You may or may not already have a regular health care provider. It is important that you work closely with a provider now that you've learned you're HIV positive. It may not be easy to find one that you feel comfortable seeing. You can refer to the section on **Medical Care** in this manual for some tips on finding a provider. If you are a Medicaid recipient you may have to choose a managed care provider. You may also want to seek case management. A case manager can be an invaluable source of information and support. Please see the **Case Management** section.

CHAPTER 3: HIV MEDICAL CASE MANAGEMENT and NON-MEDICAL CASE MANAGEMENT

Medical Case Management and Non-Medical Case Management (also known as Advocacy) services are designed to provide HIV+ people with free client centered assistance in accessing available resources for medical, financial, support services, and basic needs. These services focus on improving access to appropriate services and promoting continuity of care by coordinating service delivery. You will need proof of HIV status to receive services, and the case manager/advocate can help you get it if needed.

In **Medical Case Management**, you and your Case Manager meet to find out what is going on in your life. A psycho-social assessment is completed regarding your living situation, physical and mental health, substance use history, financial situation, services you may already be receiving, and other information that will help guide you and your case manager to determine what resources/services you need and are eligible for.

The two of you then agree on what needs you want to address and these needs are put on a Service Plan. At a minimum of once a month, you will be contacted by your case manager to monitor your progress and determine if the needs on your Service Plan are being met by the medical care and/or other service providers you've been referred to, or if there are any changes in your life that need to be addressed. Reevaluation of needs, service goals, objectives, and action steps is done as needed every 6 months to identify any new or continued areas of need. You can stay in case management services until all your service goals have been met and you are no longer in need of service.

Non-Medical Case Management (Advocacy) involves the short term provision of advice and assistance obtaining medical, social, community, legal, financial, and other needed services. It does not involve coordination and follow-up on medical treatment as case management does. Advocacy services are intended to be short term and available as you need them. In Advocacy, a brief evaluation of your current needs/issues will be completed and based on eligibility, the Advocate will provide referrals to appropriate resources/services to address your needs. If you give permission, the Advocate will follow up with you within 30 days of service to determine if your needs are being met by the medical care and/or other service providers you've been referred to or if any problems/obstacles are occurring that require further assistance. If additional problems or needs develop, you will need to contact/notify the Advocate for any additional assistance. You can be maintained in Advocacy services unless proof of your HIV status is not provided within 30 days from the date of initial service, your consents for service have expired, or you elect to discontinue services.

Remember:

Some services that are offered by one organization providing case management and/or advocacy services may not be offered by another. The decision about which organization you choose for Case Management or Advocacy is completely up to you! All your urgent needs will be addressed even if you have to wait to be assigned a Case Manager.

HIV MEDICAL AND NON-MEDICAL CASE MANAGEMENT ORGANIZATIONS

***AIDS Partnership Michigan (APM)**

www.aidspartnership.org
2751 E Jefferson Ave Ste 301
Detroit, MI 48207
313-446-9800 or 800-515-3434

APM's Client Care Services comprehensive program includes a wide variety of care components. Care options include individual & family therapy, HIV education, early intervention services, a re-entry program for ex-offenders and case management.

***Children's Hospital of Michigan (CHM) Horizons Project - Adolescent Medicine**

<http://peds.med.wayne.edu/horizons>
3127 East Canfield
Detroit, MI 48207
313-924-9493
horizonsproject19@gamil.com

DMC-CHM Horizon's Project (adolescent HIV services) offers case management and social work services, counseling and testing, prevention and direct care services for HIV infected youth (age 13-24 years) including medical care, peer advocacy, transportation. Youth are assisted in accessing medical care, helped with adherence, given education and work referrals, advised about insurance and housing needs, and offered individual, partner and/or family therapy.

***Community Health Awareness Group (CHAG)**

www.chagdetroit.org
1300 W Fort St
Detroit, MI 48226
313-963-3434

CHAG targets the African-American substance-using population in the City of Detroit, but serves anyone in the southeastern Michigan area. They provide medical and non-medical case management, psychosocial support groups, and medical transportation services. CHAG also offers mental health therapy to HIV positive persons and their affected families/partners, intensive outpatient substance abuse treatment, needle exchange, and free rapid HIV testing.

***DEAF Community Advocacy Network (DEAF C.A.N.)**

www.deafcan.org
2111 Orchard Lake Rd Ste 101
Sylvan Lake, MI 48230
248-332-3331 voice or 248-332-3323 TTY
Contact: Rosalee Harris, rosalee.harris@deafcan.org

DEAF CAN focuses on the needs of HIV positive individuals in southeastern Michigan who are deaf or have a hearing impairment. They provide case management, communication support (interpreters and assistive listening devices), information/referral and other services. Services are provided in American Sign Language

****Health Emergency Lifeline Programs (HELP)***

www.helpoffice.org

1726 Howard St

Detroit, MI 48216

313-832-3300, help@helpoffice.org

Provides medical case management. Connects clients to healthcare and resources that promote self sufficiency. Case managers coordinate medical care, medication adherence, dental and vision care; facilitate Social Security, Medicaid, Medicare and disability benefits; and promote access to other needed health and social services.

****Simon House***

17300 Burgess

Detroit, Michigan 48219

Phone: 313-531-3400

Email: simonhouse88@yahoo.com

Simon House provides non-medical case management only. Simon House provides permanent supportive housing for women and women with children. Services also include psychosocial support groups, mental health therapy, and treatment adherence.

****St. Clair County Health Department***

www.stclaircounty.org/offices/health

3415 28th St

Port Huron, MI 48060

810-987-5300 ask for Case Management program, healthdept@stclaircounty.org

St. Clair County Health Department assures the accessibility of personal, public and environmental health services to St Clair County residents and their families. Service divisions include environmental health, nursing, laboratory, health education, WIC, dental clinic, substance abuse services, medical examiner and emergency preparedness. HIV case management is available for county residents.

****Visiting Nurse Association (VNA) of Southeastern Michigan***

www.vna.org

25900 Greenfield Rd Ste 600

Oak Park, MI 48237

248-967-1440 or 800-882-5720

VNA provides comprehensive, personalized services that foster health, independence, dignity and comfort through home-based healing, hospice care, nutritional counseling, education and health-oriented community outreach initiatives. VNA provides HIV medical and non-medical case management services, mental health, home health care, and infectious disease care. VNA has an after-hours component (5 pm - 7am and weekend phone coverage) to respond to persons with urgent needs.

*** = Ryan White funded providers**

CHAPTER 4: MEDICAL CARE

Any area of medical care that is not covered by Medicaid or other insurance is "unsponsored" or "uncompensated" care. This means you will be billed and in most cases expected to pay the bills in full. If you do not have sufficient income or resources to pay the bill in full, contact the billing office of the doctor or hospital and ask if you can contract to make monthly payments. Do this before it gets sent to a collection agency. Most places will try to work something out with you. Please, do not forego medical care because you are worried about how to pay for it. It can be worked out. Several clinics in Detroit offer HIV medical services on a sliding scale or free of charge. While Ryan White will cover any medical costs related to HIV you may have other medical conditions that are not covered. The following are general healthcare resources.

FEDERALLY QUALIFIED HEALTH CENTERS

What is a Federally Qualified Health Center (FQHC)? FQHCs are community-based organizations that provide comprehensive primary and preventive care, including health and oral healthcare services to persons of all ages, *regardless of their ability to pay*. They may charge for services on a sliding fee scale. The metropolitan Detroit area has several FQHCs, including Health Care for the Homeless services. The following are FQHCs.

Advantage Family Health Center

<http://www.ahcdetroit.org>

4777 E. Outer Drive
Detroit, MI 48234
313-313 416-6200

Hours

M, T, Th, F

8:00 a.m. - 5:30 p.m.

Wednesday 11:00 a.m. - 7:00 p.m.

Medical care for adults and children, an Internal Medicine specialty clinic, WIC, prescription assistance, social work services, family planning, HIV testing and counseling, TB tests, and pre-employment and sports physicals.

CHASS (Community Health and Social Services) Clinics

www.chasscenter.org

Southwest:
5635 W Fort St
Detroit, MI 48209
313-849-3920

Midtown:
7436 Woodward Ave
Detroit, MI 48202
313-556-9907

Primary care services are provided and sliding fee scale if no insurance. Social services and WIC are also provided.

Covenant Community Care

www.covenantcommunitycare.org

5716 Michigan Ave.
Detroit, MI 48210
313-554-1095

1700 Waterman Ave
Detroit, MI 48216
313-841-8900

Primary healthcare, dental and mental health counseling services for uninsured adults and children of Southwest Detroit. Medicare and select Medicaid plans accepted. See benefits counselor for insurance enrollment assistance or sliding fee discounts with proof of insurance.

Detroit Community Health Connection, Inc. (DCHC)

www.dchcquality.org

*13901 E Jefferson Ave
Detroit, MI 48215
313-822-0900

*611 Martin Luther King Blvd
Detroit, MI 48201
313-832-6300

Nolan Family Health Center
111 W 7 Mile Rd
Detroit, MI 48203
313-369-2600

Bruce Douglas Health Center
6550 W Warren Ave
Detroit, MI 48210
313-897-7700

7900 Kercheval St
Detroit, MI 48214
313-921-5500

Provides primary care and preventive health services for people with or without insurance. Fees are sliding scale and can be waived for low income. Identification and proof of income needed. Call to make an appointment. Walk-in slots are available to see a nurse. The Jefferson and MLK clinics have doctors available who are knowledgeable about current HIV treatments. HIV treatment is free at these locations for those without insurance. Request care under Ryan White funds when making an initial appointment. Dental services are provided at the Nolan Family Health Center.

****Oakland Primary Health Services (OPHS)***

<http://oaklandprimaryhealth.org/>

46 N Saginaw St
Pontiac, MI 48342
248-322-6747

Primary care services; accept Medicaid and some private insurance. Sliding fee scale for uninsured patients.

Thea Bowman Community Health Center

<http://ahcdetroit.org/locations/theabowman.htm>

15400 W. McNichols
Detroit, MI 48235
313.835.5990

Low cost primary care clinic.

The Wellness Plan

www.wellplan.com

North Health Center
21040 Greenfield
Oak Park, MI 48237
248-967-6500

East Area Medical Center
4909 East Outer Dr.
Detroit, MI 48234
313-366-2000

Gateway Medical Center
2888 West Grand Blvd.
Detroit, MI 48202
313-875-4200

The Wellness Plan provides expanded access to healthcare for under and uninsured individuals in three locations.

Waller Health Care for the Homeless

www.ahcdetroit.org/locations/waller.htm

60 E. Warren Avenue

Detroit, MI 48201

Contact: Debra Harps

313-416.6261 info@ahcdetroit.org

Waller Health Care for the Homeless provides primary care services to adult homeless persons, including health screening, management and treatment of acute or chronic medical conditions, referrals to specialty care and human services. Social workers are available and HIV medications are not provided.

Western Wayne Family Health Center

www.fhcinkster.org

2500 Hamlin Court

Inkster, MI 48141

313-561-5100

Fax: 313-565-0309

26650 Eureka Road, Suite C

Taylor, MI 48180

734-941-4991

Fax: 734-941-4919

Provides high quality, caring, primary health care; price based on income and ability to pay. WIC and dental services are also available.

FREE / LOW COST HEALTH CARE
(NOT NECESSARILY HIV/AIDS SPECIFIC)

ACC (Arab American and Chaldean Council)

www.myacc.org

ACC – Warrendale Clinic

16921 W Warren Ave

Detroit, MI 48228

313-846-8156

Primary care for adults, substance abuse, mental health, smoking cessation programs. If no insurance, the cost is \$10 or according to ability to pay. Languages spoken include Arabic and Chaldean.

****ACCESS (Arab Community Center for Economic and Social Services)***

www.accesscommunity.org

6450 Maple St

Dearborn, MI 48126

313-216-2200

ACCESS provides a variety of health services such as primary care and mental health services. Arab-speaking health providers are available. ACCESS accepts clients on a walk-in basis or by appointment. All insurance policies are accepted. If no insurance, cost is \$25 for an office visit.

American Indian Health & Family Services (AIHFS)

www.aihfs.org
4880 Lawndale St
Detroit, MI 48210
313-846-3718; (Clinic) 313-846-6030

Non-profit organization that provides services to Native Americans. Services include medical, dental, substance abuse, mental health services, and prevention services for youth.

Cabrini Clinic

www.cabriniclinic.org
1435 6th St.
Detroit, MI 48226
313-961-7863

Cabrini Clinic provides free medical assistance to uninsured adults and is staffed by volunteer doctors, nurses and other health professionals. No referral is necessary. Patients are seen on a walk-in basis; registration is one hour before clinic opens. Tuesday 5 p.m.-8:30 p.m. and Thursday 1 p.m.-8:30 p.m.. A mental health clinic is offered by appointment only.

Cass Community Free Medical Clinics

www.casscommunity.org
3745 Cass Ave
Detroit, MI 48201
313-883-CASS (2277)

Focusing on primary care needs of the homeless. The clinic distributes free prescription drugs, samples donated from the pharmaceutical companies, plus administers medical tests and other procedures. Saturdays only, 9am – 12pm. Eligibility Criteria requires that those served must be residents of Wayne County, and must be 18 yrs or older.

Detroit Department of Health and Wellness Promotion (DHWP)

<http://www.detroitmi.gov/DepartmentsandAgencies/DepartmentofHealthWellnessPromotion.asp>

X

Herman Kiefer Family Health Center
1151 Taylor St
Detroit, MI 48202
313-870-0036

Grace Ross Health Center
14585 Greenfield Rd
Detroit, MI 48227
313-870-3094

Northeast Health Center
5400 E 7 Mile Rd
Detroit, MI 48234
313-870-3094

Clinics offer a wide range of services to Detroit residents, including family planning, pediatrics, OB/GYN, dental, nutrition, etc. Sliding fee scale with proof of income. Below are phone numbers for different Detroit Department of Health and Wellness Promotion services.

General	313-876-4000 or 800-879-7979
Drug Treatment – 24 hr hotline	800-467-2452
HIV Testing	313-876-0756
WIC	313-876-4555
Pediatric Dental Clinic	313-876-4239
STD Clinic	313-876-4184

Downriver Community Services, Inc.

www.downrivercs.org

555. St. Clair River Drive
Algonac, MI 48001
810-794-4917

58144 Gratiot Ave.
New Haven, MI 48048 (No mail to this address)
586-749-5197

A full range of medical services. Same-day and walk-in appointments available. Also provides healthcare for the homeless.

Gary Burnstein Community Health Clinic

www.garyburnsteinclinic.org

90 University Dr.
Pontiac, MI 48342
248-758-1690, burnsteinchc@sbcglobal.net

Provides primary medical care by appointment only. Also provides laboratory, podiatry, pharmacy, dental, gynecology, neurology, dermatology services and a patient assistance program.

Joy-Southfield Health Center

www.joysouthfield.org

18917 Joy Road
Detroit, MI 48228
313-581-7773, contact@joysouthfield.org

The clinic offers free primary care to the uninsured and screening, prevention, education and chronic disease management programs for families and individuals. Call for appointments.

Huda Community Clinic

hudaclinic.org

1605 W. Davison Ave.
Detroit, MI 48238
313-865-8446
Fax: 313-447-2627

The Huda Clinic is a free clinic dedicated to serving the uninsured, providing comprehensive outpatient screenings and assessments. Services include blood pressure screening, cholesterol monitoring, diabetes screening, general eye exams, prostate cancer screenings, and breast exams. Lab services are also offered. Social services include health education and social work consultation.

MAPI Charitable Clinic, Southfield

<http://www.mapiusa.org/free-clinics>

MAPI Free Medical Clinic, Taylor

<http://www.mapiusa.org/free-clinics>

16800 West 12 Mile Road, Suite 205
Southfield, MI 48076
Phone: 248-904-9559
Hours: Saturday from 9:00 am to 1:00 pm (by
appointment only)
Supported by St. John Providence Health
System

12701 Telegraph Road
Taylor, MI 48180
Phone: 734-374-3152
Hours: Saturday from 10:00 am to 1:00 pm
(by appointment only)
Supported by Oakwood Hospital Foundation

MAPI Clinics provide quality healthcare to the uninsured. The clinics provide medical treatment for conditions such as high blood pressure, diabetes, asthma, and arthritis, to patients aged 18 years and older. There is no emergency care or obstetrics services. There is no charge to the patients for the clinics' services.

Mercy Place

55 Clinton St
Pontiac, MI 48342
248-333-0840

Mercy Place is a free outpatient clinic, which provides comprehensive health care, treatment and prevention to uninsured adults who do not qualify for other health care alternatives. Services include: surgical evaluation services, case management services, pharmaceutical services, women's health, health screening, free pregnancy testing, wellness exams & physicals, disease prevention, ophthalmology program with eyeglass program, and ongoing health care management for chronic diseases

Mercy Primary Care Center

www.mercyprimarycare.org
5555 Conner Ave, Suite 2691
Detroit, MI 48213
313-579-4000

Primary care services by appointment to adult residents of the city of Detroit who are uninsured.

Neighbors Caring for Neighbors Clinics

<http://www.epasho.com/ncnc>

58944 Van Dyke Rd
Washington Twp, MI 48094
586-336-9956

215 North Ave
Mt Clemens, MI 48043
586-469-3750

Basic medical services for uninsured residents of Macomb County. Appointments preferred.

Packard Community Clinic

www.packardhealth.org

3174 Packard Rd
Ann Arbor, MI 48108
734-971-1073

501 N. Maple Rd
Ann Arbor, MI 48103
734-926-4900

info@packardhealth.org

A full-range clinic offering primary care services including mental health, nutrition and social services. All insurance accepted; sliding fee scale for patients without insurance.

S.A.Y. Detroit Family Health Clinic

<http://www.saydetroit.org>

211 Glendale St.

Highland Park, MI 48203

313-869-8569

Fax: 313-564-1584

Free health care for women and children without insurance, or who are under-insured. Open 365 days a year. Call to make an appointment. Services include internal medicine, gynecology, pediatric services for newborns to 18 years of age, and podiatry. Call for transportation from shelters.

Shelter Association of Washtenaw County - Health Clinic

www.annarborshelter.org/health.cfm

312 W Huron St

Ann Arbor, MI 48103

734-662-2829 ext. 253, info@annarborshelter.org

Primary care services for the homeless and uninsured. No charge for most services.

The People's Clinic for Better Health

www.mercyporthuron.com

3110 Goulden St.

Port Huron, MI 48060

810-985-4747

Located in the Guadalupe Mission the clinic provides comprehensive health care to adults in St. Clair County who have no health insurance coverage. By appointment only.

VA Medical Center, Ann Arbor

www.va.gov/directory

2215 Fuller Rd

Ann Arbor, MI 48105

734-769-7100 or 800-361-8387

VA Medical Center, Detroit

www.va.gov/directory

4646 John R St

Detroit, MI 48201

313-576-1000 ext 5541

Patients formerly in military services may be eligible for benefits or health care. Contact nearest VA eligibility clerk. If recently discharged due to an HIV diagnosis, contact the Ann Arbor VA.

Ziad Healthcare Clinic

www.ziadhealthcare.org

Contact: Ibrahim Ahmed, Executive Director

ibrahamahmed@aol.com

(313) 815-8767

Wayne County:
A-ACCESS PC
1640 Fort St, Ste E
Trenton, MI 48183
734-637-3984

Macomb County:
ASL Medical PC
46267 Garfield Rd Ste
Clinton Twp, MI 48038
586-783-3904

Oakland County:
CBM Medical Clinic
31 Oakland Ave Ste E
Pontiac, MI 48342
248-977-3062

Primary care services. Accepts most insurance; sliding fee scale for uninsured patients.

*** = Ryan White funded providers**

INFECTIOUS DISEASE SPECIALISTS (RYAN WHITE FUNDED)

Many people living with HIV choose to see an Infectious Disease (ID) doctor in addition to a primary care physician. You should have an ID Specialist that has the extra training in HIV. An HIV/ID Clinical Specialist generally has the most current information about treatments, clinical trials and other strategies for managing the virus and preventing opportunistic infections. Although all hospitals have Infectious Disease departments, the health care systems listed below are particularly noteworthy for their work in HIV/AIDS.

****Children's Hospital of Michigan (CHM) - Project Challenge***

www.chmkids.org

Immunology Clinic

3901 Beaubien St, 5th Floor

Detroit, MI 48201

313-745-4892 or 313-745-4450

CHM Project Challenge provides specialized medical, social and psychological services for children and families affected by HIV/AIDS. The program works with HIV case management agencies and community organizations to assist families in understanding HIV. The program also provides a monthly teen support group for infected/affected teens and summer/winter camp for infected/affected children ages 5-17. Call Clinical Social Worker at 313-745-5289.

****Children's Hospital of Michigan (CHM)***

Horizons Project - Adolescent Medicine

<http://peds.med.wayne.edu/horizons>

3901 Beaubien St

Detroit, MI 48201

313-924-9493 or 313-966-0123

Contact: Linda Hyter/Dawn Sanback

The Horizon's Project offers HIV counseling and testing, and HIV/STI prevention services to at-

risk youth and young adults ages 13-24. Horizons also provides direct care services to HIV positive youth (13-24,) including medical care, peer advocacy, transportation, clinical case management, support groups/recreational activities, mental health and social work services. Transportation will be provided as funding permits.

***Detroit Medical Center/ Wayne State University
Adult HIV / AIDS Program**

www.drhuhc.org

Infectious Disease Clinic - UPG

3750 Woodward, Ste 200

Detroit, MI 48201

Appointments: 313-745-4525

Contact: Sheila Jackson at 313-993-0930

sjackson@med.wayne.edu

Sinai-Grace Infectious Disease Clinic

dev.sinaigrace.org/default.aspx?id=105

Infectious Disease Clinic

6001 W Outer Drive Ste 207

Detroit, MI 48235

313-966-2800

DMC/WSU Adult HIV/AIDS Program provides HIV primary care through a multidisciplinary team including infectious disease specialists, onsite behavioral health care and advocacy, access to specialty care, clinical trials and onsite medical case management. Care is provided to men, women, adolescents, and the prison population; to those with Medicare, Medicaid, Adult Waiver Benefit, other insurance, as well as those uninsured or underinsured. Uninsured persons are advised to apply for Medicaid prior to initial visit. Those in managed care must bring a referral from their primary care physician. There is a sliding fee scale for uninsured persons.

***Henry Ford Hospital
Infectious Disease Clinic**

www.henryfordhealth.org

2799 W. Grand Blvd

Detroit, MI 48202

313-916-2556

The Henry Ford HIV specialist team includes physicians, nurses, registered dietitians, pharmacists and social workers who provide comprehensive care, including regular outpatient exams for early detection and treatment of the complications of HIV/AIDS, antibiotic infusions to prevent and treat complicating infections, and access to some of the latest experimental treatments. These specialists also provide the latest inpatient treatment for more severe complications of AIDS. Ryan White funds are available to uninsured patients. The team provides consultations to community physicians caring for PLWH, assisting them in determining the best treatment for their patient and keeping them informed of the latest research protocols. Most forms of insurance are accepted, but if you have an HMO, you may need a referral from your doctor. For transportation to appointments, ask your case manager.

***Hutzel Hospital - Perinatal Infectious Disease Clinic (PDIC)**

www.hutzel.org

3800 Woodward Ave Ste 908

Detroit, MI 48201

313-993-3400 or 313-993-3429

Provides expert prenatal care for all HIV positive women provided by a high-risk pregnancy specialist, and provides emergency and routine medical care for HIV positive women who have delivered infants in previous years and require care. Transportation is provided.

***Oakwood Hospital - Infectious Disease Clinic**

www.oakwood.org

2001 S Merriman Rd Ste 300

Westland, MI 48186

734-727-1115

Contact: Shannon Payne R.N., B.S.N., Shannon.Payne@oakwood.org

The Infectious Disease Clinic provides treatment and management of individuals with HIV/AIDS in western Wayne County. The clinic offers physicians who specialize in HIV/AIDS, social workers and counselors to patients regardless of ability to pay, through Ryan White funding.

***St John Providence Health System**

www.stjohnprovidence.org

Primary Care Specialty Clinic

(located inside of HELP)

1726 Howard St

Detroit, MI 48216

313-338-3740

Advantage Family Health Center

4669 E Eight Mile Rd

Warren, MI 48091

313-416-6200

Operates three sites offering Ryan White funded HIV primary care. Clients with no insurance are seen at all locations; insured patients are seen only at Connor Creek and OPHS sites. A driver's license or other ID is required, as well as HIV test results and proof of income. Co-pays are required for uninsured patients above 100% of poverty level.

***University of Michigan Health Center**

HIV/AIDS Treatment Program

www.med.umich.edu/intmed/infectious/hiv

3120 Taubman Center

Ann Arbor, MI 48109-0378

734-936-8186 or 888-224-7939

This infectious disease clinic is staffed with doctors, nurses, social workers, and nutritionists who specialize in HIV treatment. The clinic provides care to insured and uninsured PLWH. Also available are free mental health services and nutritional consultation for those infected/affected by HIV. Ask your case manager for assistance with transportation.

The following provide Ryan White funded care through Visiting Nurse Association of Southeast Michigan. Please say that you are a Ryan White patient when you call:

*** Arab Community Center for Economic and Social Services (ACCESS)**

Dr. Hassan Dakroub

www.accesscommunity.org

6450 Maple Street

Dearborn MI 48126

313-216-2246

To make an appointment contact Michelle Sanchez, Clinic Coordinator (this is done for

confidentiality for HIV patients).

***William Beaumont**

Infectious Disease Clinics

www.beaumont-hospitals.com

3535 W 13 Mile Rd
Royal Oak, MI 48073
248-551-3000

The nurse is only there once a week, Tuesday mornings.

***Paul Benson, DO**

www.doctorbewell.com

1964 W 11 Mile Rd
Berkley, MI 48072
248-544-9300

Provides HIV and Family Practice – Sports and school physicals, lab work, pharmacy, skin rejuvenation. Insurance needed; clients without insurance must pay as they come.

***Anthony Ognjan, DO**

13425 19 Mile Road, Ste. 100
Sterling Heights, MI 48313
586-226-5702

HIV PRIMARY CARE PHYSICIANS (RYAN WHITE FUNDED)

***Covenant Community Care**

www.covenantcommunitycare.org

559 W Grand Blvd
Detroit, MI 48209
313-554-1095

1700 Waterman Ave
Detroit, MI 48216
313-841-8900

Provides primary healthcare for uninsured adults and children through Ryan White funded outpatient ambulatory care. Medicare and select Medicaid plans accepted. Sliding fee scale with proof of income. See benefits counselor for insurance enrollment assistance or sliding fee discounts. Please say that you are a Ryan White patient when calling for an appointment.

Detroit Community Health Connection, Inc. (DCHC)

www.dchcquality.org

*13901 E Jefferson Ave
Detroit, MI 48215
313-822-0900

*611 Martin Luther King Blvd
Detroit, MI 48201
313-832-6300

Provides doctors who are knowledgeable about current HIV treatments. Fees are sliding scale and can be waived for low income. Identification and proof of income needed. Call to make an appointment. Walk-in slots are available to see a nurse. Please say that you are a Ryan White patient when calling for an appointment.

NEWBORN, INFANT, and CHILDREN'S HEALTH CARE

****Children's Hospital of Michigan - Immunology Clinic***

www.chmkids.org
3901 Beaubien St
Detroit, MI 48201-2196
313-745-4450

Provides primary medical care, transportation, and social services for HIV exposed and HIV positive children. Clients seen by appointment. Will accept children without insurance coverage. Clinical trials are available.

****Children's Hospital of Michigan (CHM) - Project Challenge***

www.chmkids.org
3901 Beaubien St
Detroit, MI 48201
313-745-4892

Project Challenge provides outpatient mental health services to children infected and affected by including individual and family therapy, psychological assessments, and neuropsychological screenings and assessments for HIV infected children and adolescents. A home-based adherence program providing Family Therapy is provided for families at risk for poor adherence to HIV treatment. Project Challenge conducts an 8-week therapeutic summer camp program and a 1-week midwinter camp program for children ages 5-18 and a monthly support group for teenagers infected/affected by HIV. A mentoring program has begun which pairs HIV infected/affect children with a caring adult. Transportation is provided for all services.

Children's Special Health Care Services

www.michigan.gov/cshcs
Lewis Cass Bldg. 6th Floor
320 South Walnut St.
Lansing MI 48913
800-359-3722

Helps with medical treatment and costs to children with special medical conditions, including HIV exposed and HIV positive children.

Children's Center

www.thechildrenscenter.com
79 W Alexandrine St
Detroit, MI 48201
313-831-5535
Intake: 313-262-1212

Provides therapeutic, home based infant mental health services to families from birth to age 3. 24 programs with therapist, psychiatrist.

Healthy Kids

http://www.michigan.gov/mdch/0,1607,7-132-2943_4845-17752--,00.html
Michigan Department of Community Health (MDCH)
888-988-6300

Healthy Kids is a program for pregnant women, babies, and children under 19. Healthy Kids covers women during pregnancy and the first two months after the pregnancy ends. Babies may be eligible for up to one year of birth. Children may be covered up to age 19. To determine eligibility and to receive a comprehensive list of services, call the above number. To apply for Healthy Kids, fill out the MIChild-Healthy Kids Form, at the phone number or web link above.

MIChild

www.healthcare4mi.com

Michigan Department of Community Health (MDCH)
888-988-6300 or 866-501-5897 (TTY)

MIChild covers: Regular checkups, shots, emergency care, dental care, pharmacy, hospital care, prenatal care and delivery, vision and hearing, mental health and substance abuse services. If your child qualifies, you pay a monthly premium of only \$10.00. There are no co-pays and no deductibles. To qualify, children must be citizens of the U.S. (some legal immigrants qualify), live in Michigan, be under 19 years old, have no health insurance, live in a family with a monthly income whose adjusted gross income must be at or above 150% and below 200% of the federal poverty level. For children under 1 year of age, the adjusted gross income must be above 185% and at or below 200% of the federal poverty level. Paid child support is considered a deduction. To apply for MIChild, fill out the MIChild-Healthy Kids Form, which can be obtained at the above number or at the web link above.

ADOLESCENT and YOUNG ADULT HEALTH CARE

****Children's Hospital of Michigan (CHM) - Horizon's Program***

<http://peds.med.wayne.edu/horizons>

Outreach/Drop-In Center

3127 E. Canfield

Detroit, MI 48207

General Information 313-966-0123

Advocacy and transportation 313-924-8227

Medical care, Social Work/Case Management 313-924-9493

Street Outreach/Counseling and Testing 313-924-9487

Prevention Services 313-924-8230

Provides comprehensive medical care, one-on-one mentoring with peer advocates, case management, assistance with adherence issues, individual, partner and family therapy, a support group called "the jam session", peer led HIV prevention education and street outreach and HIV counseling and testing services for HIV positive and affected youth ages 13-24 years. Call for appointment; accepts people without insurance coverage.

CHOOSING A PROVIDER

One of the most important things you can do is have a health care team that you trust. Keeping up with routine health care is especially important when you are HIV positive.

An open relationship with experienced providers is one of the main things that long-term survivors of HIV infection have in common. Your medical provider is the most important part of this team and thus will be the primary focus of this section. However, dental and eye care are also crucial, as these providers are sometimes the first to notice early symptoms of HIV. See **Dental Care and Vision Care.**

Choosing a healthcare provider is a very important decision. If you have friends who are also HIV positive, you can check with them to see if they have found health care providers who are knowledgeable about HIV/AIDS. You can also contact a case manager who can refer you to health care providers who have experience treating people with HIV infection and/or AIDS. See **Case Management**.

Some health care providers have little or no experience in treating HIV and AIDS and may not be aware of new treatments. If your physician is such a person, you would do well to find a new one, or ask for a referral to an infectious disease specialist if you are in a managed care system.

At your first appointment with a new physician you may want to ask some of the following questions:

"Does someone take back-up calls if you are on vacation? Who?"

"Are you affiliated with a hospital? Which one?"

"Can you be reached after office hours?"

"How many clients with HIV infection have you had?"

"What drug therapies do you generally use?"

"Do you have any problems with my life style?"

"How do you feel about my definition of family?"

"How do you maintain my confidentiality?"

"Are you willing to work with my case manager and/or other providers?"

It's a good idea to write down your questions before you get there. Write down the answers too, to help you remember what was said. Keeping a journal as a reference can also be helpful. If you don't feel confident about being able to ask these questions or write down the answers, bring a trusted friend or family member with you. They can also provide support and/or another viewpoint.

You should feel comfortable talking to your healthcare provider. Does he or she use words you understand? Does he/she listen to what you say? It's very important that you feel as though your physician is on your side. Treating HIV and/or AIDS is best accomplished by a team.

Although it takes work, you should try to be part of the team with your provider(s) to make it most effective. If for any reason you feel uncomfortable, talk with your provider. If he or she cannot resolve your differences, consider finding a new provider.

DENTAL CARE

This section includes dental providers for anyone who may not have dental insurance coverage, has minimal dental insurance coverage, or just needs to locate a dentist in their area. All dental offices routinely practice universal precautions that will prevent transmission of the HIV virus – in either direction.

Individuals who are HIV+ commonly develop oral health problems, while some have long-standing dental problems which have not been addressed. If you are HIV+ and do not have a dentist or insurance/income to pay for dental care, contact your case manager or one of the providers below for assistance. You should tell your dentist that you are HIV infected when you schedule your appointment as many dentists request copies of recent lab results before starting treatment.

Baker College Dental Hygiene Clinic

1500 University
Auburn Hills, MI 48326
248-276-6664

Provides exams, x-rays, cleaning. No restorative work. Cleaning for children ages 3-14 is \$15, for healthy adults \$25; periodontal work is \$50, and X-rays are \$20. Call for an appointment.

CHASS

Midtown Center

7436 Woodward
Detroit, MI 48202
313-556-9908

Southwest

5635 W. Fort St.
Detroit, MI 48209
313-849-3920

Accept only C.H.A.S.S. patients. Walk-ins are accepted, but call ahead to find out when walk-ins can be seen. Provides exams, x-rays, cleaning, general dental care. Sliding fee scale based on income. Must provide proof of income and ID. Services begin at \$20.

Covenant Community Care

www.covenantcommunitycare.org

5716 Michigan Avenue,
Detroit, MI 48210
313-554-3880

Contact person: Maria Aloyo

Provides dental care services to insured and uninsured adults and children of Southwest Detroit. Sliding fee scale with proof of income.

Detroit Community Health Connection, Inc. (DCHC)

www.dhcquality.org

Nolan Family Health Center
111 W 7 Mile Rd
Detroit, MI 48203
313-369-2600

Dental services for people with or without insurance. Fees are sliding scale and can be waived for low income. Identification and proof of income needed. Call to make an appointment.

Detroit Department of Health and Wellness Promotion (DHWP)

Pediatric Dental Clinic

<http://www.detroitmi.gov/default.aspx?tabid=1023>

1151 Taylor St
Detroit, MI 48202
313-876-4239

The clinic provides free services to low-income Detroit residents between ages 3 -18. No emergency walk-ins. Appointments only.

Detroit Receiving Hospital – Oral Surgery Clinic

4201 St Antoine, First Floor 2F

Detroit, MI 48201
313-745-4696

Provides oral surgery and emergency extractions only to people on Medicaid and those who are uninsured, as well as people who have disabilities or are medically compromised. If you don't have insurance, you must bring a minimum of \$125. Appointments only, open seven days a week around the clock.

Detroit East Side Community Dental Clinic at the Samaritan Center

www.midental.org
5555 Conner Ave.
Detroit, MI 48213
877-313-6232 (new patients)
866-269-9223
313-571-2648
Fax: 571-2658

Provides oral exams/cleanings/fluoride treatments, fillings and crowns, tooth removal, tooth replacement including dentures and partials, emergency treatment, root canal and more. Accepts children on Medicaid or MI Child, adults on Medicaid, and low income uninsured individuals with incomes below 200% of poverty level (at reduced fees).

Macomb County Health Department

27690 Van Dyke
Warren, MI 48093
586-465-9152

Must be a Macomb County resident and file for application with proof of income to obtain a reduced set fee. Provides general dentistry (no extractions or emergency care). \$341 per plate for dentures, \$380 for partial dentures, \$412 for crowns.

Michigan Donated Dental Services (DDS)

http://www.nfdh.org/joomla_nfdh/content/view/68/105/
800-850-5913

Free dental services are available through the DDS Program. Currently open in Wayne County outside the City of Detroit. You must be low-income, lacking other resources to obtain dental treatment, in need of extensive dental services, and be considered disabled. The dental services are provided by a panel of private dentists who volunteer their time and resources. Dental labs volunteer their services as well. For more information, or to obtain an application, call the above number or go to the website.

****Michigan Dental Program (MDP)***

www.michigan.gov/mdch/0,1607,7-132-2940_2955_2982-45691--,00.html
109 Michigan Ave, 9th Floor
Lansing, MI 48913
517-241-5933 or 888-826-6565

MDP is another program of MDCH serving HIV positive people in Michigan. Services covered include both preventive and restorative dental care. To qualify:

- You must be HIV positive

- You must be a Michigan resident
- Your income level must be no more than 450% of the poverty level (\$3,589 per month)
- Have no other dental insurance, including Veterans dental benefits through the Veterans Administration which covers the needed services.

The program is currently open in the Detroit Metropolitan Area for those that have dental emergencies or need restorative care. General cleaning is not covered under MDP. To apply for the program, contact MDP directly. A short intake will be done over the phone, and if you meet the eligibility criteria, a one-page application form will be mailed to you to complete. Once it is received by MDP, you will be mailed a letter informing you of the participating dentist to whom you are being referred. Take the referral letter with you when you attend your appointment.

Oakland County Community College, Waterford, Dental Hygiene Clinic – Highland Lakes Campus

7350 Cooley Lake Road
Waterford, MI 48327
248-942-3260

Provides cleaning, exams, x-rays. No restorative work. General dentistry work is referred to University of Detroit Mercy Dental School. For children 14 years and younger the fee is \$15, for adults \$25. Call to make an appointment. (None available until after November 8)

NBC Discount Dental Program

www.oakgov.com/discountdental/enroll/
866-498-7914

This is a reduced-fee Dental program. The discounted fees are, on-average, 20-50% lower than Dentist's and Specialist's standard fees. The program covers preventive care, diagnostic, restorative, endodontics, oral surgery, and orthodontics. The cost is \$6.95 a month, or \$69 a year, and include up to 9 persons residing at the same residence. Statewide program.

Quality Dental Associates

58144 Gratiot, Ste 316
New Haven, MI 48048
586-749-3333

Provides general dentistry, root canals, crowns, extractions. Fees for cleaning, exam and x-rays are \$50, and fillings start at \$80. Call to make an appointment.

St. John General Dentistry Services and Oral Surgery Services

7633 E Jefferson, Ste 70
Detroit, MI 48214
313-499-4775

Provides general dentistry, root canals, and crowns to Medicaid patients, and offers reduced fees for people who are uninsured and underinsured. Appointments required.

Thea Bowman Community Health Center

15400 West McNichols
Detroit, MI 48235
313-255-3333

HOURS

M, T, Th, F
8:30 a.m.- 5:00 p.m.
Wednesday 11:00 a.m.-7:00 p.m.

Fax: 313-255-4335

Tri-County Dental Health Council

www.dentalhealthcouncil.org

29350 Southfield Rd Ste 35

Southfield, MI 48076

248-559-7767

Contact: Karen Trumpeter

Provides information and referral to persons seeking dental care in Wayne, Oakland and Macomb counties. The Council provides names and phone numbers of volunteer dentists who are able to assist people working low-wage, full-time jobs with the cost of dental care. A limited emergency program helps indigent people with painful or severe dental problems.

University of Detroit Mercy (UDM) Dental Services

www.udmercy.edu/dentalhygiene/pt_care.htm

University of Detroit Mercy (UDM)

2700 Martin Luther King Jr Blvd

Detroit, MI 48208

313-494-6750

Contact: April Davis

University Health Center (UHC)

4201 Saint Antoine St Rm 2G

Detroit, MI 48201

313-745-4595

Contact: Raphael Scott

UDM Dental Services serves patients from Wayne, Oakland and Macomb counties and has the "Care Program" which provides free or low cost dental service to HIV+. To enroll, your doctor must complete a Physician Consultation application form (CARE form). For routine care and other dental problems, you must request an application by calling one of the numbers above or your case manager. When calling to get the application and schedule the initial appointment, make sure to inform the receptionist that you are making an appointment for the "Care Program". Forms of payment accepted include Medicaid, BC/BS, third party payment, and private insurance. For emergency treatment, walk in appointments are available; please call in advance. UDM participates with the Michigan Dental Program reimbursement program.

University of Michigan School of Dentistry

1011 N University

Ann Arbor, MI 48109

734-763-6933

Provides general dentistry and all dental specialties. Fees are one-third less than traditional fees, and payment plans are available. Emergency exams are \$48. Appointments necessary; none accepted until the third week in October.

Wayne County Community College District – Dental Hygiene Clinic

8200 W Outer Drive

Detroit, MI 48219

313-943-4040

Provides cleanings, deep cleanings, x-rays, dental exams, and teeth whitening. Cleanings for children are \$8, and for adults \$10-\$12. Appointments only.

Western Wayne Family Health Center

www.fhcinkster.org

2500 Hamlin Court
Inkster, MI 48141
313-561-5100

Provides dental services based on income and ability to pay.

There are also a few private dentists that accept the Michigan Dental Program (MDP);

Kimberly L. Branham DDS

28807 W. Eight Mile Rd.
Livonia, MI 48152
248-474-5572

Joseph P. Collica DDS

Crown Dental Center
32500 Mound Rd.
Warren, MI 48092
586-264-2600

Rita Marroghi DDS

683 W. Huron
Pontiac MI 48341
248-335-1000

2390 S. Commerce Rd.
Walled Lake, MI 48390
248-438-6421

VISION CARE

****Health Emergency Lifeline Programs (HELP)***

www.helpoffice.org

1726 Howard St
Detroit, MI 48216
313-832-3300 or 888-435-5655, English or Spanish

Assistance is available for eyeglasses for those who are HIV+ and have a prescription. Please call for program information. Available once every two years.

Henry Ford OptimEyes

www.optimeyes.com

2799 W Grand Blvd
Detroit, MI 48202
800-792-3262

Provides eye examinations and eyeglasses. OptimEyes accepts Medicaid patients.

Kresge Eye Institute (KEI)

www.kresgeeyewear.com

4717 St Antoine Blvd
Detroit, MI 48201
313-577-8900
Contact: Andrea, 313-577-8907

KEI offers comprehensive medical and surgical diagnosis and treatment of diseases affecting

the eyes, as well as an optometry clinic.

Mercy Place

St. Joseph Mercy Hospital
55 Clinton St.
Pontiac, MI 48342
248-333-0840

Monday through Friday 8 am to 4:30 pm by appointment only. Provides eyeglasses at low or no-cost to those who are Oakland County residents and are uninsured, qualified individuals with reportable income. Staff is bi-lingual (Spanish).

Michigan Eyes on Diabetes

www.michiganeyesondiabetes.net
313-872-6011

Diabetic retinopathy is the most common eye disease among people with both Type 1 and Type 2 Diabetes. It is important to have a dilated eye exam at least once a year to check for early signs. If you do not have an eye care provider or if you have no insurance and no ability to pay, contact Michigan Eyes on Diabetes for a list of participating eye care providers in your area. There is a one-time fee of \$200 on the first visit; \$80 must be paid with the remainder paid within the year. All visits and exams are free after the first visit, as long as something is paid toward the \$200.

Optometric Institute and Clinic of Metro Detroit (OICMD)

www.optometricinstitute.org
3044 W Grand Blvd Ste 1-253
Detroit, MI 48202
313-872-2060

OICMD, also known as Metro Vision, offers comprehensive services in three primary areas: medical eye care/vision care; low vision services and computer training for the visually challenged. Metro Vision accepts uninsured and low-income patients. Fees for services are based on the individual's income, and fees are adjusted on a sliding scale. Offers non-medical (\$80) and medical (\$200) exams. Must have at least \$80 for medical and will have 90-120 days to pay balance. Eyeglasses are an out-of-pocket expense for services. Includes glaucoma evaluation and treatment. Some medications provided at no cost if patient qualifies. Metro Vision also sponsors the Uncle Sam Program which will cover a percentage (up to 100%) of the cost for eye examination and ophthalmic materials, based on individual cases, for military veterans. Proof of military service is required.

Shanbom Eye Specialist

28747 Woodward Avenue
Berkley, MI 48072
248-546-2133

Free adult vision screening is offered by appointment only, three Thursdays each month 1-2pm.

Vision USA

www.aoa.org/x5607.xml
243 N. Lindbergh Blvd.

St. Louis, MO 63141
800-766-4466

VISION USA™ provides basic eye health and vision care services free of charge to uninsured, low-income people and their families. General eligibility requirements vary by state. To receive free services, you must: have a job or live in a household where there is one working member; have no vision insurance (this may include Medicare/Medicaid); have income below an established level based on household size; and not have had an eye exam within two years. If you or your family is eligible to receive services, you will be matched with a volunteer doctor of optometry who will provide a comprehensive eye exam at no charge. Eyewear also may be provided at no cost or for a small fee/donation in some states. (Note: Doctors donate their services and may be limited in some areas.)

HEARING CARE

Hear Now

Starkey Hearing Foundation
www.sotheworldmayhear.org
6700 Washington Ave. S.
Eden Prairie, MN 55344
800-648-4327, nonprofit@starkey.com

Monday through Friday 9am to noon and 1pm to 4pm. Gives hearing aids to low-income adults and children with documented hearing loss meeting financial criteria.

The Lions Hearing Aid Assistance Program

www.lionsclub.org
888-LHCMICH (888-542-6424)

There is a one-page application for assistance provided by the local Lions Club in your area. If you qualify, you will receive a hearing aid at no charge. There is a 2 to 4 month wait for a response to applications. It is a first-come first-served program.

DRUG THERAPIES

Combination drug therapies are now the standard course of treatment for HIV. Unless you are a pregnant woman or are being treated for HIV encephalopathy you should expect your physician to prescribe at least three of the approved antiretroviral drugs (more than one drug may be included in a single combination formula) if your CD4 count and viral load test indicate a need for treatment to begin. The current goal of therapy is to have as low a viral load and as high a CD4 cell count as possible. If you want more information about combination therapies ask your health care provider or your case manager.

RESEARCH / CLINICAL TRIALS

There are two major sites in the Detroit metropolitan area that are active in AIDS research. These are the Wayne State University/Detroit Medical Center (WSU/DMC) HIV/AIDS Program and Henry Ford Hospital's AIDS Treatment and Research Program. Both sites are involved in

the Community Program for Clinical Research on AIDS (CPCRA) research program sponsored by the National Institutes of Allergy and Infectious Diseases, a division of the National Institutes of Health as well as pharmaceutical trials. The goal of both research programs is to bring AIDS research to all communities including people of color, women and injecting drug users, so that all populations can access and participate in clinical trials.

AIDS research often involves the use of clinical trials, which allow doctors to study the risks and benefits of drugs or treatments. If you participate, you may get free medical tests and medications. Some clinical trials test one drug or treatment against another. This is done to see which treatment is more effective.

When you enroll in a clinical trial, the doctor, a research nurse and a social worker explain the study and their roles and yours. If you agree to participate, you sign a consent form, stating you understand the trial and your role in the study. Participation is strictly voluntary. You can leave the study at any time for any reason and still receive care from your doctor without prejudice.

It is very important to keep all appointments with both the doctor and research nurse. Appointments may be more frequent when you participate in research studies. This allows the doctor, research nurse and the FDA to monitor how study medications are affecting you. The medications used are sometimes investigational and must be watched closely for your safety. Trials vary in duration but collecting all data is necessary to reach a conclusion. If you participate in clinical trials you are helping the entire HIV community improve treatment options.

Both the Detroit Medical Center's HIV/AIDS Program and Henry Ford Hospital's AIDS Treatment and Research Program offer a wide range of medical, social and psychological services provided by a coalition of health care professionals. Each program has unique qualities of its own. If you are interested in learning more about current projects or in obtaining additional program information, call the following local sites, or contact the national number for AIDS Clinical Trials at **800-448-0440** or go to this web site www.aidsinfo.nih.gov.

Henry Ford Hospital
AIDS Treatment and Research Program
www.henryford.com/body.cfm?id=38252
Clara Ford Pavilion
2799 W Grand Blvd
Detroit, MI 48202
313-916-3058

Detroit Medical Center (DMC) / Wayne State University (WSU)
HIV/AIDS Program
Community Program for Clinical Research on AIDS (CPCRA)
Administrative Office, 7B UHC
4201 Saint Antoine St
Detroit, MI 48201
313-993-8703

Additional Sites:
Children's Hospital of Michigan (CHM)
www.chmkids.org
3901 Beaubien St

Detroit, MI 48201
313-745-5434

Craig - Mission Health

Barron Professional Building
4870 Clark Rd Ste 204
Ypsilanti, MI 48197
734-528-9080

University of Michigan HIV/AIDS Treatment Program

www.med.umich.edu/intmed/infectious/hiv
1500 E Medical Center Dr
Ann Arbor, MI 48109-0378

Call the Study Coordinator at 734-647-9830; the Clinical Nurse line at 734-936-8186 or 888-224-7939 for more information about research studies.

DRUG ASSISTANCE PROGRAM (DAP or ADAP)

AIDS Drug Assistance Program (ADAP)

http://michigan.gov/mdch/0,1607,7-132-2940_2955_2982_46000_46001----,00.html
Michigan Department of Community Health (MDCH)
109 Michigan Ave, 9th Floor
Lansing, MI 48913
517-241-5933 or 888-826-6565

If your doctor prescribes any medication and you don't have medical insurance to cover it, then you may qualify for this MDCH administered program. To qualify, you must be ineligible for Medicaid or Adult Medical Program, are already in Medicaid Deductible, or have private or Veterans Administration insurance with prescription co-payments that are at least \$5 per prescription.

If you receive Medicaid, you are not eligible for DAP and must use your Medicaid card; or, if you receive the ABW/AMP, you are not eligible for DAP and need to either get a voucher from your DHS worker or use your county-issued card.

If you have no prescription coverage, you must apply for Medicaid and/or the Adult Benefit Waiver/Adult Medical Program (ABW/AMP) at DHS. Apply for this program even while waiting for Medicaid and/or the ABW/AMP, as you won't have to have the 45 days it may take to determine your Medicaid eligibility. Most likely, you'll get approved for this drug program in a short period of time. In addition to filling out the DHS application for Medicaid/ABW/AMP, a 2-page form needs to be completed by you and your doctor or case manager and sent to ADAP. However, once again, if you are on a Medicaid Deductible, there is no need to complete another DHS insurance application, but do send a copy of your Medicaid Deductible letter to ADAP with your application.

To be eligible for the MDCH Drug Assistance Program, you must:

- Provide documentation of HIV disease
- Be a resident of Michigan
- Have applied for Medicaid and/or ABW/AMP within the last 90 days and have a pending

denial, or Medicaid Deductible status (unless you are in Medicaid Deductible or have private/Veteran's insurance)

- Have less than 450% of the Federal Poverty Level (\$3,829 per month) unearned or earned gross income for one person. See Poverty Guidelines at www.workworld.org/wwwwebhelp/poverty_guidelines_federal.htm
- Unearned income includes SSDI, pension, retirement, and unemployment compensation. The income limit increases with each additional family member.
- If applying for co-pay assistance, you will need to provide proof of amount of co-pay of your prescription for one month and proof of income.

The DAP formulary covers over 500 HIV and non-HIV meds and vaccines as well as CD4, viral load, and genotype testing with no co-payments. The entire medication formulary can be viewed at http://michigan.gov/mdch/0,1607,7-132-2940_2955_2982_46000_46001---,00.html

DRUG SAFETY

US Food and Drug Administration (FDA)

www.fda.gov

Detroit District Office

300 River Place Dr Ste 5900

Detroit, MI 48207

313-393-8100 or 888-463-6332 (Consumer Information)

The U.S. Food and Drug Administration is responsible for the regulation and safety of foods (except meat and poultry), drugs, cosmetics, medical devices, blood and blood products, vaccines, animal foods and drugs, dietary supplements and infant formula. They also track adverse reactions to drugs through their MedWatch program www.fda.gov/medwatch.

OTHER PRESCRIPTION ASSISTANCE OPTIONS

The following offer low cost medications, may provide free home delivery and waive prescription copayments for those who are low-income. Some deal directly with insurers.

BioMed Specialty Pharmacy

www.biomedpharmacy.com

87 E. Canfield

Detroit, MI 48201

877-790-7779

Fax: 877-791-7779

BioMed provides personalized compounding, co-pay assistance, free home delivery and 24/7/365 support.

Capitol Drugs

www.capitoldrugs.com

800-819-9098

Community Assistance Program (CAP)

www.caprprogram.org

251-591-3728

Contact: Regional Outreach Coordinator Kim Daniel

CAP offers a free-drug card that will save an average of 15% on brand-name drugs, and 55% on generics. The card is accepted at CVS, Rite-Aid, Costco, Wal-Mart, Walgreens, Kroger, K-Mart, and Target.

Crown Pharmacy

24401 Plymouth Rd
Redford, MI 48239
313-532-3784 or 866-575-3784, CrownPharmacy1@aol.com

Diplomat Specialty Pharmacy

www.diplomatpharmacy.com
800-722-8720

Free home delivery, financial assistance with co-pays, and special packaging.

Direct Rx Pharmacy

www.directrx.com
800-422-3227 ext 8

Free home delivery, financial assistance with co-pays, and special packaging.

****Health Emergency Lifeline Programs (HELP)***

www.helpoffice.org
1726 Howard St
Detroit, MI 48216
313-832-3300, help@helpoffice.org

Short-term medication assistance may be available for medications not covered by insurance or the Drug Assistance Program. Call for further information.

MedCart Pharmacy

734-762-6600
Fax: 734-762-6688

Free home delivery, financial assistance with co-pays, short-term supplies pending benefits, special packaging, 24-hour pharmacist, 27-day automatic refill.

Rx Outreach

<http://www.rxoutreach.com>
Express Scripts Specialty Distribution Services, Inc.
PO Box 66536
Saint Louis, MO 63166-6536
1-800-769-3880

Walgreen's HIV/AIDS Support

www.hiv.walgreens.com
30852 Woodward Avenue (Walgreens #4748)
Royal Oak, MI 48073
248-549-2628

Fax: 248-549-2694

Contact: Chris Meny, R.Ph., Pharmacy Manager and HIV Specialist Open 24 hrs.

PATIENT ASSISTANCE PROGRAMS/PHARMACEUTICAL MANUFACTURERS

Many drug companies make their medications available free of charge to patients having no means to pay for them. If you think you may be eligible, talk to your health care provider. These are just a few of the patient assistance programs available.

Abbott Laboratories	www.abbott.com
Drug Assistance Program	800-222-6885
Gilead	www.gilead.com
Drug Assistance Program	800-GILEAD-5 (800-445-3235)
Pfizer, Inc.	www.pfizer.com
Drug Assistance Program	866-776-3700
GlaxoSmithKline	www.gsk.com
Customer Response Center	888 825 5249
Roche	www.roche.com
Patient Assistance Foundation	877-75ROCHE (877-757-6243) Contact: Freda Jackson 248-661-5420
Solvay Pharmaceuticals	www.solvaypharmaceuticals-us.com
Patient Assistance Program	800-256-8918

Jewish Family Service of Metropolitan Detroit

Prescription Assistance Program

www.jfsdetroit.org

25900 Greenfield Rd., Suite 405

Oak Park, MI 48237

248-592-2267

Provides assistance for those without insurance in accessing multiple drug manufacturers and obtaining medications. Call for an appointment.

Partnership for Prescription Assistance – Michigan

www.PPARxMI.org

888-477-2669

You can search for additional prescription assistance programs in Michigan at this website to see if you qualify for low cost or free prescription drugs. This program is also known as Helping Patients www.helpingpatients.org.

NeedyMeds

www.needy meds.org

NeedyMeds offers free web-based assistance in accessing any patient assistance program for medications that may or may not be HIV specific. NeedyMeds has information on medicine and healthcare assistance programs. They do not run a patient assistance program, and do not supply medicine or financial assistance.

RxHope

www.rxhope.com

877-267-0157

RxHope is the largest independent web-based patient assistance resource, processing, fulfilling and tracking over 5,000 requests each month.

The Physician, Physician Assistant, Office Manager, or Social worker enters the site, clicks on the Patient Assistance Application link, chooses from the available products, fills in the application, and depending on manufactures, either prints and faxes the application for signature verification or mails the printed application to the proper address. Some products do not require a fax or mailing, they are simply completed electronically. All information is sent to the pharmaceutical manufacturer for final approval and shipping.

Tibotec Therapeutics

www.tibotectherapeutics.com

Patient Assistance Program

866-836-0114

Patient Savings Program

866-961-7169

To apply for the Patient Savings Program, call and speak to a program counselor. Program counselors are available Monday through Friday, 9am-5pm. Eligibility is determined by household income level. It is restricted to those with household incomes less than, or equal to, 800% of the Federal Poverty Level. Once you are enrolled, you will receive a Patient Savings Program card, which you can take to your participating pharmacy. With the card, you can save up to \$100 a month after an initial \$5 co-pay on each medication, for up to one year. Your prescription must not be covered and/or reimbursed by a Federal health care program, including Medicare or Medicaid, or by any similar Federal or State program, including a State Drug Assistance program, and you must not be Medicare eligible.

IMMUNIZATIONS

For information, contact your health care provider or local health Department

Detroit Department of Health and Wellness Promotion (DHWP) 313-876-4334

<http://www.detroitmi.gov/DepartmentsandAgancies/DepartmentofHealthWellnessPromotion/Programs/Immunization.aspx>

Wayne County Health Department 734-727-7000**

www.waynecounty.com/mygovt/hhs/publichealth/ph_immun.aspx

Macomb County Health Department 586-469-5372**

http://www.macombcountymi.gov/publichealth/clinicservices/fhs_immunization_clinic.htm

Oakland County Health Department (Pontiac/North Oakland area) 248-858-1305

(Southfield/South Oakland area) 248-424-7046

(Walled Lake/West Oakland area) 248-926-3361

www.oakgov.com/health/program_service/immunize_about.html

St Clair County Health Department 810-987-5300

Monroe County Health Department 888-354-5500**
www.co.monroe.mi.us/government/departments_offices/public_health/index.html

Lapeer County Health Department 810-667-0448
<http://lchd.lapeer.org/immunizations.php>

**These numbers are for the main phone line of the health departments. They have automated directories where the caller is instructed through the system to reach the needed area.

CHAPTER 5: WOMEN'S HEALTH ISSUES

WOMEN'S HEALTH ISSUES

Family Planning

Plan First!

<http://www.michigan.gov/planfirst>

Plan First! is a program provided by the Michigan Department of Community Health. It offers:

- Family planning services for women age 19 to 44 who are not pregnant
- Who are not currently Medicaid eligible
- Who have family income at or below 185% of the federal poverty level (FPL). DHS will determine eligibility for this program
- Who reside in Michigan
- Meet Medicaid citizenship requirements

There are no monthly premiums or co-payments for family planning services, supplies or pharmaceuticals. The Michigan Department of Human Services (DHS) determines eligibility. Applications can be filled out on paper or online.

Planned Parenthood Mid and South Michigan (PPMSM)

www.plannedparenthood.org/midsouthmi

800-230-PLAN (7526)

For questions about birth control, STIs, testing or counseling, contact any of the centers listed below. All of Planned Parenthood's services are confidential and provided at a reasonable cost. Most insurances, including Medicaid, are accepted. A sliding fee scale, based on a patient's ability to pay, is also available. Services are free if the patient is receiving other qualifying services (pap smear, mammogram etc.). PPSM now offers HIV Rapid Testing. Call 313-831-7776 for Breast and Cervical Cancer services.

Wayne County

Detroit Center

4229 Cass Ave
Detroit, MI 48201
313-831-7776

Livonia Medical Center

37625 Ann Arbor Rd Ste 107
Livonia, MI 48150
734-591-6544

Warren Health Center

29350 Van Dyke
Warren, MI 48091
586-558-0101

BIRTH CONTROL

Many forms of birth control are available for HIV positive women. The most important thing to remember is: **No matter what form of birth control you decide on, latex condoms (or latex-free condoms made from polyurethane for persons with latex allergy) should always be used during sexual contact to prevent sexually transmitted diseases (STD), including HIV, gonorrhea, chlamydia, and syphilis.**

STDs are also called sexually transmitted infections (STI). See section on **Sexually Transmitted Infections**. Using condoms is especially important for your health as your immune system may be weakened by other diseases such as STIs. Remember, it is important to use a condom to protect your partner if your partner is HIV negative. Even if your partner is HIV+, condoms must be used because your partner may have a different type of HIV than you.

Talk to your doctor about effective birth control options and alternatives that are right for you. It is important to understand that no form of hormonal birth control or barrier methods (such as diaphragm, spermicides, or vasectomy/tubal ligation) will stop the spread of HIV or other STIs when used alone **Condoms are important to use every time you have sexual contact** to protect yourself against sexually transmitted diseases and other strains of HIV, if your partner is HIV positive. Your health care provider can help you to decide which method is best for you, based on the other medications you are taking. To choose an effective method of birth control and one that will not interfere with your medication, make sure to discuss all options with your nurse or doctor.

BREAST AND CERVICAL CANCER

The Michigan Department of Health Breast and Cervical Cancer Control Program (BCCCP) provides free or low cost Pap smears to eligible women across the state. Through this program, if you are uninsured and/or low-income you can receive Pap smears at local clinics and doctor's offices. Women ages 40 through 64 now have access to life-saving cancer screening services and follow-up care, including cancer treatment if that should be needed.

To take advantage of this program call 800-922-MAMM to obtain a phone number for the BCCCP local coordinating agency closest to you. The local agency will assess you for program eligibility, based upon your age and income, and will provide an appointment to a health care provider or clinic near your home.

Barbara Ann Karmanos Cancer Institute

If you live in Wayne County call:
888-242-2702

If you live in Oakland County call:
877-221-6505

If you live in Macomb County call:
586-412-3384

Planned Parenthood Detroit Center

www.plannedparenthood.org
4229 Cass Ave.
Detroit, MI 48201
313-831-7776

Offers free pap smears to qualifying individuals up to age 45.

In Addition:

All hospital Emergency Rooms (ER) must provide cervical check-ups and pap smears *if requested* by the patient while in the ER. If you are low-income, these procedures should be free of charge.

EFFECTS OF HIV ON WOMEN

There is still much to learn about how HIV infection specifically affects women, and there is a lot of research going on in this area. Keep in mind that many of the HIV-related symptoms you may experience will not be gynecological and will be similar to those found in men. This information is meant to supplement the basic information offered throughout this manual.

Yeast Infections: Many HIV positive women experience recurrent vaginal yeast infection as their first HIV-related symptom. If the immune system is still fairly strong, these yeast infections can usually be treated quite successfully. HIV positive women with weaker immune systems may experience chronic or less treatable vaginal yeast infections. Remember that recurring yeast is fairly common among women with no HIV infection as well, and it does not need to be a cause for immediate alarm. If you do experience many yeast infections, they should be monitored along with your T-Cells and treated.

Cervical Cancer / Dysplasia: Abnormal Pap smears, cervical dysplasia, and cervical cancer occur more commonly in HIV positive women than in those not infected. It is important for you to have a Pap smear at least once a year. If your T-cell count is less than 500, it is best to have a Pap smear every 6 months. Research has shown that cervical cancer progresses faster in HIV positive women than in negative women, so it is crucial to detect early forms of cancer as soon as possible.

Colposcopy: Sometimes an examination, different than a Pap smear, called a colposcopy may also be requested by your health care professional to help with detecting abnormalities early. A colposcopy is a specific exam of the cervix and may include a biopsy (removal of a small amount of cervical tissue for testing). If this is ordered, you can get more information from your doctor or nurse. There's also a video that explains this safe procedure at this link:
<http://www.nlm.nih.gov/medlineplus/tutorials/colposcopy/htm/index.htm>

Recurrent Pelvic Inflammatory Disease (PID): Although infection and inflammation of the pelvic organs occurs occasionally in HIV negative women, in HIV positive women this condition may happen more often, last longer, and be difficult to treat. HIV positive women may require repeated or continuous treatment when their immune system becomes severely compromised.

Sexually Transmitted Diseases (STD): Women infected with HIV may have unique symptoms of some sexually transmitted diseases that produce sores, such as syphilis, gonorrhea, chancroids, and herpes. If you notice sores in your genital area, it is important to get prompt treatment.

PREGNANCY CONSIDERATIONS

Health care is important and available. In order for you to get good care and accurate information about being HIV positive and pregnant, you need to find an obstetrician (a doctor who works specifically with pregnant women), preferably one who has specific knowledge about HIV and pregnancy. Do this as early as possible.

Good prenatal care is available for all women, even if your income is low and you have no insurance or Medicaid. Check with your local DHS office if this is your situation. You may also be eligible for the Women, Infants, and Children (WIC) nutritional support program.

Pregnancy may affect your health. Researchers are not sure if pregnancy makes HIV disease progress faster. However, pregnancy does stress the body and normally causes the T-Cell count to lower somewhat. Pregnancy complications are usually about the same for HIV positive and HIV negative women.

Research studies are available if you're pregnant. These usually involve taking a medication, which is being studied as possibly decreasing risk of transmission of HIV to a fetus, and good prenatal care is provided for women who participate. Many women have been involved in this type of study. **Call the Perinatal Infectious Disease Clinic at Hutzel Hospital at 313-993-3400** to find out about these studies. Transportation and a stipend will be provided. It may be possible for you to speak to a woman who has participated in such a study if you would like to hear about a personal experience.

TRANSMISSION OF HIV TO YOUR BABY

You can transmit (pass on) HIV to your infant. All fetuses share parts of their mother's blood and therefore it is possible for a woman to transmit HIV infection to a baby. However, not all babies become infected with HIV. It is not known why some do and some do not. If a woman is HIV positive during pregnancy the baby has approximately a 28% chance of being infected without the mother and the baby taking medication to help prevent the transmission of HIV from the mother to her child. However, if you take HIV medication during your pregnancy, receive it during labor, and your child receives it for the first six weeks of life, the chance of you transmitting HIV to your baby drops to 2%!

If your prenatal care provider does not know your HIV status, it is important for you to tell him/her, so they can prescribe you medication, not only to prevent you from transmitting HIV to your child, but also to improve your health. Just because you are HIV positive your baby cannot be taken from you.

Transmission of HIV from mother to child occurs during pregnancy, birth, or through breastfeeding, although it is believed transmission mainly occurs during delivery. Research has proven that ZDV treatment, begun in the early months of pregnancy, given to the mother during delivery, and to the baby within the first twelve hours of life and for the first six weeks of life can decrease HIV transmission from mother to child.

Good prenatal care, good nutrition and being drug and alcohol free all help to support a healthy pregnancy and possibly decrease the likelihood of HIV transmission from mother to child. Since HIV can be transmitted through breast milk, HIV positive mothers should feed their baby with formula to decrease the chances of the infant becoming infected.

Your infant will need to be tested for HIV. A fetus may become infected with HIV at any point during pregnancy, birth, or breast-feeding. Although about 2% of infants born to HIV positive women will actually become infected, all infants born to HIV positive women will test positive on the HIV antibody test at birth. A PCR (polymerase chain reaction) test should be done as soon as your baby is born. This will tell you whether the baby is infected. Depending on where the hospital has the test performed (whether they have their own laboratory or have to send it

somewhere else) it can take up to six weeks to find out whether a baby is infected.

Your infant needs immunizations! It is important for infants born to an HIV positive woman to have all childhood immunizations. However, the injectable polio vaccine (a killed virus) should be substituted for oral polio vaccine (a live virus). You may have to remind your provider not to give the oral polio vaccine.

WOMEN'S HEALTH SUPPORT SERVICES

Detroit Medical Center (DMC) Hutzel Hospital

www.hutzel.org/hutzel

Perinatal Infectious Disease Clinic (PIDC)

3800 Woodward Ave Ste 908

Detroit, MI 48201

313-993-3400

Contact person: Ernestine Brown

Expert prenatal care for all HIV positive women provided by a high-risk pregnancy specialist, and provides emergency and routine medical care for HIV positive women who have delivered infants in previous years and require care. PIDC offers Moms in Motion, treatment adherence and parenting classes, which are meet every other Thursday. Transportation is provided.

Healthy Kids

www.michigan.gov/michild

Michigan Department of Community Health (MDCH)

888-988-6300 or TTY 888-263-5897

To apply for Healthy Kids, fill out the MICHild-Healthy Kids Form, which can be obtained at the above number or at the web link above. Healthy Kids is a program for pregnant women, infants, and children under 19. Healthy Kids covers women during pregnancy and the first two months after the pregnancy ends. Babies may be eligible for up to one year of birth. Children may be covered up to age 19. For eligibility and a comprehensive list of services, call number above.

MICHild

www.michigan.gov/michild

Michigan Department of Community Health (MDCH)

888-988-6300 or TTY 888-263-5897

MICHild covers: Regular checkups, shots, emergency care, dental care, pharmacy, hospital care, prenatal care and delivery, vision and hearing, mental health and substance abuse services. If your child qualifies, you pay a monthly premium of only \$10.00. There are no co-pays and no deductibles. To qualify, children must be citizens of the U.S. (some legal immigrants qualify), live in Michigan, be under 19 years old, have no health insurance, live in a family with a monthly income whose adjusted gross income must be at or above 150% and below 200% of the federal poverty level. For children under 1 year of age, the adjusted gross income must be above 185% and at or below 200% of the federal poverty level. Paid child support is considered a deduction. To apply for MICHild, fill out the MICHild-Healthy Kids Form, which can be obtained at the above number or at the web link above.

Public Health Nursing Services - Oakland County

www.oakgov.com/health/program_service/nurse_about.html

800-848-5533

Parenting skills, family planning and resources in your community, care of infants and children, growth and development of children and prevention of illness, management of chronic disease in children, referrals to available resources for health concerns, childhood safety, nutrition information, and breast-feeding information. Home visits for mother and baby during pregnancy and after delivery, families with young children, communicable disease concerns

Public Health Nursing Services – Macomb County

www.macombcountymi.gov/publichealth

Mt. Clemens	586-469-5520
St Clair Shores	586-466-6800
Warren	586-465-8090

These services focus on health teaching to individuals, family members, and groups. Services include home visits, referrals to support groups, and information about nutrition, safety, parenting, growth and development, and other health topics.

RYAN WHITE PART D / MATERNAL & CHILD HIV/AIDS PROGRAM

Ryan White Part D (formerly Title IV) is the Maternal and Child HIV/AIDS Program. Part D serves HIV-positive women, youth, children, and HIV exposed children, as well as affected family members. Services include:

- Comprehensive, coordinated, family-centered medical care
- Infectious disease and preventative medical care
- Prenatal and postpartum care
- Reproductive health care and family planning
- HIV counseling and testing, including rapid testing at labor and delivery
- Mental health and psychological services
- Case management, patient and peer advocacy
- Health education including risk reduction and the prevention of mother to child transmission
- Access to research opportunities through clinical trials
- Medication adherence classes
- Winter and summer programming for infected and affected children and youth
- Outreach to at risk youth
- Support groups to affected and infected youth
- Community Advisory Group

Part D Contact Information

Website : http://www.michigan.gov/mdch/0,1607,7-132-2942_4911_4912-12591-,00.html

Program Administration: Leseliey Rose Welch, MPH, Ryan White Part D Program Coordinator
313-456-3185 or 313 456-4355

Email: welchl@michigan.gov

Partner Agencies:

AIDS Partnership of Michigan (APM)	313-446-9800
Detroit Department of Health and Wellness Promotion-HIV/AIDS Division	313-876-0548
Detroit Medical Center (DMC):	

Adult Infectious Diseases Outpatient Clinic	313-745-9035
CHM Immunology Clinic	313-745-4450
CHM Horizons Project	313-924-9493
CHM Project Challenge	313-745-4892
Perinatal Infectious Disease Clinic	313-993-3400
Visiting Nurses Association (VNA)	800-882-5720
Wellness AIDS Services – Flint	810-232-0888

CHAPTER 6: SEXUALLY TRANSMITTED INFECTIONS

SEXUALLY TRANSMITTED INFECTIONS (STI)

INFECTION	FEMALE SYMPTOMS	MALE SYMPTOMS	POSSIBLE PROBLEMS	OTHER	ANNUAL NEW CASES
Gonorrhea	Purulent vaginal discharge, lower abdominal pain, painful urination or no symptoms at all	Pain discharge from penis. Pain when urinating. May have no symptoms	Infertility (not able to have babies), repeated pelvic infections in women, damage to newborns	Symptoms show up 2-21 days after sex. Curable with proper treatment	500,000
Chlamydia	No symptoms for 50-80% of women. Some have vaginal discharge, pain when peeing, dull pelvic pain or bleeding between periods	No symptoms for 50% of men. Pain when urinating or watery discharge from penis.	Infertility in men and women, eye and lung infections in newborns	Symptoms show up 1-20 days after sex. Gene identified. Chlamydia can be cured painlessly with antibiotics	3 million
Trichomoniasis	Vaginal itching, often severe. Foamy green/yellow vaginal discharge with strong smell	Frequently none. Occasionally a discharge from the penis	Partners may frequently pass this disease back and forth leading to repeat infections	Curable but both partners must be treated	5 million
Syphilis	A sore, usually painless. Later rash may develop on other parts of the body (usually hands and feet). There may also be sore throat, fever, swollen glands. Symptoms disappear but person still infected		Heart, spine and brain may be affected. Severe threat to developing fetus	Symptoms show up anywhere from 3 weeks to 6 months after sex. Detected by simple blood test. Cured with antibiotics	70,000
Hepatitis B	Symptoms vary a lot. Some have no symptoms. Others experience loss of appetite, fever, tiredness, pain in liver area, jaundice (yellowing of skin.)		Major cause of liver cancer. May cause death. Can be passed to newborns by mother	Symptoms show up 1-6 months after infection. A vaccine is available to prevent Hepatitis B	120,000
HERPES	For both sexes, early symptoms may be recurring fever, night sweats, shortness of breath, dry cough, constant tiredness, diarrhea, rapid weight loss, swollen glands, increase in severity/number of illnesses - or no symptoms at all		No cure has yet been found. AIDS has been fatal in more than 50% of the cases	Symptoms show up months to years after infection. HIV is a virus that can be transferred through blood, semen, vaginal secretions and breast milk.	41,000 new cases

HPV or Genital Warts	Virus linked to cervical cancer in women/other cancers in men. Some strains may cause warts found on or around genitals or rectum. A clinician must treat them. Passed by skin-to-skin contact; condoms not as effective		Warts can grow large and obstruct penis, vagina or anus	Symptoms show up 1-8 months after infection. Sexually active females should receive annual pap smears to test for cervical cancer.	5.5 million
Genital Herpes	One or more blister-like sores on, in or around the genitals. Some may look like a rash or cut and is often painful. Symptoms go away. Passed by skin-to-skin contact, so condoms won't be as effective		Can cause severe damage to infants of mothers with active infections at the time of delivery	Symptoms show up 1-30 days after sex or longer. Can be spread when there are no symptoms. Repeated flare-ups may occur after the first infection.	1 million

This information was obtained and adapted with permission from Planned Parenthood of Southeast Michigan America (PPSM).

If you suspect that you have a STI based on the symptoms listed above, contact your health care provider, your local health department –Detroit 313-876-4184, Wayne 734-727-7100, Oakland 248-858-1305, Macomb 586-465-9217 or your local Planned Parenthood center.

Planned Parenthood Mid and South Michigan (PPMSM)

www.plannedparenthood.org/midsouthmi

800-230-PLAN (7526)

For questions about STIs, testing or counseling, contact any of the centers listed below. All of Planned Parenthood's services are confidential and provided at a reasonable cost. Most insurances, including Medicaid, are accepted. A sliding fee scale, based on a patient's ability to pay, is also available. Services are free if the patient is receiving other qualifying services (pap smear, mammogram etc.).

Wayne County

Detroit Center

4229 Cass Ave
Detroit, MI 48201
313-831-7776

Livonia Medical Center

37625 Ann Arbor Rd Ste 107
Livonia, MI 48150
734-591-6544

Warren Health Center

29350 Van Dyke
Warren, MI 48091
586-558-0101

CHAPTER 7: ADHERENCE

Question: Did you know that some HIV medications may actually STOP working if they are not taken properly?

Answer: That's a fact, and it's called drug resistance. This means that the virus in your body has found a way to protect itself from a specific drug. (In other words, while you were on a drug holiday, the virus was hard at work!) This is a real possibility if you do not take medications exactly as they are prescribed, or "adhere" to your drug regimen.

What does "adherence" mean? Adherence to your HIV medications means taking your prescribed medications correctly and at the proper times, all the time. This is extremely important, not only to get the maximum benefit from the medications, but also to avoid drug resistance. Adherence includes not forgetting doses and not stopping the drugs for short periods of time.

Not everyone who has HIV is prescribed medications to take. Starting a drug regimen is dependant on several factors including your CD4 and viral load counts, other illnesses or conditions you may have, your everyday life and your readiness to start the medications.

Deciding whether you need HIV medications and what specific pills you should take requires open communication between you and your medical provider. Your doctor may believe you need HIV medications immediately, but you may not be ready to start something this life-altering. Also, your doctor may believe in one specific pill, but you may not know enough about this medication to decide if it is right for you. It is your job to communicate your adherence needs to your medical provider so that you can learn all there is to learn and make an informed decision about your health care.

Deciding to go on a drug regimen is a difficult decision. It may be better to wait until you feel ready and able to adhere to this strict schedule, rather than give up on the medication out of frustration. For example, some medications must be taken on an empty stomach, while others must be taken with food. If one of these conditions just doesn't fit in with your work or sleep schedule, other medication combinations may be a better fit for you. Be prepared to deal with the everyday complications of drug adherence and to work with your healthcare professionals to find solutions to problems that may prevent you from staying on schedule.

Once you start your HIV medications, it is a commitment for life. In other words, the best predictor of how well your body will deal with HIV and will remain healthy is your ability to take the medications correctly and all the time. The specific pills in your drug regimen may change over the years, but the general rule is that once you start medications, you will always take medications. **Do not STOP your medications on your own or take breaks from taking them.** These are not recommended and any disruption to your medication regimen must be discussed with your medical provider.

Another part of adherence is keeping your HIV medical appointments. HIV is a chronic illness which affects all parts of your body. You may decide you do not want to start taking medications and that is perfectly fine, but it is not recommended that you stop seeing the HIV doctor. Ongoing medical care, which includes check-ups and lab work, is needed to monitor your immune system and the progress of the disease.

What does adherence look like? Staying adherent to your medications means:

- Not skipping doses
- Not taking a dose too late or too early (more than 2 hours before or after your scheduled time)
- Not stopping the doses for short periods of time (“drug holidays”)
- Not stopping all doses on your own
- Following food requirements with a dose
- Managing negative drug-drug interactions that may come about from other medications/herbs
- Not taking an incorrect amount (i.e. 1 pill instead of the prescribed 2)
- Not taking one pill out of the regimen and skipping the others
- Not picking up pills too late at the pharmacy
- Not forgetting a dose and then doubling up later

Following these guidelines will help you live longer and healthier because it means the medications are doing their job of controlling the virus in your body. Without strict adherence to your HIV medications, you may actually be doing more harm than good. To understand how to take your medications correctly, consult your HIV doctor or nurse. This means understanding the name of your medications, how many pills you are required to take, the timing of these doses and any food requirements.

Another good resource to help sustain medication adherence is your pharmacist. Pharmacists are very knowledgeable about how the medications work and affect your body, so consider getting to know them and become comfortable consulting them with any medication-related questions. For example, pharmacists can help deal with **drug-drug interactions**. This happens when HIV medications negatively interact with other medications, herbs, or substances you may be taking (for example, cholesterol pills, antacids, marijuana). It is recommended that you get a complete assessment by a medical provider for these possible drug-drug interactions. The assessment can help you make sure all medications are working correctly with each other. Otherwise, you risk the possibility that you are doing your part in taking the medications every day, but the negative drug-drug interactions cause the HIV medications to stop working correctly.

Why is adherence important? Adherence is very important because HIV has a likelihood of becoming resistant to the medications. **Resistance** means that the HIV medications no longer work to properly control the HIV.

This is how it works: the goal of HIV is to use your body to create more copies of itself. Every time HIV makes a copy, it changes itself a little bit, which is called a mutation. There is usually no order to how HIV mutates and these mutations are not always harmful. However, occasionally HIV accidentally creates a mutation that becomes deadlier than its previous form. The deadly version of HIV is able to “resist” the HIV medications, making them unable to work.

We take our medications consistently and correctly so HIV doesn't have a whole lot of opportunity to make copies that may eventually lead to a resistant mutation. If this happens, you may be left with fewer treatment options. In addition, the drug resistant strains can also be transmitted to others.

If you are considering HIV treatment, there are several steps to maximize adherence before starting:

- ***Play an active role in your treatment plan.*** This means going to all your medical appointments and communicating openly and directly with your medical provider. Ask your medical provider to describe all your treatment options, including potential benefits and risks. Also, ask your medical provider to explain any side effects or other problems you may have related to your medication. Discuss with your case manager or medical provider personal concerns that may affect your ability to stay adherent and come up with solutions to overcome these barriers together. Finally, it is very important that you are fully committed to taking your medications because if it is not important to you, you are less likely to do it.
- ***Consider a "dry run" - practicing your treatment regimen using jelly beans or mints.*** This will help you determine ahead of time how to plan for the real medications. Consult your case manager, doctor, or nurse for assistance on how to set up this practice trial.
- ***Tailor your treatment plan to your daily routine.*** Taking medications can be difficult, so it is important to make the process as easy as possible for yourself. Have the regimen fit your daily routine instead of the other way around. Take into account your daily activities—work/school, grooming or meal activities, leisure activities or TV shows—and use them as cues to take your medications. For example, a person may watch the evening news every night. He puts his medications next to the television set so when the show begins, that is his cue to take his medications. It's been shown that people who fit their medications into their daily routine are more likely to stay adherent. Prepare for changes in daily routine like weekends, vacations, housing emergencies, or job changes. Decide ahead of time how you will remember to take all your doses and write out a plan. It is important to always have back-up doses, like in one-dose pill boxes in case of these changes.

What should I do if I have problems staying adherent? Your medical provider needs to know how you are doing and what problems you are experiencing to help you maximize the benefits from the HIV medications. Therefore, it is important that you tell your medical provider if you have any of the following problems:

- ***Side effects***
Tell your medical provider what they are, how often you have them, how bad they are, and when you noticed them. Most side effects can be treated until they get better or go away. **Do not stop taking your medications on your own without consulting a doctor.**
- ***Skipped/missed doses***
Do not be afraid to admit to skipped/missed doses. Your medical provider knows that taking HIV medications can be difficult and complicated. Be specific about which medication(s) you skipped/missed and when.
- ***Difficulty taking your medication as prescribed***
If you are supposed to take medication on an empty stomach, or with food, and this is difficult for you, tell your medical provider. If there is a time of the day that is too difficult for you to take your dose, tell your medical provider this too.

- ***Your treatment regimen interferes with your daily life***

If you feel your treatment regimen is too complicated or unrealistic for you to follow, talk to your medical provider about other options. It is important that you tell your medical provider right away about any problems you are having with your medication.

Having a complete picture of your adherence problems will help the doctor or nurse work with you in coming up with a better drug combination or a better way of taking the medications. This can help you improve your quality of life while the medications work effectively to control the virus.

Also, a medical case manager may be a good resource to help you maintain adherence. They can help you work through your barriers, communicate with your doctors, and design creative ways to improve your adherence.

Tools and techniques to improve adherence

- ***Use daily or weekly pill boxes, or prepackaged dosing packets, to organize your medications.*** Some people find it helpful to count and set out a week's worth of medications at a time. Try to do this at the same time each week, for example, every Sunday night at bedtime. One-dose pill boxes are also useful as a back-up on your keychain in case of emergencies or if you are out of the house. All kinds of pill boxes are available at your doctor's or case manager's offices. Some pharmacies will prepackage your medications in customized, one-dose, tear off strip packets, often called EasyPack. This makes the doses more portable.
- ***Use alarms, timers, or pagers to remind you when to take your medication.*** Most cell phones are good resources for this.
- ***Write all your medications down.*** This list should have the name of all your medications, when and how many to take, and if it must be taken with food or on an empty stomach. It should also include the name and contact information of the doctor or nurse who prescribed each of the medications.
- ***Take each dose at the same time every day.*** HIV medications need to be taken at regular intervals. This means that once/day doses are taken 24 hours apart, twice/day doses are taken 12 hours apart, and three times/day doses are taken 8 hours apart. It may be difficult to stay perfectly on a time schedule so do the best you can. Also, there is a 2-hour grace period before and after the scheduled time.
- ***Try keeping your medications where you'll take them.*** Some people find it helpful to keep their first morning dose next to the alarm clock or coffeepot. Others like to keep backup supplies of their medications at their workplace or in their briefcase.
- ***Keep a medication diary.*** Mark on a calendar or planner each time you take a dose by writing the pill you have taken and the time it was taken. This will help you monitor your adherence and communicate better with your medical provider.
- ***Develop a support network.*** Consider getting a Pill Buddy. This may be family members, friends, or coworkers who can remind you to take your medication. Some people find it helpful to join a support group for people with HIV.

- ***Plan ahead so you won't run out of medications.*** Each month, you should try to pick up your medications well in advance, usually 1 week before you are due to run out. This way, you can resolve any problems that may come up like insurance issues or the pharmacy not having all your pills ready in time. It is also important to use one pharmacy all the time so they are aware of your special needs and can accommodate them.
- ***Be conscious of food restrictions.*** If your medications require food, you should try to take them at meal-times or with a snack. A snack can be something small—a few crackers with peanut butter or cheese which will help get your stomach acid going. If your medications require an empty stomach, this means you must take them 2 hours after a meal or 1 hour before a meal. Always consult your medical provider if you have any questions or concerns about these medication instructions.
- ***Remember the “All or None” rule.*** Generally, HIV medications come in a group of powerful pills, which is called a regimen or a cocktail. All the pills work together to fight HIV at different points so all of them need to be taken. It is not a good idea to take one pill out of your regimen and not the others because this can contribute to resistance. While this is a general rule to promote adherence, you should always follow the special instructions provided to you by a licensed, trained HIV specialist doctor.

The following agencies receive Ryan White funding to provide Treatment Adherence services:

Children's Hospital of Michigan
313-966-0123

North Central Health Center
313-369-1717

Simon House
313-531-3400

CHAPTER 8: NUTRITION

NUTRITION BASICS

The following nutrition information applies to HIV positive individuals with no other medical conditions. If you have other major medical conditions, such as liver or kidney disease, ask your doctor or dietitian if you need to make any additional dietary modifications.

Good nutrition is important for everyone but it is life sustaining for people infected with HIV. Healthy eating, along with taking your medications as scheduled, needs to be a priority in your treatment plan. You can help your immune system fight back against the virus by using the following nutrition priorities:

- Eat enough calories to achieve or maintain a healthy weight.
- Eat plenty of protein to help build immune cells.
- Drink 6-8 cups of fluid every day to prevent dehydration.
- Consult your health care provider or dietitian if you can't meet your energy and protein needs.

Nutrition can help strengthen your immune system and help fight off opportunistic infections. Your nutritional needs will vary during different stages of the disease. The most important thing to remember is to eat enough to achieve or maintain a healthy weight.

The food pyramid has been replaced with a plate that gives equal weight to the 4 food groups. Follow the My Plate guidelines. It allows you to eat a variety of foods every day. These foods will give you the more than 40 nutrients that your body needs. There are many choices within each food group, so if you don't like one food, choose another. To get more information about the plate, go to www.myplate.gov.

Grains

Make half your grains whole grains (at least 3 oz.). Look for "whole" before the name of the grain in the list of ingredients. This group includes things made with wheat, rice, oats, cornmeal, barley or other cereal grains.

Vegetables

Vary your veggies; they are a great source of vitamins and minerals. Eat more dark green and orange veggies. Eat more dry bean and peas.

Fruits

Focus on fruits; they are another great source of vitamins and minerals. Eat a variety of fruit. Choose fresh, frozen, canned or dried fruit. Go easy on fruit juices.

Oils

Know your fats. Make most of your fat sources from fish, nuts, and vegetable oils. Limit solid fats like butter, stick margarine, shortening, and lard. Look for oils that are high in monounsaturated or polyunsaturated fats and low in saturated fats. Avoid *trans* fats. Avoid foods high in sodium or added sugar.

Milk

Dairy foods are a good source of protein. Get your calcium-rich foods for strong bones. If

you don't or can't consume milk, choose lactose-free products or other calcium sources.

Meat and Beans

Go lean on this excellent source of protein, which is needed for tissue repair, cell growth, and a healthy immune system. Bake, broil or grill it. Vary your choices - with more fish, beans, peas, nuts, and seeds.

Start here

Foods high in fat (butter, margarine, oil, mayonnaise, salad dressings, etc.) and high in sugar (sugar, jelly, jam, honey, etc.) can add extra calories to your food. If you have diabetes, high cholesterol, or high triglycerides, ask your doctor or dietitian which foods in the fats, oils, and sweets group should be limited. Be sure snack foods are not replacing nutritious foods. **Ask your physician or dietitian for recommended foods from each category.**

FOODS DURING DIFFICULT TIMES

During difficult times, it may be hard to eat certain foods, or you may not have an appetite to eat sufficient calories and protein. At these times, it is important to eat nutrient-dense foods.

Nutrient-dense foods are those that pack a lot of protein, calories and vitamins in small portion sizes. Examples include nutritional supplements or puddings, soups and shakes made with nutritional supplements, creamy or hearty soups, meats, eggs, dairy products and peanut butter. Check with your dietitian for recipes.

Weight Loss

Even overweight people should not lose weight faster than 1-2 pounds per week. If you do, then you're losing muscle, not fat. Generally with HIV/AIDS, muscle mass is lost much more quickly than fat mass. If you've lost 10% of your body weight in 6 months, you need to consult with a doctor or dietitian right away. (Example, 10% of 120 pounds is 12 pounds.)

Eating to Prevent Weight Loss

Eat often, at least 5-6 times a day, and remember to eat even when you don't feel well. Check with a doctor as soon as problems with mouth sores, nausea or diarrhea occur. Your doctor or dietitian may recommend a nutritional supplement, an appetite stimulant, or medication.

Eat a variety of foods to ensure you are getting many different nutrients. Certain nutrients can play an important role in keeping your immune system strong. Vitamins and minerals are important for everyone, but research has shown that with the progression of the disease, people with the virus may become deficient in Vitamin A, Vitamin B6, Vitamin B12, Vitamin C, Vitamin E, folate, zinc, copper, and selenium. The best way to get these vitamins and minerals as well as all other nutrients your body needs is to follow the food guide pyramid. But since the virus places extra demands on the body, even if you are asymptomatic, it is a good idea to take a daily multivitamin and mineral supplement every day. Discuss it with your doctor.

Choose a vitamin and mineral supplement that includes iron to help beat fatigue and anemia. Large price differences may exist between name brand vitamins and generic, or "store brand" vitamins. The important item to look for on a container of vitamins is "USP." A vitamin can only be labeled "USP" after it has been through testing. The testing assures that the vitamin will dissolve into small particles that your body can absorb. Generic vitamins labeled "USP" are very

similar to name brand vitamins, but they cost much less. You can ask your doctor for a multivitamin and mineral prescription that can be covered by Medicaid or DAP. See the **Prescriptions and Prescription Assistance Programs** section.

To help maintain or gain weight, try the following ideas:

- Add dried fruits, nuts, honey, jam, cream, or half and half to hot or cold cereal.
- Add butter, margarine, sour cream, mayonnaise, bacon, avocados, or olives to sandwiches, salads, or casseroles.
- Add cream or sour cream to soups, fruits, or puddings.
- Add peanut butter to sauces, shakes, toast, crackers, waffles, fruit, or celery.
- Add extra chopped meat, shredded cheese, hard cooked eggs, or egg substitute to soups, sauces, vegetables, salads, or casseroles.
- Add dry milk powder to regular milk, scrambled eggs, or soups.

TIPS for ORAL / GASTROINTESTINAL PROBLEMS

Many medications used to treat secondary infections for HIV/AIDS may cause dry mouth or other oral problems. Other medications may cause indigestion, nausea, vomiting, or diarrhea.

Dry Mouth / Mouth Ulcers / Painful Swallowing	
<p>Extra precautions with mouth care are important. After all, the mouth is the vehicle for breaking down foods and beginning the all-important task of digestion. Saliva plays an important role in moistening food; it acts as a neutralizer, contains an agent to fight off bacteria and the important enzymes to start the digestive process. Those with little or no saliva are more prone to cavities and fungal infections like Thrush.</p>	
DO	AVOID
<ul style="list-style-type: none"> ▪ Brush after every meal with fluoride paste. ▪ Floss every day. ▪ Use mouthwashes (1 tsp baking soda to 2 cups warm water) and lip balm. ▪ Try frequent sips of water, ice chips, sugarless candy or lozenges and gum to moisten the mouth and produce saliva. ▪ Examine the mouth regularly for oral pain, dryness, bleeding, difficulty swallowing, change in taste, and loosening of the teeth. ▪ Report signs or symptoms to a health care provider. ▪ Use xylose Novocaine to help numb the mouth and allow food intake (use Jell-O powder to mask taste) ▪ Use extra butter, gravies, sauces, salad dressings, yogurt, and mayonnaise to moisten foods. ▪ Try blended, smooth, and creamy foods. 	<ul style="list-style-type: none"> ▪ Spicy foods, tomatoes, acidic beverages (i.e. orange juice) that aggravate mouth sores. ▪ Foods at temperature extremes which may aggravate symptoms.

Indigestion / Gas / Cramps	
DO	AVOID
<ul style="list-style-type: none"> ▪ Chew slowly with your mouth closed to eliminate swallowing air. ▪ Try Lactaid milk or pills. ▪ Yogurt containing an active culture of <i>Lactobacillus acidophilus</i> may be helpful 	<ul style="list-style-type: none"> ▪ Carbonated beverages, spicy foods, beans, onions, cabbage, broccoli, and cauliflower. ▪ Milk products that may aggravate diarrhea.

Diarrhea	
<p>The most important point to remember with severe diarrhea (four or more watery stools per day) is to replace fluid and electrolyte losses. Dehydration, the most serious and life threatening side effect from diarrhea, may cause fatigue and dizziness.</p>	
DO	AVOID
<ul style="list-style-type: none"> ▪ Eat small, frequent meals throughout the day. ▪ Drink 8-10 large glasses of liquid per day to replace fluid losses (preferably between meals). ▪ Drink liquids such as diluted juices (half juice, half water), boiled or distilled water, Gatorade, or Pedialyte. ▪ Drink fluids at room temperature to prevent diarrhea. ▪ Replace potassium with foods such as bananas, potatoes, orange juice, apricots, and pear nectars. ▪ Try non-irritating foods such as chicken, fish, eggs, white bread, canned vegetables, bananas, apple sauce, and smooth peanut butter. ▪ Eat soluble fiber (pectins and gums) including oatmeal, tofu, apple sauce, white rice, and cooked pears. 	<ul style="list-style-type: none"> ▪ Physical activity between meals. ▪ Alcohol and caffeinated beverages such as coffee, black tea, and soda. ▪ Temperature extremes which may aggravate diarrhea. ▪ Fatty and fried foods, rich sauces and chocolate. ▪ Bran-type fiber foods, raw fruits and vegetables, seeds, nuts, whole grains, and corn. ▪ Milk products. ▪ Cigarettes.

Nausea / Vomiting	
DO	AVOID
<ul style="list-style-type: none"> ▪ Eat small frequent meals every 2 hours, and chew foods thoroughly and slowly. ▪ Eat bland foods like bananas, rice, applesauce, and dry toast. ▪ Try cold food plates (cottage cheese and fruit or chicken salad) or dry foods like toast and crackers. ▪ Eat salty foods to replace lost minerals. ▪ Drink cool beverages, eat Jell-O or Popsicles. ▪ Wear loose clothing and get fresh air. ▪ Check with your doctor about anti-nausea drugs and mineral replacements if you are vomiting. 	<ul style="list-style-type: none"> ▪ Unpleasant odors. ▪ Being in the kitchen during food preparation. ▪ Favorite foods during this time (you may develop an aversion to them later on). ▪ Overly sweet foods. ▪ Lying flat immediately after eating.

FOOD SAFETY

Eating safe food is just as important as eating enough food. Food borne illness, more commonly known as food poisoning, is the main culprit of the “24 hour” flu. People living with HIV need to take extra precautions to ensure that the food they eat and the water they drink is safe. A food becomes unsafe to eat when bacteria (“germs”) are allowed to grow to unsafe levels. If you were to eat a contaminated food, you may experience nausea, vomiting, diarrhea, cramps, muscle aches, and/or fever.

Observe the following precautions when eating or preparing food:

- ✓ Always wash your hands before eating, before preparing or handling food, after handling raw meats, fish or poultry, and after using the bathroom.
- ✓ Wash foods to be eaten raw, like fruits and vegetables, with a mild soap and warm water.
- ✓ Avoid undercooked meats, fish, and poultry; make sure these foods are cooked all the way through and juices run clear.
- ✓ Be careful not to contaminate other foods; examples of this may include cutting vegetables that will be eaten raw with a knife that was used to cut raw chicken; cutting boards, counter tops, cooking utensils, and unwashed hands are all possible means of contamination.
- ✓ Do not use a food if it is past its expiration date – when in doubt, throw it out.
- ✓ Do not eat foul smelling or foul tasting foods.
- ✓ Thaw foods in the refrigerator, not on the counter or in the sink; you can also safely and quickly defrost foods in the microwave.
- ✓ Cool leftovers quickly in the refrigerator, not on the counter or stove; bacteria grows rapidly between 40 and 140 degrees (room temperature is approximately 70 degrees).
- ✓ Do not keep leftovers in the refrigerator for more than 3 days; bacteria can still grow in the refrigerator.
- ✓ Keep hot foods hot and cold foods cold when serving them for any extended periods of time; beware of foods such as potato salad or hamburgers that sit out for extended periods of time at picnics or other gatherings.

WATER SAFETY

Special attention needs to be taken with water. *Cryptosporidium parvum*, a microscopic parasite, may be present in tap water. This parasite, once in the body, may cause diarrhea, nausea, vomiting, and fever. Crypto, as it is commonly called, poses little risk to individuals with strong immune systems, but is potentially life threatening to those with compromised immune systems. People with a CD4 T-cell count below 200 are at high risk for crypto infections and need to take extra precautions.

To avoid crypto infection, boil your drinking water for a minimum of 1 minute. You can also purchase distilled water or purchase a water filter. If you choose to buy a water filter, make sure the label says "Absolute 1 micrometer water filter." Also note that drinking water includes ice cubes and the water you use to brush your teeth!

HERBS and SUPPLEMENTS

There are many herbs and supplements marketed toward people living with HIV. The important thing to remember about these products is that some of them may react with other medications you are taking. Some of these products also have side effects of their own. **Always talk to your doctor before taking supplements and herbal products.**

Before taking any herbs or supplements, do your homework. Read articles about the products and don't rely on claims made by the manufacturer of the supplement. After all, their main goal is to sell their product. Studies published in reputable journals are a good source of information.

AGENCIES PROVIDING NUTRITIONAL COUNSELING/SUPPLEMENTS

Registered Dietitians (RD) are available for nutritional counseling at the following agency:

****Health Emergency Lifeline Programs (HELP)***

www.helpoffice.org

1726 Howard St

Detroit, MI 48216

313-832-3300, help@helpoffice.org

HELP provides nutritional counseling and Ensure nutritional supplements.

****Oakland Livingston Human Service Agency (OLHSA)***

www.olhsa.org

196 Cesar E Chavez Ave

Pontiac, MI 48343-0598

Contact Person: Danielle Sparks

248-209-2647, danielles@olhsa.org

345 E. Nine Mile Rd.

Ferndale, MI 48220

Contact Person: Tony Fleming

248-2092648, tonyf@olhsa.org

Nutrition and counseling program available that provides ongoing nutritional assessments by a registered dietitian to monitor the effectiveness of food vouchers, education to assist clients with setting and maintaining weight goals and better their health. Food vouchers and food boxes are also available, as well as personal care/hygiene items and Ensure nutritional supplements. Serves low income HIV+ clients in Oakland, Macomb, Wayne, Lapeer, or St. Clair counties.

***Visiting Nurse Association (VNA) of Southeast Michigan**

www.vna.org

25900 Greenfield Rd, Ste 600

Oak Park, MI 48237

800-882-5720

Provides nutritional counseling.

CHAPTER 9: EMERGENCY FINANCIAL ASSISTANCE/UTILITIES

UTILITIES/RENT/MORTGAGE RESOURCES

If you are in need of financial assistance or help paying for past due utility bills, the following are places which may be of assistance:

Consumers Energy Shut Off Protection Plan (SPP) Medical Emergency Protection

www.consumersenergy.com

800-477-5050

Can arrange payment plans for Consumer Energy gas bills. If you have a qualifying, documented medical emergency, you could be protected from energy service shut-off for nonpayment of your energy bill for up to 21 days. You must provide written proof from a doctor or that service shut off will aggravate an existing medical condition.

DTE Energy Case Management

www.dteenergy.com

800-545-8046

Can arrange payment plans for DTE Energy bills. Must have an unpaid balance greater than \$750 and meet income guidelines.

Good Guide

<http://www.goodguide.com>

A site dedicated to helping people find safe, healthy and green foods, toys, personal care and household products.

****Health Emergency Lifeline Programs (HELP)***

www.helpoffice.org

1726 Howard St

Detroit, MI 48216

313-832-3300 or 888-435-5655, English or Spanish

HELP provides limited emergency financial assistance to PLWH for utilities, durable medical equipment, infant supplies, housing (see **housing assistance**) and other emergency needs. HELP also processes THAW (The Heat and Warmth Fund) applications. Clients may receive utility/housing assistance only once in a twelve month period and must have exhausted all other resources. Call or visit the agency for application and eligibility information.

Helping Hand

<http://www.michigan.gov/helpinghand>

This site helps Michigan citizens facing economic hardship find the services they need. There are five tabs for links to information about jobs and training, unemployment benefits, health care, family support and housing. Each link describes the help sought in that area.

Home Heating Energy Assistance

21885 Dunham Rd Ste 10
Clinton Twp, MI 48036
586-469-5222

You must have a past due bill or shut-off notice to receive home heating energy assistance.

Home Heating Credit

Qualified persons may receive a credit to help pay winter heating bills. Apply for a Home Heating Credit if you are low-income, receiving public assistance, or receiving unemployment compensation. Eligible customers must meet guidelines based on household income, exemptions, and heating costs. The application form (MI-1040CR-7) can be requested from the Michigan Department of Treasury at 800-827-4000 or through its website www.michigan.gov/treasury.

Neighborhood Legal Services Michigan (NLSM) Housing Advocacy Services

www.nlsmichigan.org
455 Fort St., Suite 214
Detroit, MI 48226
313-963-2584

Housing services and life skills, advocacy in locating and obtaining permanent housing, financial assistance, case management, homebuyer education, foreclosure prevention counseling.

Oakland Livingston Human Service Agency (OLHSA)

www.olhsa.org
196 Cesar E Chavez Ave
PO Box 430598
Pontiac, MI 48343
248-209-2672
Contact: Liz Lucas, lizl@olhsa.org

OLHSA provides utility payments for clients who are threatened shut-offs.

THAW (The Heat and Warmth Fund)

www.thawfund.org
607 Shelby St, Suite 400
Detroit, MI 48226
211 or 800-866-THAW (8429)

THAW begins each year in January and assists with paying utility bills as long as funding is available. In order to qualify, you must meet at least the following criteria:

- proof of income at or below 200% of the current Federal Poverty Level - see Poverty Guidelines at www.workworld.org/wwwwebhelp/poverty_guidelines_federal.htm
- customers who can show proof of hardship may qualify if income is up to 250% of poverty (Must have **THAW Office Approval** and **Second Site Supervisor Signature**)
- household must have a source of income – zero income households are **ineligible**
- have a shut-off notice or be nearly out of fuel (except seniors, age 62+ who are exempt)
- live at the address for which you are applying
- have your name on the utility bill

- have paid at least \$200 in the past 6 months per utility type; \$400 on combined accounts
- have applied for other funds (see below)
- not request assistance to pay for "unauthorized use" charges
- have a decision letter from the DHS if income level is at or below 150% of poverty

You must first call the utility company to make payment arrangements and let them know you are applying for assistance. Then request assistance from the Department of Human Services (DHS) and get a decision letter (if applicable). Contact the local THAW service site, and once eligibility is verified, an appointment is made to begin the application process through THAW's online SafetyNet system. They will pay up to \$750 on each utility (gas, electricity, or heating fuel) or up to \$1,500 for combined accounts per household, directly to the utility provider.

United Community Housing Coalition

www.uchcdetroit.org
 220 Bagley, Suite 224
 Detroit, MI 48226
 313-963-3310

Provides comprehensive housing assistance to Detroit's low-income residents. Assists in locating affordable housing opportunities, provide legal assistance on landlord-tenant issues, has a property tax foreclosure prevention program, and assists in community organizing to obtain repairs and improve housing conditions in their community.

The WAVE Fund

The Detroit Water and Sewerage Department
 735 Randolph Street
 Detroit, Michigan 48226
 Customer Service: 313-267-8000

The Water Access Volunteer Effort (WAVE) helps low income Detroit residents pay water and sewer bills. Your annual income must be less than 150% of the federal poverty level (approximately \$30,000 for a family of four) to apply for assistance. Income is verified by DHS caseworkers.

PHONE SERVICE ASSISTANCE

Assurance Wireless

www.assurancewireless.com
 800-395-2108

Assurance Wireless offers a FREE wireless phone and 200 FREE minutes of wireless service to eligible customers each month. There are no bills, long-term contracts, activation fees, recurring fees or surcharges. You may qualify for Assurance Wireless if you participate in specific government programs in your State.

Phone Lifeline Support

www.lifelinesupport.org

The Low Income Program of the Universal Service Fund makes telephone service more

affordable for low-income households throughout the country and U.S. Territories. For more information on Lifeline, Link Up and Toll Limitation Service (TLS) programs, go to link above or call the phone company that provides local service in your area.

Safelink

www.safelinkwireless.com/EnrollmentPublic/home.aspx

Safelink provides Lifeline service in Michigan. Qualified low-income customers will receive a free SafeLink Wireless handset and free monthly minutes. You can apply online at the link above or call 800-977-3768.

STATE EMERGENCY RELIEF (SER)

Emergency financial assistance up can sometimes be arranged through the Department of Human Services (DHS). They may be able to help with first month's rent and security deposit, utility deposits, moving expenses, house payments, property taxes, home repairs, food, sundry items, burial/cremation funds, water, cooking gas, heat, and/or electricity. SER won't cover any unauthorized or illegal usage of any utility, furniture, household items, or appliances. You have to claim less than \$50 in cash assets and must pursue all other potential resources. The DHS worker has 10 days from the day of your request for help to determine if you are eligible.

BURIAL / CREMATION FINANCIAL ASSISTANCE

You may wish to put matters in order by applying for financial assistance for your burial or cremation through the SER program. Unfortunately, it does not work this way. According to this program, there is no emergency until after a person's death, so it will have to be a next of kin or other legally responsible person who will need to go to the Department of Human Services (DHS) to apply after family member's death. Here are the rules and procedures for this program:

- The only people who can apply for SER for a deceased person are any relative, a person named in a legal will to arrange burial, the legal guardian appointed by Probate Court, or a person who had Durable Power of Attorney at the time of death.
- SER payments can include payment to the funeral director, payment to the cemetery or crematory, and payment for a vault.
- Friends and relatives (not part of the SER family group) may contribute up to \$4,000 for additional services.

Immediately after death, someone will need to go to the funeral director to make arrangements and inform the director that they will be going to DHS to apply for SER. Directors know the amounts allowed and should be able to give a statement of charges on the Irrevocable Funeral Contract Certification (form DHS-8A). This person will then take this statement to DHS and apply for SER. The application for SER Burial/Cremation must be made before the burial/cremation takes place. According to SER, there is no emergency after the burial/cremation takes place.

CLOTHING ASSISTANCE

For a comprehensive listing of clothing resources throughout the Detroit Eligible Metropolitan Area, go to www.julieslist.homestead.com/ClothingResources.html.

Crossroads of Michigan

www.crossroadsofmichigan.org

2424 West Grand Blvd.

Detroit, MI 48208

313-831-2000

14641 E. Jefferson Ave

Detroit, MI 48215

313-822-5200

Offers free clothing for men and women. Call one day prior to make an appointment.

Dress for Success

www.dressforsuccess.org

PO Box 980138

5361 McAuley Drive

Ypsilanti, MI 48198

734-712-0517, michigan@dressforsuccess.org

Business clothing for women only. Call for an appointment and bring a referral letter with you. Hours are Wednesdays, Thursdays, and Fridays from 11am to 3pm. Other hours may be arranged by appointment.

Fort Street Presbyterian Church

www.fortstreet.org

631 W. Fort St.

Detroit, MI 48226

313-961-4533

Has a clothing bank for men and women that can be accessed once a month on Thursday mornings from 8:00-11:00am. Guests seeking clothing and hygiene kits must present valid identification and no referral is necessary. Also provides professional clothing on Tuesdays from 12-2pm for women graduating from college or who are reentering the work force and need clothing and assistance for job interviews. They also receive several outfits to get started in their new jobs. This service is limited to clients by referral only from a participating job training program.

Help's On The Way

www.helpsontheway.org

5358 Beech Daly

Dearborn Heights, MI 48125

734-612-6991

Contact: Jack Schmidt

Thursdays 6:00pm to 9:00pm (line starts at 5pm and only the first 80 people are taken). Clothing for those who are low income.

Macomb County Resources Info

www.macombresources.info

A new resource that lists all clothing resources available in Macomb County, including internet links to the mom-to-mom resale events, the new Clothing Swaps email group, free clothing for the homeless, outreach at churches, DHS policy, career clothing and the addresses and phone numbers of the 20 thrift stores in Macomb.

Walther White Community Resource Center

River Rouge, MI

734-785-7705 ext. 7835

Has a free clothing closet and there is clothing for all ages in all sizes and range from casual to dressy.

CHAPTER 10: FOOD

Food banks can be a source of food if a limited budget is making grocery shopping difficult. However, food tends to be available only on specific days and times. If you are not up to going to the food bank on the designated day, try asking a friend or a volunteer to go for you. A list of emergency soup kitchens is available if you ask your case manager.

EMERGENCY FOOD RESOURCES

If you need food on a one-time, emergency basis, call:

Salvation Army

www.salvationarmyusa.org

Mount Clemens	586-469-6712
Warren	586-754-7400
Detroit	313-361-6136

Gleaner's Food Banks

www.gcfb.org

Detroit	313-923-3535
Pontiac	866-453-2637

Provides Operation Frontline, which teaches how to cook and eat nutritious foods.

Macomb Food Program

Macomb County: 586-469-6004

Capuchin Soup Kitchens

www.cskdetroit.org

1264 Meldrum St Detroit, MI 48207 313-579-2100 ext 215	4390 Connor St Detroit, MI 48215 313-822-8606	6333 Medbury St Detroit, MI 48211 313-925-0514
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Can assist with emergency food box for a limited time to families in need. Call directly for information. Clients need a referral from a case manager.

Fort Street Presbyterian Church

www.fortstreet.org

631 W. Fort St.
Detroit, MI 48226
313-961-4533

Thursday Meal Program from 9:00am-11:00am where a full hot meal is served. Between 8:00am-9:00am, women and elderly guests may shower. They may also receive a hygiene kit and use the clothing bank once a month. Between 9:00-11:00am men may shower. They may also get a hygiene kit and use the clothing bank monthly. Guests seeking clothing and hygiene kits must present valid identification. Guests may get a haircut, consult with a social worker, and receive medical treatment and confidential HIV/AIDS testing and counseling during this time.

***Health Emergency Lifeline Programs (HELP)**

www.helpoffice.org

1726 Howard St

Detroit, MI 48216

313-832-3300 or 888-435-5655, English or Spanish

HELP provides low income households food vouchers, nutritional counseling, and prescribed nutritional supplements to support healthy diets and weight stability. Clients may participate in workshops on cooking, food preparation/food safety and other nutrition topics.

PantryNet.Org

To locate a food pantry available in your area check out Pantry Net online at www.pantrynet.org.

PantryNet.org is a service of Gleaners Community Food Bank of Southeastern Michigan.

Entries are checked as often as possible for accuracy.

***Oakland Livingston Human Service Agency**

www.olhsa.org

196 Cesar E. Chavez Ave., P.O. Box 430598

Pontiac, MI 48343

248-209-2647 or 209-2648

Contact: Danielle Sparks, danielles@olhsa.org or Tony Fleming

The program provides food vouchers for HIV+ individuals in Macomb, Oakland, Lapeer, Wayne or St. Clair counties who are low income, to enable them to purchase food and hygiene items.

FOOD COOPERATIVES

Angel Food Ministries - Michigan

www.angelfoodministries.com/states.asp?state=MI

877-FOOD-MINISTRY (877-366-3646)

Angel Food Ministries provides grocery relief and financial support to communities throughout the United States, with several sites in Michigan. Angel Food is available in a quantity that can fit into a medium-sized box at \$30 per unit, with fresh and frozen items with an average retail value of approximately \$60.

USDA COMMODITY FOOD DISTRIBUTION

The Emergency Food Assistance Program (TEFAP)

www.fns.usda.gov/fdd/programs/tefap

Detroit:

Area A

313-852-6656

Detroit:

Area G

313-852-5625

Oakland County:

800-482-9250

Wayne County (excludes Detroit):

734-721-4470

City of Detroit - Department of Human Services

www.ci.detroit.mi.us/humanservices

5031 Grandy Ave

Detroit, MI 48211

313-852-5634

Participants must pre-register to receive United State Department of Agriculture (USDA) commodities. To register, you will need to bring these items to the address above:

- written proof of all household income for the last 12 months
- social security cards for all household members
- current picture identification for all household members
- proof of all minor children (for example, Medicaid cards or birth certificates)

Call for information on the nearest service center.

Opening in October, a Food Pantry, clothing closet, Senior Citizens assistance, and Food Access.

FOOD ASSISTANCE PROGRAM (FAP)

Depending on your income and shelter expenses, you may be eligible for the Food Assistance Program, a federal supplement program administered by the Michigan Department of Human Services (DHS). The program is designed to assist you with some of your food expenses. A single person with no income can get a maximum of \$200 a month in Food Assistance. If eligible, the least amount of Food Assistance you can get is \$16, and that is if you have high income. There is now an asset limit for this program. Checking accounts, savings accounts and certificates of deposit are considered when determining eligibility.

Food Assistance benefits are issued into a food account using electronic technology and a plastic debit card known as the Michigan Bridge Card. The Bridge card can be used to buy food or food products for human use. You cannot buy nonfood items like soap, pet food, tobacco, paper products or alcohol.

U.S. citizens and certain lawfully admitted aliens are eligible. Any "household" that meets the income and other basic eligibility rules can get FAP. A household may be one person or a group of people who live together and customarily buy and prepare food together.

If you meet the income and other basic eligibility requirements, you can apply for FAP. The local DHS office will hand out or mail an application to you on the day you request it. Requests can be made in person, by phone, mail, or online at www.michigan.gov/mibridges. You can also ask someone else to make a request for you. If you have no income or less than \$150 a month gross income and \$100 or less in liquid assets, you may qualify for Expedited Food Assistance. If eligible, you should be able to access them within 7 calendar days from application.

Your food assistance amount may increase (but never more than \$200 a month for one person) if you can verify that you pay for out-of-pocket medical expenses such as medical or dental care, hospitalization or nursing care, prescription drugs, medical supplies, health and hospitalization premiums, Medicare premiums, actual costs of transportation to secure medical treatment, cost of employing an attendant, homemaker, housekeeper, or chore service provider.

For more information, contact your case manager or the DHS HIV/AIDS Services Coordinator at 877-342-2437.

FOOD SAFETY

US Food and Drug Administration (FDA)

www.fda.gov

Detroit District Office

300 River Place Dr Ste 5900

Detroit, MI 48207

313-393-8100 or 888-463-6332 (Consumer Information)

The U.S. Food and Drug Administration is responsible for the regulation and safety of foods (except meat and poultry), drugs, cosmetics, medical devices, blood and blood products, vaccines, animal foods and drugs, dietary supplements and infant formula.

CHAPTER 11: HOUSING

EMERGENCY SHELTERS

If you need emergency shelter you can go to www.homelessshelterdirectory.org/michigan.html or call:

Statewide	800 A-SHELTER
Wayne County	313-963-STAY
COTS [may arrange transportation to shelter].....	313-831-3777
Detroit Rescue Mission [may arrange transportation to shelter].....	313-993-6703
Matrix Human Services	313-831-1000
Pathway Homeless Shelter	810-982-1020

Government financial assistance programs don't usually pay enough to cover your rent along with your other expenses, especially if you live alone. Chances are you will need to find less expensive housing if you go on SSI or SDA. Following are some options for housing assistance:

Cass Community Social Services

www.casscommunity.com
11850 Woodrow Wilson St
Detroit, MI 48206
313-883-2277

Provides emergency shelters for single women and women with children, 90 day programs. Must get a referral from Salvation Army. Also provides clothing and furniture vouchers, and food boxes Monday through Friday to Wayne residents every 30 days. Must have valid identification or a social security card.

Detroit Rescue Mission Ministries (DRMM)

Detroit Rescue Mission

www.drmm.org
3535 3rd St
Detroit, MI 48201
313-993-6703

Detroit Rescue Mission provides emergency shelter, substance abuse treatment, and transitional housing and community meals for males at this site. Culinary Arts and Certified Addiction Counselor both offered through Marygrove College. Other locations provide related services for males, females and children. Call the phone number or check the web site.

****Health Emergency Lifeline Programs (HELP)***

www.helpoffice.org
1726 Howard St
Detroit, MI 48216
313-832-3300 or 888-435-5655, English or Spanish

HELP offers housing assistance and housing case management which aims to prevent

homelessness and stabilize housing by assisting with resources, skills and direct payments towards security deposits, first month's rent, and past rent/mortgage. Staff members advocate for appropriate housing placement and subsidized/supportive housing options based on clients' circumstances. Call the agency for eligibility and application.

***Matrix Human Services
Off the Street (OTS)***

http://www.matrixhumanservices.org/index.php?option=com_wrapper&Itemid=86

680 Virginia Park St
Detroit, MI 48202
313-873-0678 (24 hr helpline)

Youth shelter for ages 12-17 (male and female), provides shelter for youth for 1-21 days. Parental involvement encouraged. After-care services for 90-120 days. A transitional program is offered, an 18 month program for youth from 18-21 (must have been in the shelter before 18 years old). Call for housing program information.

Oakland Livingston Human Service Agency (OLHSA)

www.olhsa.org

196 Cesar E Chavez Ave
PO Box 430598
Pontiac, MI 48343
248-209-2672
Contact: Liz Lucas, lizl@olhsa.org

OLHSA provides short term assistance with rent, mortgage, or utility payments for clients who are threatened with eviction or shut-offs; first month's rent and security deposit for clients seeking new housing; Tenant Based Rental Assistance (TBRA) Program provides monthly housing vouchers (interested clients will be placed on a waiting list).

Pathway Homeless Shelter

www.safehorizonsmi.org/pathway.html

511 Union St
Port Huron, MI 48060
810-982-1020

Shelter for single men, men with children, families, and couples in St Clair and Sanilac counties only. Open 24 hours, walk-ins welcome.

Positive Images

13336 E Warren
Detroit, MI 48215
313-822-6940

Provides transitional housing for females living with HIV/AIDS. Services include clean safe housing, three meals daily, childcare, counseling, independent living skills, a support group and case management.

Positive Images II

4875 Caplin St.
Detroit, MI 48215
313-822-6940

Provides substance abuse treatment for women and their children. Also provides transitional housing, must fill out an application, and get a referral from Herman Kiefer for substance abuse treatment.

Traveler's Aid Society

<http://www.travelersaidetroit.org>
Cadillac Towers
65 Cadillac Sq Ste 3000
Detroit, MI 48226
313-962-6740

Provides various programs for housing assistance. May require proof of recent successful completion of substance abuse treatment. Call or walk in to talk to a housing case manager.

RESIDENTIAL HOUSING PROGRAMS / GROUP HOMES

Housing options include group homes/apartments for people with HIV/AIDS or general transitional housing. Ask your case manager.

Care First Community Health Services

www.care-first.org
8097 Decatur St.
Detroit, MI 48228
313-846-5020
Fax: 313-846-3468

First Care Place

Transitional housing for HIV+ women for up to two years. Contact Ms. Townes at 313-651-9848 or 313-820-2863.

Cass Community Social Services

www.casscommunity.com
11850 Woodrow Wilson St
Detroit, MI 48206
313-883-2277

Cass House

Transitional housing for HIV+ men who are chronically homeless with a mental health diagnosis.

Mom's Place I and II

Transitional housing for women and children as well as women without children.

Oasis Detroit

Residential program for homeless men and women.

Common Ground

<http://commongroundhelps.org>

1410 S. Telegraph

Bloomfield Hills, MI 48302

P: 248.456.8150

F: 248.456.8147

Common Ground offers three residential programs for youth in crisis, ages 10-22. Programs range from a two-week program to subsidized apartment housing and may include care and supervision, counseling, independent living skills, mentoring and/or education and career assistance.

Youth Residential Services

The Sanctuary 248-547-2260

Three week voluntary residential counseling program for youths ages 10-17, with a focus on family reunification.

A Step Forward 248-399-9795

Transitional living housing for homeless youths ages 16-20 for up to 18 months.

Graduated Apartment Program 248-399-9795

Subsidized apartment living for up to two years for homeless youths ages 17-22. Residents must maintain employment and an education plan.

COTS Transitional Program (Coalition On Temporary Shelter)

www.cotsdetroit.org

26 Peterboro St

Detroit, MI 48201

313-846-5020 or 800-274-3583

Operates short and long-term transitional housing. The long-term housing is specifically for people with disabilities. Residents in the short-term program must meet eligibility criteria and must be actively making arrangements for permanent housing.

Lighthouse PATH

130 Center St

Pontiac, MI 48342

248-335-1950

Provides housing for homeless women and their children who are referred by temporary emergency shelters. Clients may live there for up to 2 years. Must have income. Rent is based on one third of income. Provides services for childcare, infant, toddlers and Montessori.

Positive Images

13336 E Warren Ave

Detroit, MI 48215

313-822-6940

Provides transitional housing and substance abuse treatment for females living with HIV/AIDS. Services include clean safe housing, three meals daily, childcare, counseling, independent living

skills and case management.

Positive Images II

4875 Caplin St.
Detroit, MI 48215
313-822-6940

Provides substance abuse treatment for women and their children. Also provides transitional housing, must fill out an application, and get a referral from Herman Kiefer for substance abuse treatment.

Simon House

www.simonhouse.org
17300 Burgess St
Detroit, MI 48219
313-531-3400

Provides permanent supportive housing for HIV positive women and their children.

SHELTER PLUS CARE: SUPPORTIVE PERMANENT HOMELESS HOUSING PROGRAMS

Provides subsidized housing referral and housing case management services. Qualifications: homeless with physical and/or mental disabilities *as defined by Social Security*; currently homeless residing in emergency shelter or transitional housing or living on the streets; single; and drug free for at least 6 months. Ask for application at the below addresses.

Coalition on Temporary Shelter (COTS)

www.cotsdetroit.org
26 Peterboro St
Detroit, MI 48201
313-931-0100

Detroit East, Inc

11457 Shoemaker
Detroit, MI 48213
313-331-3435

Detroit Central City Community Mental Health

www.dcccmh.org
10 Peterboro St
Detroit, MI 48201
313-831-3160

Development Centers

www.develctrs.org
24424 W McNichols Rd
Detroit, MI 48219
313-531-2500

Neighborhood Service Organization

www.nso-mi.org
220 Bagley St, Ste 1200
Detroit, MI 48226
313-961-4890

Southwest Housing Resource Center

www.swsol.org
1600 Porter
Detroit, MI 48216
313-963-6601

LOW INCOME PUBLIC HOUSING

Detroit Department of Health and Wellness Promotion (DHWP)

HIV/AIDS HOPWA Program (Housing Opportunities for Persons with AIDS)

<http://www.detroitmi.gov/DepartmentsandAgencies/DepartmentofHealthWellnessPromotion/Pro>

grams/HIVAIDS/Housing/tabid/2961/Default.aspx

Contact: LaWonna Lofton-Coleman
313-876-4537

Subsidy rental assistance is available for HIV+ infected or affected persons in jeopardy of becoming homeless or already homeless. Enrollment is subject to availability of federal funds and space within the program. There is a waiting list. Ask your case manager or contact the phone number above for more information.

Detroit Housing Commission

www.ci.detroit.mi.us/housecomm

Tenant Placement Office
1301 E Jefferson Ave
Detroit, MI 48207
313-877-8000

In order to apply for public housing, you must have proof of ID, proof of income (SSI or SSDI), and a police clearance (if you are indigent, the \$8 fee will be waived). Public housing is owned by the City of Detroit. You pay 30% of your income for rent. There is a waiting list.

Section 8 Housing

www.dhcmi.org

With Section 8 housing, the government subsidizes your rent. If you receive a Section 8 voucher, your apartment must be in the geographic area specified on your voucher, and your landlord must agree to the Section 8 inspection and process. Some privately owned apartment complexes have subsidized units available also. Ask your case manager.

For help locating safe and affordable rental housing check out the Michigan Housing Locator at: www.michiganhousinglocator.com .

HOME MAINTENANCE / REPAIR SERVICES

City of Detroit Human Services Department

Weatherization Assistance Program

<http://www.detroitmi.gov/DepartmentsandAgencies/HumanServicesDepartment/Weatherization.aspx>

Hotline: 313-852-5625 to set up an appointment.

Provides weatherization assistance to low-income families to improve home energy efficiency and lower energy costs. Services include: Attic and wall insulation, some window repair, pipe insulation, caulking, and weather-stripping. To determine eligibility, visit one of the centers listed below. Bring proof of ownership or residency, proof of income of all household members, current gas/electric bills, picture I.D. and social security card.

Area A	Area D	Area E	Area G
Northwest Activity Center	Butzel Family Center	13303 E. McNichols	5031 Grandy
18100 Meyers Rd	7737 Kercheval	313-628-0775	313-852-5634
313-887-6656	313-852-4786		
Anita Mitchell	Lynn Miller	Cecily McClellan	Timothy Jeude'

**Macomb County Community Services Agency
Energy/Weatherization Program**

www.macombcountymi.gov/MCCSA/wx.htm
586-469-6329

Provides weatherization home improvements to income-eligible Macomb County home owners.

Michigan State Housing Development Authority (MSHDA) Property Improvement Program

www.michigan.gov/mshda

Offers low interest home improvement loans to single family homeowners with low-to-moderate income (up to \$65,000 or \$74,000 in certain areas) and landlords renting to low-to-moderate income tenants. Eligible homeowners can borrow up to \$50,000 for a single family home. Eligible landlords can borrow up to \$25,000 per single-family rental unit, and an average of \$12,000 per unit for multi-family properties (maximum of \$60,000).

**Neighborhood Service Organization (NSO)
Emergency Telephone Service (ETS) and Suicide Prevention Center
Wayne County Crisis Line**

www.nso-mi.org
313-224-7000 (24 hours Crisis Intervention)
800-241-4949 (Suicide Intervention)
800-270-7117 (Gambling Helpline)

Provides information and referral for various emergency needs, including those related to home maintenance and repair services for low-income people. Call phone number or check web site for multiple locations and services; only for residents in Wayne county.

State Map of Weatherization Operators

www.michigan.gov/fia/0,1607,7-124-5452_7124_7211-58707--,00.html

St Clair, Lapeer, Sanilac Counties Weatherization

888-225-4447

Wayne Metropolitan Community Action Agency (WMCAA)

www.waynemetro.org
2121 Biddle, Ste 102
Wyandotte, MI 48192
734-246-2280
Contact: Mr. Carlson 734-284-6999 ext 237

Detroit Residents: 313- 852-5625	Dearborn & Hamtramck: Contact: Ms. Faizh 313-933-9841	Highland Park/Harper Woods/Grosse Pointe Contact: Ms. Takarah 313-865-4631 ext 287
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Wayne, Taylor, New Boston, Westland, Livonia, Northville, Huron, Van Buren, Romulus, Belleville, Sumpter, Plymouth, Canton, Dearborn Heights
734-727-7297

Weatherization Program:

WMCAA provides home energy conservation assistance for low-income individuals and families. This program focuses on furnaces, water tanks, and toilets. To be eligible, clients can be either homeowners or renters in one of the following cities: Hamtramck, Highland Park, Harper Woods, and Grosse Pointe. Call for income guidelines and other information

CHAPTER 12: TRANSPORTATION

REDUCED BUS FARE

Detroit Department of Transportation (DDOT)

www.ci.detroit.mi.us/ddot

1301 E Warren Ave

Detroit, MI 48207

313-578-8268 or 888-DDOT-BUS (336-8287)

DDOT has implemented a new policy and approval process for individuals seeking a Special Fares Identification Pass Card. If you are:

- A senior 65 years of age or older
- Receiving Social Security Disability Benefits
- Receiving Supplemental Security Income Benefits
- Receiving Medicare Benefits
- Determined to be 40% disabled by the Veterans Administration

To apply for a Special Fare ID pass (reduces DDOT bus fare in half) and you meet the above criteria, you must complete the first section of the Special Fares application, and sign and date where indicated. Then mail the application, documentation of the above criteria, \$1 cash or money order, and a copy of your valid driver's license or State ID to the above address. You are not required to have a medical statement completed by an authorized, licensed medical professional. Others may need a medical statement; call DDOT for details or to request an application. Applications may also be downloaded from the DDOT website.

Suburban Mobility Authority for Regional Transportation (SMART)

www.smartbus.org

660 Woodward Ave

Detroit, MI 48226

313-223-2100 or 866-962-5515

TDD 313-223-2305

Call to receive an application for the "SMART Special Fare Identification Card". Special Fare Identification requirements: Adults 65 years and older may use a valid State of Michigan ID or Driver's License, Special Fare Identification Cards and Medicare Cards. People with disabilities may use a Medicare Card, Picture ID and Special Fare Identification Cards.

ADA Service is an advance reservation service providing curb-to-curb transportation for riders whose disability prevents them from using SMART's fixed route service. The service covers the same areas, times and transfers as SMART fixed route service. ADA Service area is within 3/4 of a mile of a SMART regular fixed route. Individuals must be ADA certified to be eligible for this service. For more information, call 313-223-2100 and ask for the ADA Coordinator.

MEDICAID MEDICAL TRANSPORTATION

Medical transportation must be assured for visits to any Medicaid (MA) enrolled provider. Payment may be authorized only after it has been determined that transportation is not

otherwise available and then for the least expensive means available, suitable to the client's needs. Medical transportation is available to:

- Family Independence Program (FIP) recipients
- Medicaid (MA) recipients
- Supplemental Security Income (SSI) recipients

Payment may be available for medical transportation to obtain medical evidence or to receive any MA covered service from any MA-enrolled provider including:

- Chronic and ongoing treatment
- Prescriptions
- Medical supplies
- One-time, occasional and ongoing visits for medical care

If family members, neighbors, friends, relatives, etc. can provide transportation, they are expected to do so without reimbursement. If transportation has been provided at no cost, it is reasonable to expect them to continue to do so, except in extreme circumstances or hardship.

• Department of Human Services (DHS) will utilize referrals to public or nonprofit agencies that provide specific transportation arrangements to meet individual needs without reimbursement.

- DHS will utilize free delivery services that are offered by a recipient's pharmacy.
- DHS will disperse bus tickets, or provide for other public transportation arrangements.
- DHS may refer recipients to volunteer services, drivers, or utilize state vehicles

Transportation costs are not paid for non-covered services, i.e.: AA meetings, medically unsupervised weight reduction, trips to pharmacies for reasons other than obtaining MA covered items, etc.

Reimbursing Expenses

- If inter-city bus transportation is used (i.e.: Greyhound), the ticket charge can be allowed.
- If alternative transport is not available and mileage reimbursement is necessary, 12 cents per mile for all personal vehicles can be allowed. This includes the recipient, relatives, friends, neighbors, etc.
- 27 cents per mile can be allowed only for commercial non-emergency medical transport vehicles, nonprofit agencies, taxis and vans operated by medical facilities or public entities such as health agencies.
- In locations where a city bus or mass transit is available, local DHS offices are encouraged to have a supply of tickets, tokens, passes, etc. available to distribute to recipients who wish to utilize this resource for medical transportation.
- Parking lot fees and tolls are reimbursable if verified with receipts.

The DHS-54A Medical Needs form www.mfia.state.mi.us/olmweb/ex/rff/54A.pdf can be used to verify a recipient's need for chronic and ongoing treatment. New verification is obtained at re-determination (or earlier if indicated on the DHS-54A), or annually for SSI recipients. This includes lifetime conditions.

MEDICAID MANAGED CARE MEDICAL TRANSPORTATION

DHS is not always responsible for assuring medical transportation. A person's Medicaid Managed Care Qualified Health Plan (QHP) may be responsible for assuring medical

transportation for any service the QHP is required to provide, including a referral for medical services to a specialist or out-of-state medical provider.

Medical transportation for recipients enrolled in a QHP is the responsibility of QHP except when the medical transportation is for one of the following services:

- Dental services
- Substance abuse services
- Community Mental Health services

Refer recipients enrolled in a QHP to their QHP if they request medical transportation for other services not listed above. To contact their QHP, recipients should call the phone number on their QHP card. The QHP is responsible for assuring medical transportation for services, except for the three services listed above.

Policy regarding reimbursement for Medicaid related medical transportation, including Medicaid Managed Care, is complex and detailed. The best person to get help with this is your DHS worker or the worker's supervisor. You may also call the DHS - HIV/AIDS Advocacy Services Coordinator at 313-456-1678 or 877-FIA-AIDS (342-2437).

TRANSPORTATION ASSISTANCE

The following agencies provide free or low cost transportation in the metro Detroit area, and some are wheelchair accessible. Call directly or talk to your case manager about arranging transportation.

Jewish Family Service Transportation Program (South Oakland County).... 248-592-2300
Macomb County Community Services Agency 586-469-5225
Traveler's Aid Society800-207-1771

****Community Health Awareness Group (CHAG)***

www.chagdetroit.org

1300 W Fort St

Detroit, MI 48226

313-963-3434, ext. 116 (Transportation)

Provides free medical transportation via bus tickets, door to door van/cab services, and handicapped accessible van for medical, dental, nutritional, and mental health appointments for HIV+ individuals.

To qualify, you must be:

- HIV positive
- Unable to take a bus due to physical limitations or because small children must travel with you
- Live in Wayne, Macomb, or Monroe counties
- Have no other means to get to appointment. If you have medical insurance that covers transportation to the above mentioned appointments, you do not qualify for medical transportation assistance.

If you are **in case management**, call your case manager about enrolling in the program and arranging transportation assistance. If you are **not in case management**, to sign up for CHAG

medical transportation, you need to:

- Call CHAG and ask to speak to the Continuum of Care Coordinator or Transportation Department at ext. 116.
- Schedule an appointment with the continuum of care coordinator to meet you at your home, if time allows to complete paperwork. Otherwise, forms will be mailed to you.
- Sign all required paperwork and return to continuum of care coordinator or dispatcher.

Once the application packet is completed, if you need a wheelchair accessible van, you must call 48 hours before your appointment. For a cab ride, you must call a full 24 hours before appointment and CHAG will arrange your transportation. If you are able to take the bus, then you may receive bus tickets assistance if you call your case manager or CHAG's Non-medical Case Manager at least 3-5 business days before your appointment.

Detroit MetroLift Paratransit Service
313-933-1300

Detroit MetroLift is a special service of the Detroit Department of Transportation (DDOT). It is provided to individuals who are unable to use regular accessible fixed route buses. It services the same routes as regular DDOT buses, but the smaller MetroLift vehicles will go up to ¾ of a mile off the fixed route to provide curb-to-curb pickup and delivery.

To qualify for MetroLift transportation you must complete and submit an eligibility application form. You can download the application or ask your case manager to get it at: www.detroitmi.gov/ddot/ada/metrolift/application.html. Once you are certified as ADA (American with Disabilities Act) Paratransit eligible (which should occur within 21 days from the date your completed application is received) you will receive written notification. If determination cannot be reached within the 21-day period, you will receive a temporary status until a final decision is made.

To schedule your ride, call 313-993-1300 or TDY 313-834-3434 for after-hours voice/TDY 313-849-0610. Reservations need to be made 1-8 days in advance and are on a first-come-first-served basis, regardless of the urgency of your need. So please call early.

- You must return to the exact location where you were picked up when you schedule round-trip service.
- You will be assigned a pick-up time, but the driver has a 20 minute "window" around time of arrival. This means that the driver may arrive 10 minutes before or 10 minutes after your scheduled time.
- Service is available in Detroit, Hamtramck and Highland Park from 6:00 am until 10:00 pm. Service is available 24 hours if you live along a DDOT route that operates 24 hours.
- The fare for the MetroLift is \$2.50 each way.

LogistiCare

<https://facilityinfo.logisticare.com/mifacility/Home.aspx>

866) 569-1908

Fax: 866 569-1910

LogistiCare covers people living in Wayne, Oakland and Macomb counties who are on Medicaid and dually enrolled Medicaid/Children's Special Health Care Services (CSHCS) and who have no other way to get a ride. Rides to dental, substance abuse and mental health services are

also available for Medicaid HMO members living in those counties who have no other way to get a ride. LogistiCare is dedicated to handling the needs of Medicaid beneficiaries who require regularly reoccurring non-emergency transport. For example, transport three days each week to and from dialysis. Dedicated staff is available by phone to book transportation needs from these facilities. It is suggested that trip requests be faxed in to save time. Two business days notice prior to the date of the scheduled appointment is necessary. When a transportation provider is late or fails to show at the scheduled time a dedicated phone line is available to call to find out the status of the ride. The line is called "Where's My Ride" and the phone number to call is (866) 569-1903. Urgent/same day trips can be booked 24 hours a day, 7 days a week. All urgent/same day trips will be verified with the physician's office for medical necessity.

***OLHSA**

www.olhsa.org

196 Cesar E. Chavez Ave.

Pontiac, MI 48343

248-209-2664

Contact person: Dee Gordon, deeg@olhsa.org

OLHSA provides door to door service using private cars and drivers to bring clients to and from appointments. Bus tickets are also available for those able to get to appointments on the bus.

To qualify for transportation assistance to medical, dental, nutritional, or mental health appointments, you must be:

- HIV positive
- Unable to take a bus due to physical limitations or because small children must travel with you
- Live in Oakland, St. Clair or Lapeer counties
- Have no other means to get to appointment

Transportation services require 3 days notice; emergency services may be available.

St John Corporate Transportation Service

877-702-0404

Doctors must set up transportation, and it must be within a 10-mile radius from where the client lives to the hospital. Clients can only call to cancel appointments; they cannot set them up, nor can case managers.

*** = Ryan White Funded**

CHAPTER 13: CARE OUTSIDE THE HOSPITAL

Home health care agencies offer nursing care, home health aide services, physical therapy, occupational therapy and medical social work services. Services are time limited. To receive these services, you must be referred by your physician. Services are generally covered by Medicare, Medicaid, private insurance, and/or private pay. If you don't have insurance and your doctor has deemed it necessary that you have these services, assistance may be available.

CHORE GRANT

If you have Medicaid, or are going through Medicaid Deductible, you may be eligible for Home Help Services (also called a Chore Grant) from Department of Human Services (DHS). Your doctor must verify that you need help with eating, toileting, bathing, grooming, dressing, laundry, meal preparation, shopping, errands, light housekeeping, and/or administering drugs.

The payment amount is related to the need for personal care services and based on individual assessment. The amount is determined by a DHS Service Worker, and is paid to the chore provider that you must find. The chore provider can be a friend or relative and can be someone who lives with you, but you cannot receive the benefit if you are providing care for a spouse or a minor child.

For more information and to apply, contact the DHS HIV/AIDS Advocacy Services Coordinator at 313-456-1678 or 877-FIA-AIDS (342-2437) or your case manager for the Medical Needs form that your doctor must complete. Can print form at www.mfia.state.mi.us/olmweb/ex/rff/54A.pdf.

HOME SUPPORT CHORE SERVICES and SKILLED NURSING

****Oakland Livingston Human Service Agency (OLHSA)***

www.olhsa.org

196 Cesar E Chavez Ave

Pontiac, MI 48343

248-209-2675

Contact: Pam Gordon, pamg@olhsa.org

The In Home Support for Medically Fragile Program provides services that will allow HIV+ recipients to remain in their own homes. Services include housekeeping, laundry, cooking, shopping, transportation, home health aide, and personal care assistance. Eligible individuals must be HIV+, low to moderate income, live in Macomb, Oakland, Lapeer, Livingston, or St. Clair Counties, and will need a doctor's statement verifying that they are medically fragile.

****Visiting Nurse Association (VNA) of Southeast Michigan***

www.vna.org

25900 Greenfield Rd, Ste 600

Oak Park, MI 48237

800-882-5720

VNA provides Ryan White funded skilled nursing service, which may include physical and occupational therapy, personal care provided by a Home Health Aide, and light homemaking services as needed and ordered by the physician. Home health aide escort service may also be available to prepare for medical appointments and to accompany the individual to and from

appointments. Escort service is based on staff availability.

For skilled nursing care ask your medical provider to call Central Intake 800-852-1232 or have them fax a referral to 800-852-8741. For home health aide only, have your case manager or medical provider call the case manager of the day 800-882-5720. For home health aide escort service, call your case manager or the case manager of the day at 800-882-5720. Please call during business hours, 8 am - 5 pm. Requires at least 7 to 10 days notice to schedule.

DURABLE MEDICAL EQUIPMENT (DME)

Binson's Home Health Care Centers

www.binsons.com

888-BINSONS (246-7667)

Supplier of DME, blue pads, diapers, etc. Clients must have a prescription from a doctor. Medicaid and Medicare are accepted.

****Health Emergency Lifeline Programs (HELP)***

www.helpoffice.org

1726 Howard St

Detroit, MI 48216

313-832-3300 or 888-435-5655, English or Spanish

Assistance is available for medical supplies and durable medical equipment for those who are HIV+. Please call for program information.

Michigan Paralyzed Veterans of America

<http://www.michiganpva.org>

40550 Grand River Avenue

Novi, Michigan, 48375

248-476-9000 or 1-800-638-MPVA (6782)

Fax: 248-476-9545

Email: chapterhq@michiganpva.org

The equipment donation program focuses on the needs of people with mobility issues. Donated items available include wheelchairs, power chairs, adaptive sports equipment, hoists, lifts, and other items that help people who cannot easily move. There also may be medical supplies. It is not required that one be a veteran to access services. Office hours: 8:30 a.m. - 4:30 p.m.

World Medical Relief (WMR)

www.worldmedicalrelief.com

11745 Rosa Parks Blvd

Detroit, MI 48206

313-866-5333

Discount supplier of DME, diapers, blue pads, etc. Clients must have a written referral in order to be eligible for services. World Medical Relief also provides prescriptions for senior citizens in the metro area. Come to the office to get an application, or call and have an application mailed.

Wright & Filippis
www.firsttoserve.com
800-343-4944

Supplier of orthopedic equipment. Also, they will mail a monthly supply of diapers to clients who have Medicaid, if they have a written prescription from a doctor.

EXTENDED CARE FACILITIES / NURSING HOMES

Extended Care Facilities (ECFs), also known as nursing homes, provide two levels of care for those individuals who can no longer remain in their own homes.

1. **Skilled Care** - This must be provided by an RN, Occupational Therapist and/or Physical Therapist. Examples of the care given are IV antibiotics or physical rehabilitation. Medicare, Medicaid or private insurance usually covers the stay, but it is time limited.
2. **Basic Care / Nursing Home** - This is also known as custodial care. Care is provided by certified nursing assistants under the supervision of an RN. This type of care includes medication administered by mouth. Other examples include feeding, bathing, and supervision. Medicaid and private payment typically cover costs associated with this type of stay.

Locating Nursing Home Facilities

Find nursing homes in your community by searching:

- **Michigan Health Go Local** www.medlineplus.gov/mi. Select 'All Services', then select N (find Nursing Home Facilities) and search by your zip code or county.
- **The Michigan Nursing Home Project:**
[:http://www.dibbern.com/nursinghomes/michigan/michigan-nursing-homes-directory.htm](http://www.dibbern.com/nursinghomes/michigan/michigan-nursing-homes-directory.htm)
- You can also compare the quality of nursing homes by going to www.medicare.gov and click on "Compare Nursing Homes in Your Area."

Advocacy

Citizens for Better Care
4750 Woodward Ave.
Suite 410
Detroit, MI 48201-1308
313-832-6387 or 800-833-9548
Fax: 313-832-7407

Citizens for Better Care is a non-profit advocacy agency for residents of nursing homes, adult foster care homes, assisted living programs and homes for the aged located in Michigan. The Southeastern Michigan office serves Livingston, Macomb, Monroe, Oakland, St. Clair, Washtenaw, and Wayne Counties.

HOSPICE CARE

The focus of hospice care is on teaching you and your caregivers how to keep you comfortable at home in the end stages of life. Hospice provides coordinated services and support in the home, on an intermittent basis, by nurses, physical and occupational therapists, dietitians, chaplains, social workers, and trained volunteers. All certified hospice programs offer bereavement and grief counseling to family, friends, and significant others. Some programs provide residential care. Most programs will bill Medicaid, Medicare, or private insurance. **A referral from your doctor is required for hospice services.**

To locate hospice programs in your area, go to the Michigan Hospice and Palliative Care Organization website at www.mihospice.org or search the Michigan Health Go Local website at www.medlineplus.gov/mi. Select 'All Services', then select H (find Hospice Care) and search by your zip code or county.

CHAPTER 14: RESOURCES FOR PEOPLE OVER 50

UNDERSTANDING WHY PEOPLE OVER 50 HAVE SPECIAL NEEDS

Although HIV/AIDS poses many of the same risks to older people as it does to younger people, older people are frequently neglected in prevention and care efforts. This neglect is particularly alarming considering trends that show rates of infection and AIDS diagnosis increasing among groups of people over 50 years old. The CDC reports that the number of people aged 50 years old and older who are diagnosed with AIDS is increasing every year, and women are carrying a disproportionate burden of increasing rates of AIDS diagnoses. Additionally, UNAIDS, the Joint United Nations Programme on HIV/AIDS, has reported that the number of new HIV cases in women aged 50 years old and older in the US increased 40% over just a five year period.

MISCONCEPTIONS

The longer survival time of many people living with HIV/AIDS partially accounts for the rising number of AIDS diagnoses among older people, however there are other factors that play significant roles as well. Among the most prominent of these factors is the frequent misconception held by many health care providers that older people don't engage in risky behaviors or have HIV/AIDS. Primary care physicians may also feel reluctant to engage older patients in dialogues about sex, drug use, and safe behaviors. Jane Fowler of HIV Wisdom for Older Women put it this way: "There is a denial that older people... enjoy sex or that some are injection drug users. This is just ridiculous." Furthermore, older people themselves may be unaware of the risks of HIV/AIDS and have limited knowledge about safe behavior practices. They are also likely to internalize others' embarrassment about their private lives, thus they may shy away from initiating conversations about subjects like sex, drugs, and HIV/AIDS with health care providers or family. All of these factors are compounded by the failure of prevention efforts to target older people. As one source put it: "When was the last time you saw a wrinkled face on a safe sex or HIV education poster?"

RISKS SPECIFIC TO OLDER PEOPLE

Additionally, as people get older, health concerns change. For example, health of older people may deteriorate at a faster rate, thus making care-management more difficult and decreasing the time of onset to AIDS. Also, post-menopausal women are doubly at risk as condom use may diminish, and normal aging results in decreases in vaginal lubrication and thinning of vaginal walls, thus increasing the likelihood of infection. Since many symptoms of HIV/AIDS may be similar to other conditions of aging and health providers are already prone to not consider the possibility of HIV/AIDS in their older patients, there is diminished testing for HIV and increased late diagnoses of AIDS. All of these factors magnify the severe effects HIV/AIDS has upon older people.

ADDITIONAL CONCERNS

Not only do older people face additional health care concerns, but they may also be challenged by particular psychological and social concerns. These are concerns that older people may already be facing, in forms such as depression, feelings of isolation, and barriers of ageism. Having to deal with a disease that carries much of its own fear, stigma, and uncertainty is likely to make these concerns much more acute.

Additionally, people who are aging will likely be facing other challenges that may be made more difficult by HIV/AIDS. House maintenance, choices about assisted living or elder care homes,

legal concerns, end of life decisions, nutrition, transportation, and abuse are some of the most pressing of these challenges that this manual addresses.

As more people continue to live longer with HIV/AIDS and older people face more risks associated with HIV/AIDS, it becomes increasingly imperative that we acknowledge these risks and better address the disparities in prevention and care.

GENERAL RESOURCES

Adult Well Being Services

<http://www.awbs.org>

1423 Field St.

Detroit, MI 48214

313-924-7860

Fax: 313-924-7860

Adult Well-Being Services (AWBS) - AWBS is a community-based, non-profit organization dedicated to enhancing the well-being of seniors and of adults with mental illness or developmental disabilities in Southeastern Michigan through comprehensive services, family support and advocacy. The agency provides mental health and substance abuse treatment for adults over 50, caregiver support groups, a healthy aging support group series, HIV prevention for women over 50, advocacy for housing, medication and utility bills.

Area Agency On Aging (AAA) 1-B

www.aaa1b.com

29100 Northwestern Hwy., Suite 400

Southfield, MI 48034

248-357-2255 or 800-852-7795

TTY: 248-263-1455

Fax: 248-948-9691

Supports the following services: Home-based services, community-based services, community care services, Medicare/Medicaid Assistance Program, and community employment program. Additionally, AAA 1-B supports a large computer database with nearly 2,000 service providers and 5,000 older adult services in southeast Michigan. It includes information on personal care, prescription assistance, homemaking, meal delivery, assisted living, care management, etc. Counties served: Oakland, Livingston, Washtenaw, Macomb, Monroe, and St. Clair.

Detroit Area Agency On Aging 1-A

www.daaa1a.org/

1333 Brewery Park Blvd.

Detroit, MI 48207

313-446-4444

Provides the following services: Project CHOICE Care Management Services, Shelter Advisor Services, Medicare/Medicaid Assistance Program, Nursing Facility Transitions Services, Grandparents Raising Grandchildren, MI Choice community-based care option, Detroit Meals on Wheels program, Senior Community Service Employment Program, and the Eldercare directory http://www.daaa1a.org/DAAA/media/Eldercare_Directory_2009.pdf. Services area: Cities of Detroit, Hamtramck, Highland Park, Grosse Pointe Shores, Grosse Pointe Woods, Grosse Pointe Farms, Harper Woods.

Department of Human Services (DHS)

www.michigan.gov/dhs
Department of Human Services
235 S. Grand Ave.
Lansing, MI 48909
517-373-2035 or 517-335-6236
TTY: 517-373-8071

Adult community placement, Adult protective services, Food Assistance Program, Independent Living Services (ILS), Low-Income Energy Assistance Program (LIHEAP), Medicaid Coverage for Nursing Home Care, State Emergency Relief (SER).

Eldercare Locator

www.eldercare.gov
800-677-1116

The Information Center, Inc.

www.theinfocenter.info/services.html
734-282-7171, info@theinfocenter.info

Offers care management and project-care choices (Waiver Program); helping the elderly and disabled plan, arrange, secure, monitor, and in some cases pay for, in-home care to prevent a move to a nursing home. Prescription assistance is also offered with enrollment assistance into World Medical Relief and the Elder Prescription Insurance Coverage (EPIC) program provided on-site. Senior Legal Aid through attorneys from the Senior Citizen's Legal Aid Project is available for landlord issues, wills, deeds, and other civic matters.

Medicare Rights Center

www.medicarerights.org

Is a national, nonprofit consumer service organization that works to ensure access to affordable health care for older adults and people with disabilities through counseling and advocacy, educational programs and public policy initiatives. To sign up for *Medicare Watch*, go to www.medicarerights.org/about-mrc/newsletter-signup.php.

Michigan Office of Services to the Aging

www.michigan.gov/miseniors
517-373-8230

Senior Alliance, AAA 1-C

www.aaa1c.org
Area Agency on Aging 1-C
3850 Second Street, Suit 201
Wayne, MI 48184
734-722-2830 or 800-815-1112

Services provided include: Adult Day Services, Caregiver Support, Care Management, Congregate Meals, Home Delivered Meals (Halal Available), Personal Care Services, My Choice, Medicare/Medicaid Assistance Program, and transportation.

Senior Brigade

www.seniorbrigade.com

This website is a clearinghouse of helpful information on consumer protection, financial matters, health care issues, and veteran's services.

Senior Citizens Department, Detroit

www.detroitmi.gov/Departments/SeniorCitizensDepartment/tabid/147/Default.aspx

18100 Meyers Road, Suite 105

Detroit, MI 48235

313-224-5444

800-245-4116

Information and referral service for City of Detroit.

Wayne County Senior Citizens' Services

www.waynecounty.com/mygovt/scv/senior/default.aspx

30712 Michigan Avenue

Westland, MI 48186

734-727-4470

Manages variety of services and programs, including Adult Day Services, Food Commodities program for low income clients, Friendly Reassurance Program, Nutrition Services. Available for western Wayne and downriver clients.

HOUSING OPTIONS

Below are some housing options for seniors:

Adult Well Being Services Stapleton Center

<http://www.awbs.org>

9341 Agnes

Detroit, MI 48214

313-825-2400

Studio and one bedroom independent apartments for individuals and couples 55 and older. Meals provided, security, transportation, free parking, community activities, handicap accessible, social services available.

Forest Park

1331 E. Canfield

Detroit, MI 48201

313-833-3590

Warren West

4100 W. Warren

Detroit, MI 48210

313-224-4292

Woodbridge Farms

3521 John C. Lodge

Detroit, MI 48201

313-831-4906

CHAPTER 15: EMPLOYMENT / VOLUNTEERISM

LEAVING YOUR EMPLOYMENT

If you are considering leaving your employment due to illness, make sure you talk with your doctor first. Your doctor is the person who will verify that you are unable to work and therefore potentially eligible for disability benefits.

Next, you may want to acquire an Earnings Statement from the Social Security Administration, which will tell you how much in Social Security Disability you could be eligible to receive. To request a form, call Social Security Administration 800-772-1213 or visit www.socialsecurity.gov/mystatement. Social Security now automatically sends you this report yearly, 3 months prior to your birth month.

PENSION, SHORT-TERM and LONG-TERM DISABILITY BENEFITS

Make an appointment with the Benefits or the Human Resources Department of your company. You will want full disclosure of all benefits: health insurance; pension, long-term and short-term disability; and life insurance. See the section on **COBRA** for information about how to continue health insurance after you leave your job.

Be aware that it is likely that your employer will reduce the amount of pension and/or long-term and short-term disability payments by the amount of SSDI you receive, once SSDI benefits begin. Worker's compensation can also reduce the amount of your SSDI benefits.

LIFE INSURANCE

If you have a life insurance policy through your work, there are advantages to keeping the policy in place, even though it may mean you have to pay premiums.

When you meet with your employer, ask for "full disclosure" of your life insurance benefits. Below are just some of the questions you need to ask.

- Will the employer continue to pay premiums? If not, does the policy remain in effect even though premiums are discontinued? If you are liable for the premium payments, what are they and when are they due?
- What type of group life insurance policy do you have? If it is a term policy with a decreasing death benefit amount, when and what is it reduced to? Does the policy pay any dividends?
- Can the policy be converted to an individually owned policy, and if so, does the face value change? What is the premium if the policy is converted? Can you purchase additional insurance? If so, be sure you apply before you leave employment.
- Who are the beneficiaries? If you wish to change a beneficiary, assignment or ownership on this policy, who do you contact?

SOCIAL SECURITY WORK INCENTIVES

Under Social Security Disability Insurance (SSDI), you can have a trial work period. This allows you to test your ability to work or run a business for at least 9 months, without affecting your disability benefits, regardless of how much you earn. Every month that you earn more than \$720

will be counted as a trial work period month. After your 9 months of trial work your earnings will be evaluated to see if they are considered substantial. If your earnings do not average more than \$1000 a month, SSDI will generally continue. If earnings do average more than \$1000 a month SSDI will continue for a 3-month grace period before it stops.

- Any month that your earned income falls below \$1000, you can receive SSDI for that month.
- If you should become ill within 36 months of losing SSDI due to employment, you will be reinstated without having to wait the 6 months that you did initially.
- You can receive at least a 93 month extension of Medicare after the trial work period. You may be able to purchase continued Medicare coverage after that, as long as you remain medically disabled. See **Medicare** section.

Under Supplemental Security Income (SSI) there is no trial work period, but there is a Plan for Achieving Self-Support (PASS) program. This allows you to set aside income and/or resources for a specified period of time to fulfill a work goal. This goal can either be opening a business or completing your education.

You may also work without participating in the PASS program. SSI offers an earned income exclusion, which disregards the first \$85 of earnings in a month plus one-half of the remainder. Medicaid coverage may continue even if your earnings, along with other income, become too high for an SSI cash payment. You must need Medicaid in order to work and have gross earned income of less than \$1,823 a month.

Under both SSDI and SSI you are allowed impairment-related work expenses. These are items that have not been nor are expected to be reimbursed. Items can include attendant care services, and medical devices and equipment. The cost of routine drugs and medical services can't be used as a work related expense unless the drug or service is necessary to control the disabling condition. Your out-of-pocket expenses for HIV medications can be considered "necessary to control the disability condition."

Under both SSDI and SSI, if you are no longer found disabled due to medical improvement, your payments stop, unless you are participating in a vocational rehabilitation program. Your benefits may continue until the vocational rehabilitation program ends.

Under both SSDI and SSI, if your benefits ended because of earned income, your benefits may start up again. You must request your benefits to restart within 5 years (60 months) from when your benefits stopped. You must also not be able to make \$1000 a month in gross earned income due to your medical condition.

See **General Benefits** for SSDI/SSI Information.

TICKET TO WORK

The Ticket to Work and Self-Sufficiency Program is the centerpiece of new legislation signed by Former President Clinton on December 17, 1999 under the Ticket to Work and Work Incentives Improvement Act of 1999. It is a nationwide initiative designed to bring major positive change to the lives of individuals with disabilities. Website: www.yourtickettowork.com

The Social Security Administration (SSA) mailed Tickets to SSI and SSDI beneficiaries in late 2002 and early 2003. If you have a disability, receive SSI or SSDI monthly checks, are between the ages of 18 and 65, have had at least one continuing disability review by SSA, and are not expected to medically improve to the point that you would no longer be eligible for SSI or SSDI, you should have received a ticket.

This is a voluntary employment-related Program. When you get a Ticket, you are free to choose whether or not to use it, as well as when to use it. If you decide to "assign" it (use it), take it to a participating Employment Network (EN) in your local area or take it to The Michigan Rehabilitation Services (MRS). EN services could include vocational assessments, instruction in how to write resumes or interview for jobs, support groups, job training or re-training, job coaching, case management, and more.

If you never received a Ticket but believe you qualify based on the above criteria, you can call the company administering the program, MAXIMUS 866-968-7842 (voice) or 866-833-2967 (TTY). Ticket use is voluntary, and you may start or stop using the Ticket any time. Your benefits will not be reduced or discontinued if you decide you don't want to participate.

You have the right to make decisions about the services you need, but you can only "assign" your Ticket to one EN (or MRS) at a time. You can change EN if you are not satisfied with the services as long as you inform (in writing) the MAXIMUS Employment Network Coordinator that you wish to do so and why.

Once you identify the EN (or MRS) you want to "assign" your Ticket to, you and the staff will develop a written Individual Work Plan (IWP), or an Individual Plan for Employment (IPE) if you are working with MRS, so that together you can agree on the services you need to return to work, who will provide the services to you, what supports you will need, and what steps you will take as you return to work. After this is done, the Ticket is considered "in use."

The Plan can be revised as you progress through it, and you should always be a part of any decisions about your Plan. If you lose your Ticket and still want to use it, the EN can call MAXIMUS to verify you received one, or call MAXIMUS to have another one sent to you.

When your Ticket is in use, no Medical Continuing Disability Reviews (CDRs) take place, as long as you demonstrate that you are making "timely progress" and/or working to meet the goals identified in your IWP. If you return to work, and earn a significant salary, you may no longer qualify to get cash benefits. If you find that you cannot work, your cash benefits can be reinstated quickly.

For more information about the Ticket to Work Program, contact: Benefits Planning Assistance and Outreach (BPAO) agencies, community organizations funded by the SSA. BPAOs can help plan your return to work, determine how work will affect your benefits, and provide support and counseling services. In the Detroit area you can call:

- **UCP Detroit** 800-827-4843 (Oakland and Macomb Counties)
- **Goodwill Industries of Greater Detroit** 888-232-4140.

Protection and Advocacy for Beneficiaries of Social Security (PABSS), the Michigan Protection and Advocacy Service (MPAS) program funded by SSA. PABSS can help you resolve disputes with ENs and other service providers, and help you understand and protect your employment rights. You may contact the PABSS program 800-292-5896.

For further assistance, contact your case manager or the Department of Human Services (DHS) HIV/AIDS Advocacy Services Coordinator 877-342-2437.

JOB TRAINING / JOB SEEKING and VOLUNTEERISM

Perhaps you have reduced your work hours, and you are seeking more flexible, less demanding employment. Or maybe you want to develop new job skills. There are a variety of job training and placement programs, as well as volunteer opportunities, for people living with HIV and AIDS. It may be important to you to stay active during the day, and you may even consider "giving something back" to the HIV/AIDS community by offering your time and talents to organizations that serve PLWH.

Careerbuilder.com

www.careerbuilder.com

If you have access to the Internet you can search through a broad spectrum of jobs from entry level to executive, all across the U.S. You can search for jobs by function, by industry, by keyword or by geography.

Focus: HOPE

www.focushope.edu

1355 Oakman Blvd

Detroit, MI 48238

313-494-5500

Focus: HOPE offers three different job-training programs in manufacturing, information technology and manufacturing engineering. Job search and placement assistance is offered to enrollees in training, as well as child-care services.

Goodwill Industries of Greater Detroit

www.goodwilldetroit.org

3111 Grand River Ave

Detroit, MI 48208

313-557-8635

Through its skill building program, people living in Wayne County, who are motivated and medically stable for work, are assisted to find job placement opportunities, examine job training options, explore careers, find out how to locate jobs, create and implement a career plan, develop a professional looking resume, develop interviewing techniques, and become linked with support services needed to obtain and maintain employment.

The Information Center, Inc.

www.theinfocenter.info/services.html

734-282-7171, info@theinfocenter.info

Information specialists can connect you with a whole array of employment-related services.

Jewish Vocational Service (JVS)

www.jvsdet.org

29699 Southfield Rd

Southfield, MI 48076
248-559-5000 (Ask for the Vocational Rehab. Service Coordinator)

JVS offers a wide range of assessment, training and placement options. Services are available to anyone in the Detroit metropolitan area, regardless of religious affiliation.

Michigan Jobs and Career Portal

www.michigan.gov/careers

A website to help you navigate through finding training, finding employment or finding out what the requirements are for certain occupations. Search for jobs, start a business, find financial aid for school and job training resources. Learn about careers and new occupations. This website will also take you to the No Worker Left Behind program information and will help you apply for unemployment or find a Michigan Works! site.

Michigan Rehabilitation Services (MRS)

www.michigan.gov/mrs

Michigan Department of Labor & Economics (DLEG)

1641 Porter St

Detroit, MI 48216

877-619-6654

MRS provides screening, training, and job placement assistance to people over 18 years of age who are physically or medically disabled, including those who are HIV+ where the HIV has affected their ability to do their job. Some eligibility criteria include having a recent history of substance abuse treatment completion, assessed in school as learning disabled, or having a physical disability. Once enrolled completely with MRS clients are eligible to receive State Disability Assistance (SDA).

Michigan Works!

www.michiganworks.org

800-285-WORKS (9675)

Michigan Works! Agencies oversee workforce development services in their local area and are governed locally by workforce development boards (WDB). Each WDB, in partnership with Local Elected Officials (LEO), is responsible for the development and oversight of workforce development programs in their local area. Call anywhere in Michigan to be directed to a local Michigan Works! Agency.

SER Metro Detroit, Jobs for Progress

www.sermetro.org

9301 Michigan Ave

Detroit, MI 48210

313-846-2240

SER (Service, Employment and Redevelopment) Metro Detroit, Jobs for Progress provides training for computing, Youth Programs, Green Jobs Program, and more. Financial aid is available to those who qualify. Spanish speaking staff is available.

WDIV

www.clickondetroit.com/employment

An up-to-the-minute message system of jobs available in the Detroit area, by category and by company. It may be somewhat frustrating if you don't know exactly what field you are interested in. Make sure you have a pencil and paper handy to take notes.

JOB TRAINING FOR POST-INCARCERATED MEN

Goodwill Industries of Greater Detroit 313-964-3900

GED PREPARATION

If you want to take General Educational Development (GED) preparation courses for a high school equivalency certificate, call:

Adult Education Department/Detroit Public Schools
schools.detroitk12.org/aed.htm
313-852-1089

VOLUNTEER OPPORTUNITIES

Detroit HIV Volunteer Network
www.volunteertoendaids.org
4201 St. Antoine UHC 6E-20
Detroit, MI 48201
313-966-7554
Contact person: Emily Brown
Email: ehbrown@med.wayne.edu

The Detroit HIV Volunteer Network <http://www.facebook.com/pages/Detroit-HIV-Volunteer-Network/302739013089694?sk=info>, is a Facebook (FB) page that will match people interested in HIV related volunteering with prevention and care agencies in need of help. Agencies can post volunteer needs on FB and will be connected with a network of more than 120 volunteers.

United Way for Southeastern Michigan (UWSEM)
Volunteer Connect
www.uwcs.org
1212 Griswold St
Detroit, MI 48226
211 or 313-226-9430, volcenter@uwsem.org
Contact: Angela Beckman, 313-226-9450

Volunteer Connect has volunteer opportunities throughout the tri-county area.

ADVOCACY

Michigan Protection and Advocacy Services, Inc. (MPAS)
Client Assistance Program (CAP)
www.mpas.org
4095 Legacy Parkway Ste 500
Lansing, MI 48911

Contact: Chris Davis
517-487-1755 or 800-292-5896 (Voice or TTY)

The Client Assistance Program (CAP) assists people who are seeking or receiving services from Michigan Rehabilitation Services, Consumer Choice Programs, Michigan Commission for the Blind, Centers for Independent Living, and Supported Employment and Transition Programs. The CAP program is part of Michigan Protection and Advocacy Service, Inc.

CHAPTER 16: GENERAL BENEFITS

HIV BENEFITS INFORMATION SUMMARY

The most current information and general guidelines about benefits for persons living with HIV/AIDS is available at the State of Michigan Department of Human Services (DHS) website: www.michigan.gov/dhs/0,1607,7-124-5452_7122_36921---,00.html. Click on DHS HIV/AIDS Benefit Information Summary-2009 or call the HIV/AIDS Advocacy Services Coordinator at 877-FIA-AIDS (877-342-2437) or 313-456-1678.

COUNTY DHS OFFICES

Wayne County DHS Offices

Adult Medical/Services

2000 W. Lafayette
Detroit, MI 48216
313-963-6002

Connor Service Center

4733 Conner Street
Detroit, MI 48215-2028
313-822-5823
Serves those living in: 48207,
48214, 48215, 48224, 48230

Fort Wayne

6534 W Jefferson Ave
Detroit, MI 48209
313-554-8300
Serves those living in: 48209,
48210, 48217, 48218, 48229

Glendale/Trumbull

396 Glendale Ave
Highland Park, MI 48203
313-852-2187
Serves those living in: 48203,
48234

Grand River/Warren

5131 Grand River
Detroit, MI 48208
313-361-7300
Serves those living in: 48204,
48206, 48208, 48216

Grandmont Service Center

17455 Grand River Ave
Detroit, MI 48227
313-493-7801
Serves those living in: 48227,
48238

Gratiot/Seven Mile

14061 Lappin
Detroit, MI 48205-2374
313-372-6200
Serves those living in: 48205,
48213, 48225, 48236

Greenfield/Joy

8655 Greenfield
Detroit, MI 48228
313-582-8465
Serves those living in: 48120,
48124, 48126, 48128, 48228

Greydale Grand River Office

17330 Greydale Ave
Detroit, MI 48219-3248
313-387-7100
Serves those living in: 48219,
48221, 48235

Hamtramck

122140 Joseph Campau St
Hamtramck, MI 48212
313-892-0180
Serves those living in: 48201,
48202, 48211, 48212, 48226

Inkster

26355 Michigan Ave.
Inkster, MI 48141-2206
313-792-7700
Serves those living in: 48111,
48125, 48127, 48141, 48174,
48184, 48186, 48188

Oakman/Grand River

4505 Oakman
Detroit, MI 48204
313-934-4400
Chore Grants

Redford

272600 Plymouth Rd
Redford, MI 48239
313-937-4200
Serves those living in: 48135,
48150, 48152, 48154, 48167,
48168, 48170, 48185, 48187,
48223, 48239, 48240

Taylor

25637 Ecorse Rd.
Taylor, MI 48180
313-375-2500
Serves those living in: 48101,
48122, 48134, 48138, 48146,
48164, 48173, 48180, 48183,
48192, 48193, 48195

District III Office

195 Ladd Road
Walled Lake, MI 48390-9906
248-669-7600

Areas Served

48033-34	Southfield	48350	Davisburg
48165	New Hudson	48356-57	Highland
48167	Northville	48374-77	Novi
48178	South Lyon	48380-81	Milford
48320	Keego Harbor	48382	Commerce Twp.
48322-25	West Bloomfield/Orchard Lake	48383-86	White Lake
48327-29	Waterford (48328 Waterford goes to Saginaw St)	48386	Union Lake
		48387	Walled Lake
48331-34	Farmington Hills	48393	Wixom
48335-36	Farmington		

District IV Office

235 N Saginaw St
Pontiac, MI 48342-2067
248-975-5200

Areas Served

48003	Almont	48366	Lakeville
48306	Rochester	48367	Leonard
48321, 26	Auburn Hills	48370-71	Oxford
48340-43	Pontiac	48430	Fenton
48346-48	Clarkston	48442	Holly
48359	Orion Township	48462	Ortonville
48360-62	Lake Orion	48328	Waterford
48363	Oakland Township		

I.D. / BIRTH CERTIFICATE ASSISTANCE

In order to receive benefits or get into a shelter or treatment program, you must have a state I.D. The following are agencies that provide assistance in this area:

Detroit Vital Records

<http://www.detroitmi.gov/DepartmentsandAgencies/DepartmentofHealthWellnessPromotion/Programs/VitalRecords.aspx>

Detroit Department of Health and Wellness Promotion (DHWP)

1151 Taylor St Rm 104B

Detroit, MI 48202

313-876-4049 or 313-876-0417

DHWP has birth certificates for all wedded births for the City of Detroit and all unwed births after October 1, 1978. Unwed births and adoptions before October 1978 are only available through the State of Michigan Vital Records. Hours are 8am-4pm Monday-Friday. You must have a valid driver's license, a state ID, or three pieces of ID with your name on it. You may pay by cash, credit card, certified check or money order. The fee is \$20 (Seniors pay \$7) and walk-in requests are processed while you are present. Internet services are available at

www.vitalchek.com . Mail in requests are processed and mailed within a three week period.

State of Michigan Vital Records

www.michigan.gov/mdch (click on "Birth, Death, Marriage & Divorce Records")

201 Townsend St

Capitol View Building, 3rd Floor

Lansing MI 48913

517-335-8666 ask for a customer service representative

Provides birth certificates for those people born in the state of Michigan. (If born in the City of Detroit to married parents before October 1978, see DHWP above). You must have a valid picture ID and a check or money order for the \$26 same day service fee to pick up a record. Also, to receive same day service, you must arrive at the office by 3 pm. Mail in service is available for \$26 by check or money order, but may take 3-4 weeks after request is received. Contact the website or phone number above for information on other forms of acceptable ID.

To order a birth certificate online, go to www.michigan.gov/vitalrecords and click on "Birth, Death, Marriage & Divorce Records". Michigan vital records orders placed online through VitalChek, Michigan's online service provider, are considered to be RUSH requests. Processing time is 1-2 business days for a United Parcel Service (UPS) overnight delivery and 2 weeks for a regular online request plus mail time back to the customer. A \$10.00 RUSH fee will be charged for each online order, in addition to VitalChek's \$8.50 credit card handling charge. VitalChek is Michigan Vital Records only authorized online service provider. If you should experience problems with the online ordering, please call VitalChek at 800-255-2414 or 800-669-8312 for assistance. Those numbers answered 7:00 am - 7:00 pm, Monday-Friday, except for recognized holidays.

Crossroads

www.crossroadsofmichigan.org

2424 West Grand Blvd

Detroit, MI 48208

313-831-2000

14641 E Jefferson Ave

Detroit, MI 48201

313-822-5200

An MPRI site that helps released prisoners get acclimated back to society. Provides emergency financial assistance to get a state I.D., driver's license or birth certificate, as well as an Employment Resource Center to help individuals with resumes and jobs. Also provides food, clothing or one-time prescription assistance. Call for appointment.

Traveler's Aid Society of Metropolitan Detroit

Cadillac Towers

65 Cadillac Sq Ste 3000

Detroit, MI 48226

313-962-6740

Provides partial emergency financial assistance for acquiring a state ID, driver's license, or birth certificate. Call for an appointment or walk-in. May need referral letter from your case manager.

Center for Civil Justice

www.michid.org

This website helps address issues and obstacles encountered by non-profit and faith-based organizations that are helping clients obtain a Michigan State ID Card.

SUPPLEMENTAL SECURITY INCOME (SSI)

Among other eligibility criteria, you must meet a definition of disability as defined by Social Security Administration to get SSI, SSDI, or Medicaid. The definition of disability is: unable to perform any substantial, gainful activity and suffering from an incapacity or disease lasting for at least 12 consecutive months or resulting in imminent death. When you're diagnosed with AIDS, and (1) your doctor considers you unable to work during the next year, and (2) you don't have sufficient means of support (your resources/assets come to less than \$2,000), you should apply right away for Federal SSI. SSI stands for Supplemental Security Income, which is a program administered by the Social Security Administration. To apply, call 800-772-1213 to arrange a telephone interview with the Social Security office in your area.

DO NOT DELAY! Contact Social Security even before applying for state benefits. You can speed up your claim if you have the following information when you have your interview:

- Social Security Card (for yourself, your spouse and any dependents)
- Birth Certificate (very important)

Information about your illness

- What it is and when it started
- How it keeps you from working
- Date you stopped working

Medical Information / Psychological Information

- Provide medical and psychological information on all disabilities current or past, as Social Security wants to make a decision based on the entire picture.
- List of names, addresses and phone numbers of all doctors, hospitals, or other medical facilities where you were treated or tested
- Written dates of medical visits and type of treatment or tests
- Hospital, clinic and/or Medicaid number
- Claim number for any other disability checks you receive or have applied for
- Medicines you now take: name, dosage and how many times a day
- Any restrictions your doctor placed on you
- Any medical reports, lab reports, or doctor's statement of disability confirming your diagnosis and prescribed medications. They will be copied and returned.

Other Information

- Your work history
- A list of your daily activities
- Last year's W-2s
- Most recent pay stubs
- Current bank statements

Do not delay even if you do not yet have all the information listed above. Staff at the local Social Security offices will assist you. They are professionals and will keep all information confidential. Your case manager will know about the forms and procedures and can help you fill out the paperwork. Please don't go alone. If possible, take someone with you when applying for benefits. The interview may last over an hour, and another person can help you through the process and assist in remembering answers to questions. If you're hospitalized, or too sick to go

to the Social Security office for an interview, you can request a phone interview. You can also send a relative or friend to the office to apply for you. Your case manager can help. Just ask.

PRESUMPTIVE DISABILITY SSI

Anyone with an AIDS diagnosis, as defined by Centers for Disease Control and Prevention (CDC) and confirmed by medical tests, with a major opportunistic infection, who meets the definition of disability and qualifies financially, may be given **Presumptive Disability SSI**. This means that people at the Social Security office will presume a disability based on this initial information and you may get the first check within 2-4 weeks, rather than wait the usual 2-4 months. A T-cell count below 200 does not meet the definition of disability. Be sure to have your doctor's name and phone number ready. It's also a good idea to let your doctor know that Social Security will ask him or her to fill out a medical form to confirm your disability.

Anyone who is HIV+ and has extreme or marked functional limitations may also qualify for Presumptive Disability SSI. A checklist to be completed by a doctor or nurse has been developed for this purpose, Form SSA-4814, Physician's Report on Adults with Allegation of HIV Infection, and can be obtained through your case manager or the Department of Human services HIV/AIDS Advocacy Services Coordinator 877-342-2437.

HIV Diagnosis, Not Indicative of AIDS

If your diagnosis is HIV, but not AIDS, you have a lowered T-cell count, and you have 2 or more of the following conditions persisting over a 2-month period:

- anemia causing fatigue
- granulocytopenia (low blood count)
- thrombocytopenia (low blood count)
- documented fever
- weight loss
- oral thrush
- oral hairy leukoplakia (raised white patches in mouth)
- recurrent herpes zoster
- persistent diarrhea

and there is a marked restriction in activities of daily living or you are unable to concentrate, then you may be deemed disabled by Social Security standards.

Payments Under SSI

If you qualify for SSI, you will receive one of two amounts. If you are determined to be living on your own, you will receive \$698 per month. If you are determined to be living with others, you will receive \$465 per month. These checks come from the federal government and are received on the first of the month. In addition, the State of Michigan pays a SSI amount on a quarterly basis (March, June, September and December). You will receive \$42 each quarter if you are living on your own and \$27.99 if you are living with others. If you are eligible for SSI you are also eligible for Medicaid. See the **Medicaid** section.

SOCIAL SECURITY DISABILITY INSURANCE (SSDI)

Social Security Disability Insurance is different from SSI. Social Security Disability Insurance

(SSDI) is a program that pays back to you the money you paid into Social Security while you were working. The amount of SSDI you get is based on how much you paid in. You qualify for Social Security Disability if you are at least 31 years old and paid into Social Security any five out of the last 10 years. If you are under 31 years old, you may still qualify for SSDI, but other eligibility criteria apply.

If you have too much in assets to qualify for SSI (\$2,000 or more), or if you have long-term or short-term disability from your former employer, you should still apply for Social Security Disability Insurance. Most employer disability programs that replace income will require you to apply for SSDI and will reduce your employer-funded payments to a lower level once your Social Security Disability Insurance starts paying. There is no asset/resource limit for SSDI.

One problem with Social Security Disability Insurance is that it does not start until the sixth month after the date of disability. You must wait a full 5 months from the month of application to receive your first check and they are not retroactive to when you applied. Another problem is that while Social Security usually pays you more than SSI, the extra bucks disqualify you from some of the benefits you got while your income was lower. For example, you may lose your Medicaid eligibility, but only temporarily. See **Medicaid** section. You also may have the money you receive under Food Assistance Program reduced or terminated. The extra dollars may also reduce the number of hours for which you are eligible for state-paid chore workers.

New Social Security applicants are assigned to one of three monthly payment dates rather than on the 3rd of the month. New beneficiaries whose birthday falls within the first 10 days of the month will get their check on the second Wednesday of every month. Those whose birthday falls on the 11th-20th will receive their check on the third Wednesday, and for those who have birthdays after the 20th, checks will arrive on the fourth Wednesday. Those receiving SSDI prior to May, 1997 will continue to receive their checks on the 3rd of the month.

STATE DISABILITY ASSISTANCE (SDA)

If you've been diagnosed with AIDS and qualify for SSI, but can't wait 4 to 8 weeks for your first check, you may want to apply for state public assistance to help until your first SSI check comes. You need to apply for State Disability Assistance (SDA) at a Department of Human Services (DHS) office. You can contact the DHS HIV/AIDS Advocacy Services Coordinator at 313-456-1678 or 877-FIA-AIDS (342-2437) for the appropriate office and forms.

You may qualify for SDA even if you don't have an AIDS diagnosis, if your doctor will verify that you are unemployable due to a physical or mental impairment, other than chemical dependency, that lasts at least 90 days from onset. You may also qualify for SDA even if you are not disabled yourself! You must live with and be the caretaker of a disabled person, and have very little or no income.

If you qualify, you may get a check within 8 weeks, but SDA pays less than SSI. If medical information is difficult to get, or the agency needs further verification of your medical condition, then the wait for the first check may be longer. The monthly SDA check is \$269. DHS requires you to apply for SSI before they give you SDA, even if you think you may not be eligible. This is because the state wants the federal government to pay whenever possible.

When you go to the DHS office to apply for financial assistance (SDA), also apply for Medicaid and Food Assistance Program. It's all part of the same application process.

You need to complete an application form to apply for SDA. Pick up an application form at a DHS office, ask your case manager for one, or call the DHS HIV/AIDS Advocacy Services Coordinator at 313-456-1678 or 877-342-2437.

You will also need to verify other items such as: assets (property, life insurance, vehicles, etc.), household expenses (taxes, rent, mortgage, electric, heat, telephone bills -- bring copies of paid bills), income, identity (birth certificates, social security card, driver's license) and medical status (medical forms and records).

When you've completed the application, go to the DHS office as early in the morning as possible. Usually, the earlier you are there, the quicker you'll be interviewed. Bring a book or a good magazine! You may have to wait. If you are physically unable to go into the DHS office, you may send a friend or relative, known as an authorized representative, to apply for you.

Don't let the application process hassle you. Go with the flow. Don't let the application intimidate you, either. The application is used by everyone and covers every conceivable relationship between person and property. If you have questions about the application, call your case manager and ask for help. He or she will meet with you, help you to fill out all the forms, and make sure you have the necessary documentation. Don't be shy. That's what they're there for!

For State Emergency Relief, see the **Emergency Financial Assistance** section.

VETERAN'S BENEFITS and SERVICES

Anyone who has been in military service who feels he or she may be eligible for benefits or health care should contact the eligibility clerk at their nearest VA. If recently discharged due to an HIV+ diagnosis, contact the VA in Ann Arbor for information about benefits.

For more information about Veteran's Benefits go to www.vba.va.gov/VBA or contact the eligibility clerk at:

VA Medical Center, Ann Arbor
www.va.gov/directory
2215 Fuller Rd
Ann Arbor, MI 48105
734-769-7100

VA Medical Center, Detroit
John Dingell Veteran's Hospital
www.va.gov/directory
4646 John R St
Detroit, MI 48201
Contact: Onelia Zurbruegg
313-576-1000 ext 63498

Provides a support group for veterans who are HIV positive, every other Friday.

EARNED INCOME CREDIT

The Earned Income Credit (EIC) is a special tax benefit for people who work full- or part-time. Those who qualify will owe less in taxes and may get a refund. Even a person who does not generally owe income tax may get a credit, but must file a tax return to do so. Apply for an Earned Income Credit with the U.S. Department of Treasury, Internal Revenue Service (IRS) by filling out Form 1040 or 1040A and attach the EIC when completing Federal Income tax returns. For details, check IRS tax forms for the Earned Income Credit. Application forms can be requested from the IRS at 800-829-1040 or through its website at www.irs.gov.

CHAPTER 17: MEDICAL INSURANCE

There is no question that private medical insurance is complicated. But the advantages may outweigh the complexity. For example, private insurance often pays for drugs, services and procedures that Medicaid may not cover. Also, private insurance can protect your resources. If you have money, but no insurance, the state will expect you to spend your own resources before they provide you with assistance.

HEALTH INSURANCE PORTABILITY and ACCOUNTABILITY ACT of 1996 (HIPAA)

For individuals with disabilities, including those living with HIV/AIDS, a critical issue in seeking employment involves whether or not an employer will cover pre-existing conditions. The Health Insurance Portability and Accountability Act of 1996 (HIPAA) was enacted to help address this problem.

Under HIPAA, insurers cannot limit or deny coverage under group health plans for pre-existing conditions for more than 12 months. Any months of prior insurance coverage count toward the 12 months, as long as there was no gap of more than 63 days in coverage. Once a person has earned 12 months of credit, insurers cannot exclude coverage ever again, as long as there is no gap of 63 or more consecutive days of coverage.

HIPAA requires insurers to accept anyone with a pre-existing condition who meets each of the following conditions for individual coverage:

- has 18 months or more of group coverage
- is not eligible for any other group coverage, COBRA, Social Security, Medicaid
- has no other insurance, and,
- is not without insurance because of failure to pay premiums.

The Michigan Patients Rights Bill went into effect in October, 1997. It strengthened some of the provisions of HIPAA. Under the state act, Blue Cross Blue Shield of Michigan (BCBSM) and the HMOs cannot exclude coverage in any group plan for pre-existing conditions. Independent insurers can exclude coverage for a pre-existing condition for six months.

Under Michigan's law people with pre-existing conditions who are sold individual policies cannot be denied coverage for more than six months if they purchase their policies from Blue Cross Blue Shield of Michigan (BCBSM) or an HMO, or for more than 12 months if they purchase their policies from independent insurance companies, even if they have not been covered previously.

If you are changing jobs and will have to wait more than 63 days until your new policy goes into effect, you can obtain emergency financial assistance to maintain the insurance from the job you are leaving through COBRA payments. Call the DHS IAP Program Coordinator at 313-456-1677 or 877-342-2437 for more information.

For more information on HIPAA, call your HIV case manager. You can also go the Health and Human Services web site at www.hhs.gov/ocr/hipaa

HIPAA EXCEPTIONS: When HIV Status Can Be Disclosed

- **Partner notification:** If you take an HIV test and the result is positive, your known sex and needle-sharing partners have to be notified that they may have been exposed to the virus.
- **Court order:** in some situations, a court can order you to disclose your HIV status
- **Health care provider:** If it is necessary to protect your health or the health of someone else, to prevent the further spread of HIV, or to diagnose and care for your condition, anyone can provide information about your HIV status to a health care provider, including a local or state health department
- **Notification to school employee:** If it is deemed necessary to prevent the further spread of HIV to students, the health department may notify an employee of a school district that an individual is HIV positive
- **Offenses involving criminal sexual misconduct, prostitution, or IV drug use:** If you are arrested and charged with one of the above offenses, the court can order you to take an HIV test
- **Child protection report:** If information related to HIV status is part of a report required by child protection laws, it can be disclosed
- **Child placement:** In order to care for a child or to place a child in a foster or adoptive home, HIV status can be disclosed by DHS, the Department of Community Health, a probate court, or a child placement agency
- **Hospital care:** If, during medical treatment, a health care worker is exposed to your body fluids, the hospital can test you for HIV without your consent.

Keeping Your Private Health Insurance

In the past people tended to lose their health insurance because either they quit or lost their jobs, and/or the premiums were too expensive. But now there are at least two insurance continuation programs that attempt to address these problems.

COBRA LAW

COBRA (Consolidated Omnibus Budget Reconciliation Act) refers to Federal legislation requiring companies with more than 20 employees to offer anyone leaving the company a chance to keep their group medical insurance coverage. If you qualify, your group coverage will continue for up to 18 months after you leave. The company keeps you on their policy, but you pay the premium. It's a good deal because group coverage tends to be much more comprehensive at a much lower cost than an individual policy. If you are disabled according to Social Security criteria, your coverage can be extended an additional 11 months beyond the initial 18-month period, for a maximum of 29 months.

You may be able to keep your health insurance policy even longer if your insurance company allows a conversion from a COBRA policy to an individual policy. You will still have to pay premiums, and the policy will cover less (for example, prescriptions may not be covered), but you will retain medical coverage. Make sure you contact the insurance company before the policy expires if you are interested in pursuing this option.

AFFORDABLE CARE ACT

How Does the Affordable Care Act Help People Living with HIV/AIDS?

In 2010, President Obama signed the Affordable Care Act into law. The law ends the practice of

dropping people's insurance coverage when they get sick. It also offers Americans strong consumer protections, more coverage options, and lower costs.

The Affordable Care Act is particularly important for people living with HIV/AIDS as well as other people living with serious medical conditions. Historically, getting—and keeping—private health insurance has been difficult for many PLWH. They have faced barriers to finding qualified providers to care for their needs. The law makes significant progress in addressing these concerns and in advancing the rights of PLWH consistent with the goals of the President's National HIV/AIDS Strategy.

Improving Access to Coverage and Protecting People with HIV/AIDS Now

Currently, fewer than one in five (13%) people living with HIV has private insurance and nearly 24% do not have any coverage at all. The rest are covered by government programs including Medicaid, Medicare, and Ryan White. The Affordable Care Act helps address coverage issues and provides new protections for patients and consumers. Many important features of the law went into effect soon after President Obama signed it in 2010. For example:

Insurance companies can no longer deny coverage to children because of their HIV or AIDS or any other pre-existing condition.

Insurers cannot rescind coverage for adults or children except in cases of fraud or intentional misrepresentation of a material fact.

Insurers can no longer impose a lifetime dollar limit on essential health benefits.

ADAP benefits are now considered as contributions toward a Medicare beneficiary's true Out of Pocket Spending Limit for drug coverage, a huge relief for low-income beneficiaries living with HIV and AIDS because it helps them move through the "donut hole" more quickly.

INSURANCE ASSISTANCE PROGRAM (IAP) & INSURANCE ASSISTANCE PROGRAM-PLUS (IAP-PLUS)

The Department of Human Services has two programs available that will pay medical insurance premiums for people with HIV/AIDS called the Insurance Assistance Program (IAP) and the Insurance Assistance Program Plus (IAP-Plus).

In order to be eligible for the IAP, you must:

- be diagnosed with HIV or AIDS with physician verification that you are too ill to continue employment or will soon be too ill to work, within 90 days, because of HIV infection
- already have private health insurance in place (in other words, IAP doesn't get insurance for you)
- have an income of \$1,815 or less per month (monthly medical expenses, not including the cost of the insurance premium, are allowable deductions), and
- have less than \$10,000 in cash assets.
- have a valid driver's license or state ID

In order to be eligible for the IAP-Plus, you must:

- be diagnosed with HIV or AIDS, verified by a physician
- already have private health insurance with prescription coverage in place

- have an income of \$4,084 or less per month (monthly medical expenses, not including the cost of the insurance premium, are allowable deductions), and
- not be eligible for or receiving full Medicaid coverage.
- have a valid driver's license or state ID

The insurance premiums are paid to your prior employer or the insurance company. Contact the DHS IAP Program Coordinator at 313-456-1677 or 877-342-2437 for further information and an application for this program.

****Health Emergency Lifeline Programs (HELP)***

www.helpoffice.org

1726 Howard St

Detroit, MI 48216

313-832-3300, help@helpoffice.org

Short-term, emergency insurance premiums or COBRA payments may be made. Contact the office for details.

MEDICAID PLUS PRIVATE INSURANCE

If you have insurance and are a low-income person, you may be eligible for Medicaid as a supplement to your private insurance. You may also be eligible for both the Insurance Assistance Program and Medicaid. It is definitely worth checking into. Contact your case manager or the DHS IAP Program Coordinator at 313-456-1677 or 877-342-2437.

Insurance companies cannot cancel your policy when you get AIDS unless they think you lied about pre-existing conditions when you took out the policy. The legalities of what insurance companies can and cannot do are too much for us to talk about here. If you're having trouble with your insurance company or employer, it's best to talk with your case manager or a lawyer. See **Legal Issues** section for more information.

PRIVATE INSURANCE

Michigan Blue Cross/Blue Shield (BCBSM)

It is possible to get private insurance through Blue Cross and Blue Shield of Michigan (BCBSM) if you are neither employed nor part of a group plan. If a pre-existing condition exists, there is a wait period before coverage begins. For more information, call 800-848-5101, or go to their website www.bcbsm.com.

Physician's Plan of Mid-Michigan (PHP)

877-459-3113

The State of Michigan has contracted with PHP to provide insurance for anyone who has been denied coverage because of a pre-existing condition. You must have been uninsured for the previous 6 months to be eligible. Proof of citizenship or legal residency, and Michigan residency, is required. Certification by a physician (i.e. Doctor's letter) issued within the past 6 months demonstrating that you suffer from a medical condition found in the pool's list of pre-existing conditions, or evidence that, for health reasons, a carrier has refused to issue coverage, within the previous 6 months (i.e. Health Insurance company denial letter). HIV and AIDS are eligible

pre-existing conditions. There is a premium for the insurance; however, for those with HIV/AIDS the premium can be covered through the Insurance Assistance Program.

MEDICARE

After you have received SSDI for 24 months or if you are in renal failure, or if you are 65 years old, you are eligible for a health insurance program called Medicare.

Medicare has two parts. Part A, Hospital Insurance, covers services related to inpatient hospital care, home health care and hospice care. Because you worked and paid into the Social Security Program, there is no premium charged for Part A.

Part B of Medicare is the voluntary medical insurance that covers doctor's services and medical services and supplies. Part B coverage requires a monthly premium of \$99.00 which is deducted from your SSDI payment. It is not advisable to drop Part B; it could be very costly to buy into it later.

You may qualify for a Medicare Supplemental Plan, which will give you additional Medicare coverage. You will pay a monthly premium for this coverage. If you have Medicare coverage and income (including your SSDI income) of less than \$1,815 per month, then you also qualify for the Insurance Assistance Program (IAP) to pay the monthly premium for you! (See **IAP/IAP Plus** section above) call the DHS IAP Program Coordinator at 313-456-1677 or 877-342-2437 or the DHS HIV/AIDS Services Coordinator at 313-456-1678 or 877-FIA-AIDS (342-2437) for more information.

QUALIFIED MEDICARE BENEFICIARY (QMB) or MEDICARE SAVINGS PROGRAMS

If your SSDI income is less than \$1,226 a month and your assets amount to less than \$4,000, Medicaid may pay your Medicare premiums. This means the \$99.00 deducted from your SSDI check each month would be returned to you. To apply for the Qualified Medicare Beneficiary Program (QMB), or Medicare Savings Programs, go to your DHS office or call the DHS HIV/AIDS Advocacy Services Coordinator at 313-456-1678 or 877-FIA-AIDS (342-2437) for more information.

MEDICARE PART D

Medicare Part D is the prescription drug program available to Medicare recipients to help pay for medications. Each company that's part of it is privately-run and will vary from the next, but each meets the standards required by the government. It's an optional benefit and it will cost you a monthly fee if you take part. This cost varies by the plan you choose.

Medicare Part D plans allow you to receive prescription drugs at a reduced cost out of your own pocket. The plans allow common prescription medications to be covered in part or in full through the use of generics or name brand medications that are commonly prescribed. If the drugs fall into generally prescribed classes, Medicare Part D coverage kicks in.

The plan covers 75% of prescription costs above \$250 per year. You pay an initial deductible of \$250, then one quarter of the costs from \$250 to \$2250. From \$2250 to \$5100 per year, you pay all of the costs out of pocket. Any costs above \$5100 are completely covered by Part D.

The insurance works with the medical care provided by Medicare's other parts to reduce the amount of out of pocket costs. Part D plans are not provided directly by the government; as a result, the types of drugs covered can vary. Consequently, when looking into Part D plans you should shop around and find the plan that covers the drugs in your regimen. It's important to research before you pick one. Get a clear understanding before deciding so you don't face penalties for changing your mind later. Consider things like: 1) Do you already have drug coverage that Medicare considers "creditable coverage"; 2) What prescriptions are you taking; how much do they cost you each time you have them filled?; 3) Do you have a good grasp of the information in the "Medicare & You" pamphlet or details you found online?; and 4) which Part D plan best meets your needs and desires for specific drugs?

*You may be able to get extra help to pay for your prescription drug premiums and costs. To see if you qualify for getting extra help, call:

- 800-MEDICARE (800-633-4227). TTY/TDD users should call 877-486-2048, 24 hours a day/7 days a week; or
- The Social Security Administration at 800-772-1213 between 7 a.m. and 7 p.m., Monday through Friday. TTY/TDD 800-325-0778; or Your State Medicaid Office.

Medicare Rights Center
www.medicarerights.org

The Medicare Rights Center is a national, nonprofit consumer service organization that works to ensure access to affordable health care for older adults and people with disabilities through counseling and advocacy, educational programs and public policy initiatives. To sign up for *Medicare Watch*, go to <http://www.medicarerights.org/about-mrc/newsletter-signup.php>.

MEDICAID

Medicaid (or Medical Assistance) is a medical insurance program for no and low-income people which is administered by DHS. If you qualify, Medicaid covers specified medical needs including doctor visits and hospitalization, lab work, most pharmacy needs, some professional home health care visits, and even some counseling. Medicaid does not pay for experimental drugs or procedures. If you qualify for Medicaid, you'll receive a plastic green card in the mail, called "MIHealth". Under Medicaid:

You have the right to:

- ✓ receive quality healthcare
- ✓ be treated with respect
- ✓ get all the facts from your primary health care provider who will arrange your care
- ✓ say no to any treatment you disagree with
- ✓ get a second opinion
- ✓ be told what services Medicaid covers
- ✓ know how your health plan works
- ✓ change plans for any reason during the first 30 days of enrollment

- ✓ change health plans once during the year
- ✓ get a copy of your medical records
- ✓ have your medical records kept confidential
- ✓ get help with any disability needs
- ✓ get help with special language needs
- ✓ voice your concerns about the care you receive
- ✓ contact your health plan with any questions or complaints

You have the responsibility to:

- ✓ show your health plan card to all providers before you receive service
- ✓ never let anyone use your card who is not covered
- ✓ choose a primary health provider
- ✓ keep your scheduled appointments
- ✓ provide complete information about current medical problems
- ✓ provide complete information about your medical history
- ✓ follow your provider's medical advice
- ✓ use emergency room services only when you believe an injury or illness could result in lasting injury or death
- ✓ notify your primary provider if emergency treatment was necessary and follow-up care is needed
- ✓ report changes that may affect your coverage, including change of address, birth of a child, death, marriage, or divorce

Qualifying for Medicaid

There are different types of Medicaid programs and several different ways to qualify. If you are disabled, have an income of less than \$395 per month, and have less than \$2,000 in resources (one car and the house/condo that you own and live in are exempt), Medicaid will pay for all covered medical expenses incurred on or after the date of eligibility.

Disabled individuals with higher incomes are expected to pay a proportionately larger share of the medical bills before Medicaid will kick in. This is called DEDUCTIBLE. Medicaid will not pay the medical bills that were incurred before the date you were found eligible. In some cases, it is possible that the eligibility date can be backdated three months prior to your application.

If you do have unpaid medical bills which were incurred in the 3 months prior to your application, ask your DHS worker for Retroactive Medicaid. In any case, keep copies of all your medical bills, paid or not, and take them with you when you apply. Even when Medicaid will not pay some of these bills, they may give you credit for them when your income is more than \$395 per month. More about all this in the section on **Deductible**.

The easiest way to qualify for Medicaid is to qualify for one of the financial assistance programs. If you're eligible for SSI, then you're eligible for Medicaid. If you applied for SDA (see the section on **Benefits**), then you should have requested Medicaid at the same time. It's all part of the same paperwork and interview.

If you get Medicaid, it will usually continue as long as you get SSI. If your SSI stops because you begin earning too much money, you can often keep getting Medicaid as long as the following are true:

- You continue to be disabled or blind under SSI rules
- You can't pay your medical bills without Medicaid

If you have AIDS and went straight to the Social Security office or called in a claim for SSI, and you are eligible, then the Social Security office will tell the state via computer. The state will then send you a Medicaid "MIHealth" card. The problem is that this process can take weeks.

If you, like most people, need your Medicaid "MIHealth" card as soon as possible, you have two choices: (1) go down to the DHS office, and go through the application process we described in the section on BENEFITS or (2) wait the four to six weeks for Social Security to send you an SSI Award Letter. Send a copy, or better yet, carry your Award Letter to the local DHS office.

Managed Care Medicaid

Managed Care is now a part of Medicaid. All Medicaid recipients, except those listed below, must enroll in Managed Care and choose an HMO. Each plan offers one provider (doctor or medical group) to provide or arrange for all of your medical care; a provider location near you; 24-hour, year-round service; and Medicaid-covered services. You do not have to join a managed care health plan if you also get Medicare.

You **cannot** join a health plan if you:

- live in a licensed nursing facility
- are receiving ABW/AMP or Medbasic
- must meet a monthly "deductible" amount
- are receiving Home and Community Based Services (Medicaid funded home care)
- receive both Medicaid and Medicare

You can ask for an exception if you have a serious medical condition and your provider is not part of a Medicaid health plan. If you believe that you qualify for an exception call Michigan Enrolls 888-367-6557 to ask for an Exception Request form.

You choose the HMO that is best for you. If you don't, one will be assigned to you. Sometimes you can get a referral from your assigned doctor to see the provider you wish to see. If you have questions or want to make a change in your plan, call Michigan Enrolls 888-367-6557. If you have additional questions or problems, call your case manager or the DHS HIV/AIDS Advocacy Services Coordinator 877-342-2437.

DEDUCTIBLE / MEDICAID SPENDDOWN

Most people have to deal with Deductible when they switch from SSI to Social Security Disability. If your income is \$908 a month or less, then you qualify for Medicaid automatically,

without going through the Deductible process. But if your monthly income is more than \$908, the state wants you to spend more of your money on medical bills before they are willing to spend theirs. This is called Deductible. Many people think that Deductible is some type of mystical maneuver beyond comprehension. But it isn't. It's actually a straightforward, even simple, formula that can work for you.

Deductible works something like an insurance deductible. As soon as you can show that you have incurred (not necessarily paid) medical bills that surpass the amount of your "excess" income, Medicaid starts paying. If your income is \$908 or more a month, then your "excess" income is the difference between \$395 and whatever income you have that is more than \$908 per month. This is your monthly Deductible amount. RELAX! You're not the one who needs to figure this stuff out. DHS will do it for you.

All you do is save each and every medical bill that Medicaid has not paid. This includes doctor and dental, prescriptions, and the premium bills for your private insurance. Your case manager or DHS social worker can help you with the details. Save your bills.

You can also meet your monthly Deductible amount in 2 other ways:

1) If you have old medical bills that you are still responsible for from a time prior to when your Medicaid started, even if they are from years ago and from out of state, they can be used to meet your current Medicaid Deductible.

2) If you need help with daily living activities, such as housekeeping, meal preparations, errands, and you pay someone to do these things for you, the amount you pay can be used to meet your monthly Deductible.

ADULT BENEFITS WAIVER / ADULT MEDICAL PROGRAM (ABW/AMP)

If you were receiving State Disability Assistance (prior to July 2004), then you automatically had medical coverage under the ABW/AMP. If you were not disabled and therefore did not qualify for Medicaid, but had an income at or below \$269/mo (less than \$540/month gross earned income) or no income at all, you may have qualified for the ABW/AMP. As of November, 2010, no open enrollment is available for this program.

ABW/AMP medical coverage consists of doctor visits, prescription coverage, laboratory services (including blood tests like CD4 cell count tests), hospital services, medical supplies, emergency ambulance transportation and radiology services. If you qualify for the ABW/AMP, then you will receive a green plastic "MIHealth" card.

If you are a Wayne County resident and receive ABW/AMP, you will receive all of your medical coverage under Wayne County's Patient Care Management System, also known as MedBasic. With MedBasic, you are covered under an assigned HMO and you must use the doctors and pharmacies that are part of your assigned, specific HMO. Call MedBasic with questions you may have regarding their program at 313-833-3450.

If you have questions about coverage or how to qualify, call the DHS HIV/AIDS Advocacy Services Coordinator at 313-456-1678 or 877-FIA-AIDS (342-2437) or your case manager.

CHAPTER 18: LEGAL ISSUES

People living with HIV face many issues, and legal problems can occur in unexpected ways such as confidentiality violations, or discrimination in housing, employment and accessing services or care. HIV also complicates issues relating to families, such as child custody and visitation; dating, such as disclosing HIV status prior to intimate contact; financial matters such as disability benefits and credit problems; and estate planning including health care and end-of-life decisions. There are ways to plan ahead to avoid legal problems before they occur.

MAKING CHOICES

A lawyer can create documents to help you make and explain your choices about your care and treatment in the event that you are not able to speak for yourself. Three of the most important documents are:

- Durable Power of Attorney for Financial Matters
- Durable Power of Attorney for Health Care (also called Designation of Patient Advocate)
- Wills

POWER OF ATTORNEY

A **Power of Attorney** is a document that gives someone permission to act for you in some particular way.

A **Durable Power of Attorney** is one that continues to be valid even if the signer becomes disabled, and it is smart to write them so they have no value until you become disabled. This means that you can give someone permission to act for you, but only if you can't act for yourself. The Power of Attorney expires at death, since it is really just permission for someone to act as you would (and if you have died, you cannot "act".)

A **Power of Attorney for Financial Matters** can be used to sell or lease your property or conduct other transactions on your behalf. It is not necessary to make deposits to your bank account, and actually most banks have their own forms that they want you to use if you give someone else access to your account. Speak with your bank branch manager about this before you give someone else your ATM card and PIN number.

DESIGNATION OF DURABLE POWER OF ATTORNEY FOR HEALTH CARE OR PATIENT ADVOCATE

A **Durable Power of Attorney for Health Care** lets you specify whom you want to make medical decisions for you. The person you name is called your **Patient Advocate**. The authority that you give to your Patient Advocate is very important and should be carefully considered, because they could end up making decisions with your doctors that could end your life.

WILL

A **Will** allows you to specify who is to receive your property, who is to serve as your personal representative (formerly known as executor), and who you wish to appoint as guardian for your children under age 18. While Michigan law allows you to create a will without a lawyer, the process of discussing your options with a lawyer is often very valuable.

Making these and other choices clear now may seem difficult and uncomfortable, but by working with a lawyer you can take steps to protect yourself and your rights later.

CONFIDENTIALITY

Michigan law protects the confidentiality of HIV status. A person's HIV status (positive or negative) may not be disclosed without their express, written permission unless one of a very few number of exceptions applies. Even an accidental or inadvertent disclosure violates the law.

If you have a feeling that someone is talking about your HIV status, begin taking notes. Keep a record of what you find out, when you learn it, who you think is doing the talking, who told you it was happening, and what reasons someone may have for revealing your HIV status. You want to have as much information as possible to explain why you have the idea that someone is talking about you.

If someone does reveal your HIV status, you can file a police report and perhaps have them arrested, because it is a misdemeanor. If you call the police and they do not know about the confidentiality law, ask them (nicely) to look it up in their Warrant Book: the number of the law is Michigan Compiled Law (MCL) section 333.5131.

You can also sue the person who revealed your status. If the person who talked about your status learned it while doing their job, you may be able to sue their employer.

If you don't want to get the police involved, and you don't want to file a lawsuit, you can still inform the person that they are breaking the law. Talk to a lawyer familiar with HIV laws about sending a letter that asks the person to stop talking about your status.

Just like you have the right to confidentiality, you also have the obligation not to reveal someone else's HIV status. Be careful to protect the HIV/AIDS status of any friends, acquaintances, and/or fellow committee or support group members.

Methods for Service Providers to Prevent Breaches of Confidentiality

- Always obtain a release from the individual before disclosing any information. The release must be in writing and be specific as to HIV/AIDS.
- Don't mark or distinguish HIV client files from other files.
- Don't discuss a client outside the office where someone may overhear you.
- When calling and leaving a message at a client's home or workplace, don't leave the name of your organization if the name includes HIV or AIDS or if your organization exclusively represents PLWH unless the client has given prior written approval to do so.
- The organization should have a caller ID block so its name will not appear on the client's phone call list or ID box.
- Be careful when mailing things with the organization's name on the outside of the envelope.
- When faxing information, arrange for someone to be on the receiving end so that confidential information is not lying around.
- When a record of a person's HIV status must be kept, limit the number of persons with access to the absolute minimum number of people and keep the information absolutely secured.
- Do not send e-mails that identify a person and disclose the person's HIV status. Instead send one e-mail that discloses HIV status without disclosing the person's identity. Then

- send a second e-mail identifying the person.
- Do not discuss client information on a portable or cell phone. The conversation can be monitored by anyone with the right equipment.

EMPLOYMENT

HIV-positive employees are becoming more numerous as more people are remaining healthy or regaining their strength, thanks to new medical therapies. The Americans with Disabilities Act (ADA) requires employers to make reasonable accommodations to people with disabilities, as does Michigan's Persons with Disabilities Civil Rights Act (PDCRA).

You cannot be denied employment or a job promotion because of your HIV status, or because your employer is worried that you will get sick or have attendance problems. And even if your health may increase your employer's health insurance rates, refusing to hire you is unlawful.

Interviewing

If you are sick and cannot perform the essential parts of a job adequately, then it is legal for an employer to decide not to hire you. But an employer cannot ask you if you are disabled, or what your disability is, or what your HIV status is, during an interview. An employer can ask you if you are able to handle the essential parts of the job with some reasonable accommodation or change, but you do not have to disclose your HIV status to answer that question.

Working

Once you are employed, you may need to modify your job or workstation to accommodate changes in your health. These changes are called reasonable accommodations, and you must ask your employer in writing to provide them. You are allowed to suggest a particular change or accommodation, and your employer is allowed to disagree or make a different suggestion. If the changes you request are "unduly burdensome" then the employer may not have to cooperate. The employer is not allowed to learn your diagnosis, as long as you say in writing that you are "a qualified individual with a disability." It may be helpful to ask your doctor to write a note confirming that you do have a disability that requires some changes in your job, but your doctor should not disclose your HIV status. Being HIV-positive is only relevant in a very few jobs such as surgeon, so contact a lawyer for advice before you disclose your HIV status to your employer.

DISABILITY BENEFITS

The Social Security Administration (SSA) is the federal agency that administers programs for retirement, and for people with disabilities. The programs that are most often involved for people with HIV are:

- Social Security Disability Insurance Benefits (SSDI) are available if you have paid payroll taxes for five out of the last ten years. Your finances are not considered. Medicare health insurance starts 24 months after the date you became disabled under Social Security's rules. For more information see section **Social Security Disability Benefits (SSDI)**.
- Supplemental Security Income (SSI) is available if you are disabled and have resources worth less than \$2,000 (not including a house, furnishings or a car). Your work history is not considered. Medicaid starts quickly. For more information, see section **Supplemental Security Income (SSI)**.

You have the right to have a lawyer represent you. A lawyer's help is not essential, but national statistics show that people represented by attorneys are successful more often, and faster. Not all attorneys practice in all areas of the law, and Social Security procedures are complicated. For legal problems related to HIV/AIDS, it is often especially important to talk to experienced lawyers who understand HIV.

Conclusion

Michigan law says that information about HIV and AIDS status is confidential. The stigma that people living with HIV/AIDS continue to face explains why this law is necessary, and why it is so important to obey it. Information about someone's HIV status can cost them their family, job or home if it is disclosed improperly, even accidentally

FREE LEGAL RESOURCES

Lakeshore Legal Aid of St Clair County

www.lakeshorelegalaid.org
21885 Dunham Rd, Suite 4
Clinton Township, MI 48036
888-783-8190 or 586-469-5907

Offers legal counseling and representation, community legal education, and seminars for low-income citizens and senior citizens.

Michigan Legal Aid Resources

<http://www.michiganlegalaid.org/findOrgAll>

This website lists legal resources throughout the state.

Michigan Protection & Advocacy Service (MPAS)

www.mpas.org
29200 Vassar Blvd Ste 200
Livonia, MI 48152
248-473-2990 or 800-414-3956

MPAS promotes, expands and protects the human and legal rights of people by providing advocacy and information to people with disabilities in the state of Michigan.

Macomb County Bar Association

Lawyer Referral Services

www.macombbar.org
586-468-8300

****Neighborhood Legal Services Michigan (NLSM)***

www.nlsmichigan.org
104 Lothrop Rd Ste B
Detroit, MI 48202
313-874-5820

NLSM offers non-criminal legal advocacy, law-related education and supportive services for individuals and families. Abused or homeless persons, children, people with life-challenging

illness, and seniors who qualify receive services free of charge. Workers and retirees may also qualify to receive reduced fee non-criminal services. HIV services include free legal assistance with wills, power of attorney, patient advocate documents, and appeals for benefit denials.

***Oakland County Bar Association
Lawyer Referral Service***

www.ocba.org
248-338-2100

United Community Housing Coalition

www.uchcdetroit.org
220 Bagley, Suite 224
Detroit, MI 48226
313-963-3310

Provides comprehensive housing assistance to Detroit's low-income residents. Also provides legal assistance on landlord-tenant issues, has a property tax foreclosure prevention program, and assists in community organizing to obtain repairs and improve housing conditions in their community.

LOW COST LEGAL RESOURCES

Detroit Legal Services

www.detlegalservices.com
313-673-5472
Attorney: Joshua Moore

HIV/AIDS Project provides legal representation when appealing a denial for Social Security benefits and does not ever charge expenses and only accepts the statutory fee from the Social Security. In addition, they provide advocacy that the other law firms do not provide. You will never be charged for a phone call, copies, travel expenses, or any other charges associated with your case, only the 25% statutory fee awarded by Social Security. There is never a fee if you do not win! Each client is assigned a case advocate who works to gain the resources you need to survive until the Social Security benefits are won. Other services offered include criminal defense, debt management/counseling, personal injury law, no fault auto, contract disputes, landlord/tenant disputes, general civil litigation, character and fitness investigations, and estate planning.

Marc J Shefman, Attorney/Counselor at Law

www.detroitdisability.com
1700 W. Ten Mile, Ste 150
Southfield, MI 48075
248-298-3003 or 248-298-3001
Fax: 248-559-7710

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CHAPTER 19: EMOTIONAL / SPIRITUAL SUPPORT

SUPPORT GROUPS

There are many support groups available to those infected and affected by HIV/AIDS. Support groups are happening all over the Metro Detroit area and throughout the state of Michigan. Family and friends of people with HIV/AIDS may also be welcomed. It can help to talk with some folks who share what you're going through. And group time is not always serious. You can also find good humor as well as a very useful exchange of information and ideas about things that can make life a little easier.

The following are names of groups or organizations you can call to find out about support groups. Times, days and formats may change from time to time, so it's best to call the organization to get the most current information.

*APM (AIDS Partnership Michigan)	313-446-9800 or 800-515-3434
Affirmations (Gay and Lesbian)	248-398-7105 or 800-398-GAYS
*CHAG (Community Health Awareness Group)	313-963-3434
*Children's Hospital	313-966-0123
Detroit Recovery Project	313-579-5462 or 313-876-0773
Gilda's Club (Cancer)	248-577-0800
*HARC (HIV/AIDS Resource Center) (Washtenaw County)	734-572-9355 or 800-578-2300
*Higher Ground HIV+ Holistic Support Group	586-427-1259
*Horizons Project / Children's Hospital (HIV+ youth 13-24)	313-924-9493
Jewish Family Service (JFS)	248-592-2300
Latino Family Services (LFS)	313-841-7380
MAC (Michigan AIDS Coalition)	248-545-1435 or 888-A- CONDOM
OLHSA- Long Term Survivors Group	248-209-2676
*Open Arms (call MAC for current information)	248-545-1435
P-FLAG (Parents & Friends of Lesbians & Gays)	313-585-5656 or 248-656-2875 or 734-783-2950
Renaissance Unity (Warren) www.renaissanceunity.org	586-353-2300 or 800-758-3055
*Visiting Nurse Association (VNA)	800-882-5720 (ask for HIV program)

*** = HIV specific groups**

Wings

<http://www.wingsmi.org>

PO Box 627

Royal Oak, MI 48068

586-219-9744

Contact: Tom Russo info@wingsmi.org

Support groups, workshops, social events, retreats for those affected by HIV. Wings offers a weekly support group in Ferndale and social opportunities throughout the Detroit area. They also offer retreat and get-a-way opportunities at Wings Over the Lake in Applegate, Mi.

SPIRITUAL/HOLISTIC SUPPORT

Gospel Against AIDS (GAA)

www.gospelaa.org

2751 E Jefferson Ave Ste 301
Detroit, MI 48207
313-341-5989

A three component program that provides AIDS 101 training, technical assistance and outreach, and referral services to communities of faith. Monthly open door prayer services are offered as well. Contact directly for more information.

Higher Ground HIV+ Holistic Support Group

www.hghiv.org

Contact: Rick Henning at 586-427-1259 or Karen Costley at 248-543-5954

Yoga classes every Thursday evening, 6:30-7:30pm. Weekly Men's and Women's Support Groups. The second Friday of every month is "Evenings Out at Menjos", \$5 entry, 70 and 80s music, two free drinks, 7-9pm. Contact directly for more information.

LISTEN (Like-minded Individuals Sharing Time Encouraging Neighbors)

St John Detroit Riverview Hospital, Pastoral Care Team
7733 E Jefferson Ave
Detroit, MI 48215
313-499-4674

This telephone spiritual support service serves people coping with HIV/AIDS by connecting them with spiritual leaders. Call the Chaplain for information on participating spiritual leaders.

LESBIAN/GAY/BISEXUAL/TRANSGENDER (LGBT) RESOURCES

Affirmations

www.goaffirmations.org

290 W. Nine Mile Rd.
Ferndale, MI 48220
248-398-7105 ext 227 or 800-398-GAYS (4297)
Contact: Cass Varner, cvarner@goaffirmations.org
Kim Knope ext 226 – Support Groups
London Belle ext 218 – HIV Testing

Affirmations offers an array of programs and services for people along the continuum of sexual orientation and gender identity. These include civic engagement, counseling services, discussions and support, families, art gallery, health services, information and resources, older adults, social and recreational activities, and youth services. \$10 per year Student membership, \$35 per year General membership. Counseling and Testing, NA, AA free of charge.

DETROIT LATIN@Z

www.detlatz.org

290 W. 9 Mile Rd.
Ferndale, MI 48220

248-398-7105

Contact person: Reynaldo Magdaleno

Email: ramagdaleno@gmail.com

Bi-lingual coming out resources, health education, literature and social support. Services open to all, but organized for LGBT Latinos/Latinas. Social support activities are conducted in both Southwest Detroit and Oakland County.

PrideSource

www.pridesource.com

PrideSource offers an online Yellow Pages of LGBT friendly goods and resources.

Ruth Ellis Center

www.ruthelliscenter.com

77 Victor St.

Highland Park, MI 48203

313-252-1950

Second Stories: 313-867-6936

Ruth Ellis operates three programs. Second Stories is a street outreach and drop-in center serving youth 14-24, and includes literacy-assistance. Youth are matched with a tutor to assist with reading skills. Ruth's House has two residential programs serving LGBTQ youth in need of safe and supportive living conditions. The transitional living program serves young adults 16 to 21. Young people 12 to 17 are served through a semi-independent living program (18 months).

CHAPTER 20: MENTAL HEALTH COUNSELING

24 HOUR CRISIS LINES

Mental health counseling is available for people with HIV infection. It is best to contact your case manager, as services may have certain eligibility criteria or require a referral. If you need immediate assistance, contact the 24-hour crisis line in your area.

Wayne County	313-224-7000
Oakland County	800-231-1127
Macomb County (will accept collect calls).....	586-307-9100
Monroe County	800-423-1958
St. Clair, Lapeer, Sanilac Counties	888-225-4447
Michigan AIDS Hotline	800-872-2437
Email: info@aidspartnership.org	

COUNSELING SERVICES

* = Ryan White funded Mental Health provider

** = Designates HIV friendly program

****, ** AIDS Partnership Michigan (APM) / Behavioral Health Services***

www.aidspartnership.org

2751 E Jefferson Ave Ste 301

Detroit, MI 48207

313-446-9800

Provides Ryan White funded short-term mental health counseling for HIV+ individuals, either in-home or at APM, on a sliding scale fee basis, to assist them with depression and anxiety frequently associated with HIV and issues related to coping with HIV diagnosis. Call APM directly.

ACC (Arab American and Chaldean Council)

www.myacc.org

ACC – Warrendale Clinic

16921 W Warren Ave

Detroit, MI 48228

313-581-7287

Psychiatric services. If no insurance, the cost is \$10 or according to ability to pay. Languages spoken include Arabic and Chaldean.

American Indian Health & Family Services (AIHFS)

www.aihfs.org

4880 Lawndale St

Detroit, MI 48210

313-846-3718

Provides mental health and substance abuse counseling services to primarily the Native

American community of Southwest Detroit.

Cabrini Clinic

www.cabriniclinic.org

1234 Porter St

Detroit, MI 48226-2407

313-961-7863

Adults are seen by appointment only. Please call 313-961-7863 for an appointment.

****, ** Care First Community Health Services***

www.care-first.org

8097 Decatur St.

Detroit, MI 48228

313-846-5020

Fax: 313-846-3468

A community-based counseling facility serving individuals with substance addictions, HIV and co-occurring disorders. Mental health services are offered to help with the emotional issues and stressors related to HIV infection. Also provides a residential program for women that are HIV Positive (First Care Place), homeless, and children from infancy to 14 years. Services include Ryan White funded individual, group and family therapy. Anger management, parenting and domestic violence classes are also offered.

Community Care Services

www.comcareserv.org

26184 West Outer Dr

Lincoln Park, MI 48146

313-389-7525

Provides outpatient substance abuse and mental health counseling to "severe and persistent" mental illness (SPMI) patients of all ages.

*****DMC/ WSU HIV/AIDS Program***

www.drhuhc.org

Infectious Disease Clinic - UHC

3750 Woodward, Suite 200

Detroit, MI 48201

313-745-9035

Provides outpatient substance abuse and mental health counseling to HIV positive individuals. Call for more information.

****, **Health Emergency Lifeline Programs (HELP)***

www.helpoffice.org

1726 Howard St

Detroit, MI 48216

313-832-3300, help@helpoffice.org

Serves HIV+ clients throughout the Detroit Metropolitan Area.

Hospice of Michigan (HOM)

www.hom.org
400 Mack Ave
Detroit, MI 48201
888-247-5701

Provides support groups and one-on-one grief and bereavement counseling for HIV infected and affected persons.

****Horizons Project-Children's Hospital of Michigan**

<http://peds.med.wayne.edu/horizons>

3901 Beaubien St.
Detroit, MI 48201
313-924-9493; 966-0123
Contact: Nikki Cockern

Serves HIV+ youth ages 13-24 throughout the Detroit Metropolitan Area.

Jewish Family Service of Metropolitan Detroit (JFS)

www.jfsdetroit.org

25900 Greenfield Rd Ste 405
Oak Park, MI 48237
248-592-2326

Offers counseling and case management. Call for an appointment. Accepts most insurance, but not Medicaid or HAP.

Macomb County Community Mental Health

www.macombcountymi.gov/communitymentalhealth

22550 Hall Rd
Clinton Twp, MI 48036
586-948-0222 (Access Center)

Provides ongoing care to persons diagnosed with mental illness and on straight Medicaid. Must reside in Macomb County.

Monroe County Community Mental Health

www.monroecmha.org

1001 South Raisinville Rd
PO Box 726
Monroe, MI 48161
734-243-7340 or 800-888-7340

Provides outpatient-counseling services for developmental disabilities, child and family issues, crisis and mental health for adults. Call for more information. Must reside in Monroe County.

*** **Simon House**

17300 Burgess
Detroit, Michigan 48219
Shelter: 313-537-5518
Phone: 313 531-3400, simonhouse88@yahoo.com

Provides Ryan White funded individual and group therapy for women.

****, ** University Psychiatric Center (UPC) – Children’s Hospital of Michigan (CHM)***

www.med.wayne.edu/psychiatry

3901 Beaubien St 4th Floor

Detroit, MI 48201

313-745-4878 or 888-362-7792

UPC at CHM provides free Ryan White funded outpatient mental health counseling for HIV+ children, adolescents, and young adults up to age 24 to assist them with depression and anxiety frequently associated with HIV and issues related to coping with HIV diagnosis. Call directly for more information.

****, ** University Psychiatric Center (UPC) – Jefferson Research Clinic***

www.med.wayne.edu/psychiatry

2751 E Jefferson Ave

Detroit, MI 48207

313-577-1905 or 888-362-7792

Contact: Tina McCants

UPC – Jefferson Research Clinic provides Ryan White funded outpatient mental health/substance abuse services to HIV adults. Individual and group psycho-therapy, psychiatric care, and financial assistance with psych meds. Bus tickets and gift cards are offered to assist with treatment compliance. Can provide neuropsychological evaluations for dual diagnosed clients. Clients must be HIV positive, have mental illness or a history of mental illness, and be under-insured or uninsured. Clients must be able to provide proof of HIV status, income, insurance, valid picture ID, and a Social Security card.

***** University Psychiatric Center (UPC) – Livonia***

www.med.wayne.edu/psychiatry

Newburgh Professional Park

16836 Newburgh Rd

Livonia, MI 48154

734-464-4220

UPC – Livonia provides outpatient mental health for children, adolescents and adults. Also provides substance abuse services. Call directly for more information.

****, ** Visiting Nurse Association of Southeast Michigan (VNA)***

www.vna.org

In-Home HIV/AIDS Mental Health Program

25900 Greenfield Rd Ste 600

Oak Park, MI 48237

800-882-5720

VNA provides free Ryan White funded in-home mental health counseling for HIV+ persons to assist with depression and anxiety frequently associated with HIV and issues related to coping with HIV diagnosis. Services consist of a psychiatric evaluation/medication management if necessary, and therapy provided by psychiatric nurses and social workers. Call 800-882-5720, 8 am to 5 pm, Monday through Friday, and ask for the Case Manager of the day.

Private Practice therapist

**** Stephanie Williams, Ph.D., L.P.**

217 S. Knowles St.

Royal Oak, MI 48067

248-259-1991

Is a Licensed Psychologist with a private practice that focuses on treating those living with HIV. Has extensive knowledge about HIV/AIDS and has worked with infected clients for the many years. Accepts Medicare and most other insurances.

CHAPTER 21: ADDICTION / CHEMICAL DEPENDENCY

NEEDLE EXCHANGE PROGRAM

Life Points

Community Health Awareness Group (CHAG)

www.chagdetroit.org

1300 W. Fort St

Detroit, MI 48226

313-963-3434

Contact: Craig Miller

If you are an injecting drug user and do not want to spread your HIV infection through needle sharing, you can receive clean needles through Life Points syringe exchange program. You must register for the program, and you must turn in a dirty needle to receive a clean one. Needle exchange operates through mobile outreach sites throughout Detroit and surrounding areas. Call the program directly for sites and times.

ADDICTION SUPPORT GROUPS

For alcohol and drug treatment, a number of options available to you, including inpatient, outpatient, and/or residential treatment. Alcoholics Anonymous and Narcotics Anonymous meetings are offered in many locations to help maintain sobriety after completed treatment.

Alcoholics Anonymous (AA)

www.aa.org

www.aa-semi.org

313-831-9646, AA General Services of Southeast Michigan

Narcotics Anonymous (NA)

www.michigan-na.org

248-543-7200, NA Hotline

REGIONAL SUBSTANCE ABUSE COORDINATING AGENCIES

If you have private insurance through an HMO, you must contact your HMO provider directly (the number to call should be on the back of your insurance card) for a referral to a substance abuse treatment program. Do not go through the resources below.

Detroit Department of Health and Wellness Promotion (DHWP)

Bureau of Substance Abuse

<http://www.detroitmi.gov/Treatment/tabid/991/Default.aspx>

1151 Taylor St.

Detroit, MI 48202

800-467-2452 24-hr access line to schedule an appointment

Provides substance abuse assessments and referrals for drug treatment for Detroit residents. You can access assistance 24 hours a day by calling 800-467-2452 to schedule an appointment. You may walk-in Monday through Friday from 7am to 5pm if you prefer (you will need to do this if you have an opiate addiction) and go through **Access Management Systems**

(AMS). If you are interested in substance abuse treatment and have straight Medicaid, ABW/AMP, or if you have no insurance, you must go through AMS for a treatment referral. Bring a valid State of Michigan ID, Social Security card, and current Medicaid card (if applicable). If you do not have the required identification, you may be able to use other forms of ID. Referrals for treatment are provided on a first come, first serve basis.

Macomb County Community Mental Health, Office of Substance Abuse Services

www.macombcountymi.gov/communitymentalhealth

22550 Hall Rd

Clinton Twp, MI 48036

586-948-0222 (Access Center) or 586-541-2273 (Substance Abuse Access)

If you are interested in accessing publicly funded substance abuse treatment services, you must go through **CARE** (see below) first.

Community Assessment Referral and Education (CARE)

www.careofmacomb.com

31900 Utica Rd

Fraser, MI 48026

586-541-0033

Provides substance abuse assessments for Macomb County residents with no insurance and no way to pay for treatment. Also offers parenting classes for \$30 a person for 8 weeks, as well as nurturing classes for \$30 a person for 9 weeks.

Oakland County Health Division, Office of Substance Abuse Services (OSAS)

www.oakgov.com/health/program_service/sas_about.html

250 Elizabeth Lake Rd Ste 1550

Pontiac, MI 48341-1034

248-858-5200 or 888-350-0900 ext 85200

Serving: Oakland County

OSAS is an administrative unit responsible for the establishment of and maintenance of a network of substance abuse treatment and prevention programs. The office provides information, consultation, and technical assistance to organizations and individuals on substance abuse prevention treatment issues, funds various prevention projects and activities, publishes a newsletter, and offers various other services. Treatment referrals/placements for adults and adolescents are made through PACE (Prior Authorization/Central Evaluation) unit.

PACE Intake Unit

www.oakgov.com/health/program_service/osas/osas_pace.html

250 Elizabeth Lake Rd Ste 1570

Pontiac, MI 48341-1034

248-858-5200 or 888-350-0900 ext 85200

Referral service for Substance Abuse only in Oakland County.

St. Clair County Community Mental Health

<http://www.thumballiance.org/thumballiance/whoweare/substanceabusecoordinatingagency>

Thumb Alliance Prepaid Inpatient Health Plan

3111 Electric Ave.

Port Huron, MI 48060-5416
810-987-5300 Health Department
810-985-8900 Mental Health Department, jjohnson@scccmh.org
Serving: Lapeer, Sanilac and St Clair Counties. For low-income individuals on Medicaid or who qualify for other public insurance plans who need mental health or substance abuse treatment, contact the Community Mental Health (CMH) Crisis Line at 888-225-4447.

Southeast Michigan Community Alliance

www.semca.org/sas.htm
25363 Eureka Rd.
Taylor, MI 48180
800-686-5643

SEMCA funds a full range of treatment services to under-insured and Medicaid recipients residing in Wayne [excluding the city of Detroit] and Monroe counties. Specialty funded programs include: screening, assessment, referral and follow-up, outpatient treatment, detoxification programs, day treatment programs, case management, intensive outpatient, methadone therapy and residential treatment. Services are provided to clients with specialized needs including pregnant women, injecting drug users or parents whose children have been or are in danger of being removed from the home because of substance abuse. To access services 24 hours a day, contact SEMCA's Access Management System at 800-686-6543. A referral will be made to a program that fits your treatment needs.

TREATMENT PROGRAMS

Different treatment programs have different procedures based on the program and on your insurance. These programs allow direct referrals and do not require a referral from AMS or a regional substance abuse coordinating agency.

Community Care Services (Lincoln Park)

www.comcareserv.org
26184 W Outer Dr
Lincoln Park, MI 48146
313-389-7500

Offers adult intensive outpatient treatment.
Call for more information.

Community Care Services (Taylor Unit)

www.comcareserv.org
26650 Eureka Rd Ste A
Taylor, MI 48180
734-955-3550

Intensive outpatient treatment for women.
Call for more information.

Conner House (Eastwood's)

11542 Conner St
Detroit, MI 48205
313-923-6830

Provides long-term residential care, group therapy, and individual therapy for men 18 and up. This is a 3/4 house for recovering substance using men. Monthly rent is based on ability to pay.

Detroit Hispanic Development Corporation (DHDC)

www.dhdc1.org
1211 Trumbull St
Detroit, MI 48216
313-967-4880

Provides individual, group and family outpatient counseling for low income and uninsured adults and youth referred for substance abuse issues. Also provides GED program for all ages. Each client participates in individual and group counseling sessions. Bilingual education and direct services are available.

****DMC/ WSU HIV/AIDS Program**

www.drhuhc.org

Infectious Disease Clinic - UHC

3750 Woodward, Suite 200

Detroit, MI 48201

313-745-9035

Provides outpatient substance abuse and mental health counseling to HIV positive individuals. Call for more information.

Guiding Light Sober Living

www.guidinglightsoberliving.com

8050 Nuernberg St.

Detroit, MI 48234

313-365-1899

Contact: Anita Lester

Provides substance abuse counseling geared for gay/bi-sexual/transgender men and women.

**John D Dingel Veteran Affairs Med Ctr
Chemical Dependence Treatment Services**

<http://www.detroit.va.gov>

4646 John Road

Detroit, MI 48201

Intakes: 313- 576-1000x4906 Hotline: (888) 555-3456

Services provided include substance abuse treatment, detoxification, methadone maintenance, methadone detoxification, buprenorphine Services. Hospital inpatient, outpatient, and partial hospitalization/day treatment are available. Persons with co-occurring mental and substance abuse disorders are treated. Self payment, Medicare, private health insurance, and military insurance (e.g., VA,TRICARE) are accepted.

Latino Family Services (LFS)

<http://www.latinofamilyservices.org>

3815 W Fort St

Detroit, MI 48216

313-841-7380

Provides outpatient and intensive outpatient substance abuse counseling, and free walk-in clothing room. Call for more information.

Mariner's Inn

www.marinersinn.org

445 Ledyard St

Detroit, MI 48201

313-962-9446

Contact: Ed Gardner for Mariner's Inn Extended Residential (MER) program

Mariner's Inn provides 30-90 day residential substance abuse treatment and transitional housing to homeless men. Admission is voluntary and the client must be 18 years or older and sober before admission. We approach treatment in a holistic fashion with the goal of treating the entire person. Our program includes: case management; individual therapy; group therapy; dual diagnosis therapy; community mental health agency referrals; didactics; literacy assessment and assistance; GED assistance; vocational assessment and referral; recreation; mentorship through our Alumni Program; family education through our Strengthening Families Program; and referrals for transitional or permanent housing. The Inn also has an MER program for clients that are disabled or are on psychotropic meds. After treatment, can be reassessed and stay two years or more. Contact the Inn or your case manager for more information.

Pine Rest Hispanic Rehabilitation Program/El Programa de Rehabilitación Hispano

300 68th Street SE

Grand Rapids, MI 49548

616-281-0061

The Hispanic Rehabilitation Program is a unique residential substance use disorder treatment program designed to provide treatment in an environment that honors and respects all Hispanic/Latino cultures. The 45-90 day program provides 24-hour residential treatment for Hispanic/Latino adults with substance use and/or co-occurring disorders. All staff members are bilingual to meet the needs of the Hispanic/Latino population.

The program, the only one of its kind in Michigan, is available to all Hispanic/Latino men and women at least 17 years of age suffering from substance abuse, but not in need of medical detox. Persons entering the program must be physically stable, or if dually diagnosed, stabilized on medication. They must also willingly commit to self recovery as a primary focus.

The 12-bed program is located at Pine Rest's main campus.

Quality Behavioral Health

751 East Grand Blvd.

Detroit MI 48207

313-922-2222

8613 West Vernor

Detroit MI 48209

313-922-2222

Substance abuse treatment services for men & women. Services provided include substance abuse treatment, detoxification.

Sacred Heart Rehabilitation Center

www.sacredheartcenter.com

400 Stoddard St

PO Box 41038

Memphis, MI 48041-1038

810-392-2167 or (Toll-free) 888-802-7472

Provides detoxification services, residential treatment facility with services including admission & assessment, medical care, individual & group counseling, family education, outpatient services and follow up care in Detroit, Warren and out-county locations, women's specialty

services offering long-term residential treatment for women with children or pregnant and supportive independent living, HIV/AIDS care services.

Salvation Army Harbor Light

www.usc.salvationarmy.org/usc/www_usc_detroit1.nsf

3737 Lawton St
Detroit, MI 48208
313-361-6136

3580 S. Custer
Monroe, MI 48161
734-241-0440

42590 Stepnitz
Clinton Township, MI 48036
586-954-1838

Offers detoxification, residential, and outpatient treatment to men and women. You may contact the agency directly. You need a picture ID and a social security card for admission. The Monroe center offers the only day treatment program in the state for deaf and hard of hearing clients. The Macomb location also offers transitional housing. In addition, the Ellen A. Thompson Center (location not disclosed), serves pregnant women with domicile available at the Evangeline Center.

Salvation Army Adult Rehabilitation Centers

www.semichigan.satruck.org

1627 West Fort Street
Detroit, MI 48216

5931 Middlebelt Rd.
Romulus, MI 48174

Each center offers residential housing, work, and group and individual therapy, all in a clean, wholesome environment. The physical and spiritual care that program participants receive prepares them to re-enter society and return to gainful employment. Many of those who have been rehabilitated are reunited with their families and resume a normal life. A long-term commitment of at least six months is required. Applicants with a desire to get help may be referred by families, friends, courts, clergy and community leaders or may simply call the Intake Office at 800-SA-TRUCK (728-7825) to make an appointment or get more information about local ARC programs.

Self Help Addiction Rehabilitation Men's Program (SHAR MP)

<http://www.sharinc.org/>

1852 W Grand Blvd
Detroit, MI 48208
313-894-8444

SHAR Men's Program is a comprehensive four-month residential treatment program for men at risk for HIV/AIDS. For additional information, contact the Admission's Coordinator or Program Coordinator.

Team Mental Health Services

<http://www.team-mentalhealth.com>

2939 Russell St
Detroit, MI 48205
313-396-5300
Fax: 313-396-5353
TTY: 313-396-4270
Crisis Line: 313-258-3842

14799 Dix-Toledo
Southgate MI 48195
734-324-8326
Fax/TTY 734-324-8327
Crisis Line 313-258-4758

DUAL DIAGNOSIS PROGRAMS

These agencies serve clients that are mentally ill and chemically addicted (dual diagnosed):

Community Care Services

www.comcareserv.org

26184 W Outer Dr

Lincoln Park, MI 48146

313-389-7525

Detroit Central City Community Mental Health, Inc. (DCCCMH)

www.dcccmh.org

10 Peterboro St

Detroit, MI 48201

313-831-3160

DCCCMH provides Integrated Dual Diagnosis Treatment (IDDT) - an evidence-based practice that improves the quality of life for persons with dual disorders by integrating substance abuse and mental health services, promoting ongoing recovery from co-occurring substance abuse and severe mental illness. The services include individual and group counseling, family intervention, health services, case management, psychiatric evaluation and community resource linkage.

Detroit East, Inc.

11457 Shoemaker St

Detroit, MI 48213

313-331-3435

Havenwyck Mental Health System

<http://havenwyckhospital.com/>

1525 University Dr

Auburn Hills, MI 48326

800-401-2727 or 248-373-9200

Havenwyck Hospital is a licensed substance abuse facility offering two specific programs for individuals who have dual substance abuse and psychiatric problems: an adult substance abuse treatment program for those 18 years and older; and an adolescent substance abuse treatment program for those 13 – 17 years old. For an immediate assessment, call the Intake Center any time of the day or night.

Hegira Oakdale Recovery Center

www.hegira.net

43825 Michigan Ave

Canton, MI 48188

734-397-3088

Northeast Guidance Center

12800 E Warren Ave

Detroit, MI 48215

313-824-8000

Pine Rest Hispanic Rehabilitation Program/El Programa de Rehabilitación Hispano

300 68th Street SE
Grand Rapids, MI 49548
616-281-0061

The Hispanic Rehabilitation Program is a unique residential substance use disorder treatment program designed to provide treatment in an environment that honors and respects all Hispanic/Latino cultures. The 45-90 day program provides 24-hour residential treatment for Hispanic/Latino adults with substance use and/or co-occurring disorders. All staff members are bilingual to meet the needs of the Hispanic/Latino population.

The program, the only one of its kind in Michigan, is available to all Hispanic/Latino men and women at least 17 years of age suffering from substance abuse, but not in need of medical detox. Persons entering the program must be physically stable, or if dually diagnosed, stabilized on medication. They must also willingly commit to self recovery as a primary focus.

The 12-bed program is located at Pine Rest's main campus.

University Psychiatric Center – Jefferson Research Clinic

www.med.wayne.edu/psychiatry/UPC_Main.htm
2761 E Jefferson Ave.
Detroit, MI 48207
888-362-7792 or 313-993-3964

Provides outpatient mental health and substance abuse services. Ryan White funded for HIV+ individuals. Has a methadone and LAAM component. Also provides free neuropsychological evaluations for HIV+ dual diagnosed clients.

ADDICTION HOTLINE RESOURCES

Debtors Anonymous

www.debtorsanonymous.org
800-421-2383

Provides resources for individuals who are addicted to incurring unsecured debt.

Michigan - Problem Gambling Services

www.michigan.gov/mdch/0,1607,7-132-2940_3185---,00.html
800-270-7117

Provides counseling, referrals, general information, and Gamblers Anonymous (GA) meeting information.

Overeaters Anonymous (OA)

www.oa.org
248-547-8229

Overeaters Anonymous offers a program of recovery from compulsive eating using the Twelve Steps and Twelve Traditions of OA.

Sex Addicts Anonymous - Michigan Intergroup (SAA)

www.SAA-recovery.org

800-477-8191

A 12-step self-help group for people who have the desire to stop addictive sexual behavior.

DOMESTIC VIOLENCE

Although men who are battered are not allowed to stay at most domestic violence shelters, men can call any of the shelters below that may be able to assist them with short-term hotel expenses for safe shelter. Below are some domestic violence resources for women and children and for men who are at risk or are currently victims of or perpetrators of domestic violence.

Family Counseling Shelter Services of Monroe County (Batterer Intervention Resource)

www.fcssmc.org/domviolence.php

14930 LaPlaisance Ste 106 (Harwood Plaza)

Monroe, MI 48161

734-241-0180

Contact: Charles Justice, MSW

Family Counseling Shelter Services assists domestic violence batterers in changing behaviors and beliefs, reducing risk to women and children, and helping to break the chain of violence within the community. Provides 12, 26, and 52-week Domestic Violence Psycho-Educational groups, Domestic Violence, Counseling, and Adult and Youth Anger Management classes.

First Step (Western Wayne County and Downriver community residents)

www.firststep-mi.org

(Location of shelter is confidential)

888-453-5900 (24-hour crisis/help line)

Offers advocacy, emergency shelter, counseling, sexual abuse/rape counseling, and 24-hour telephone crisis intervention for individuals of all ages that are victims of domestic violence or sexual assault.

HAVEN (Help Against Violent Encounters Now)

www.haven-oakland.org

(Location of shelter is confidential)

PO Box 431045

Pontiac, MI 48343

248-334-1274 (24 hour hotline)

877-922-1274 or 248-334-1284 (TTY)

Provides 24 hour battered women's shelter with domestic violence, child abuse, support groups, and 24-hour telephone crisis intervention. HAVEN is the only domestic violence shelter in Oakland County, but will serve residents of all counties. Residents may stay up to 30 days.

Health Brings Wealth, Inc.

www.healthbringswealth.org

21500 Greenfield Rd Ste 102

Oak Park, MI 48237

Oakland County: 248-967-9561

Wayne County: 313-332-4865

Provides education on developing healthy new life skills.

Interim House (YWCA) (Detroit residents)

www.ywcadetroit.org

(Location of shelter is confidential)

P.O. Box 21904

Detroit, MI 48221

313-861-5300 (24-hour hotline) or 800-A-SHELTER (734-5837)

Provides 24-hour emergency shelter, advocacy, counseling, youth day care for residents, and 24-hour telephone crisis intervention. Serves Detroit residents. Residents may stay 30 days, but it can be extended to 90 days in some cases.

La Vida

<http://www.chasscenter.org/laVida.html>

Community Health and Social Services (CHASS)

5635 W. Fort St

Detroit, MI 48209

313-849-3920

La Vida is located at the CHASS Southwest Center and offers Spanish-speaking battery intervention, advocacy, education, and prevention for the Detroit area. Services also include a Spanish-speaking support group, an education and prevention program for young kids, and a group project with girls at Cesar Chavez High School. Open 8-5.

Looking For My Sister (LFMS)

www.lookingformysister.org

P.O. Box 37129

Oak Park, MI 48237

313-861-3221

Contact: Rahshell Stephens, rstephens@lookingformysister.org

LFMS is the only domestic violence organization in Wayne County that provides post-emergency assistance and support programs. Services and programs include: Transitional Housing, Life Skills Training, Parenting Education, Assertiveness Training, Conflict Resolution Employment Readiness, Career Planning, and Human Sexuality.

National Sexual Assault Hotline

www.rainn.org

(Toll-free) 800-656-HOPE (4673)

Rape, Abuse and Incest National Network (RAINN) operates the National Sexual Assault Hotline and carries out programs to prevent sexual assault, help victims and ensure that rapists are brought to justice.

Safe Horizons (St Clair County area residents)

www.safehorizonsmi.org

PO Box 610968

Port Huron, MI 48061-0968

810-985-4950

810-985-5538 (24-hour crisis line)

30-day temporary shelter for women and their children and homeless individuals who are victims of domestic violence and sexual assault. Safe Horizons has a women's only shelter for

domestic violence and sexual assault victims and their children as well as a shelter for homeless individuals including men, women and families. Counseling and support groups are also available.

Turning Point (Macomb County residents)

www.turningpointinc.com

(Location is confidential)

PO Box 1123

Mt. Clemens, MI 48046

586-463-4430 or 586-463-6990 (24-hour crisis line)

Provides 24-hour emergency battered women's shelter, sexual assault counseling, mutual support groups, and 24-hour telephone crisis intervention for victims age 13 and over. Serves Macomb County. Residents may stay 30 days.

Victims Assistance Program

4707 Saint Antoine St Ste M 167, Box 407

Detroit, MI 48201

313-833-1660 (24 hour crisis line)

Fax: 313-237-2840

Individual and group Domestic Violence, sexual assault, and Homicide support (Victims assistance groups). The center also has social workers on duty.

CULTURAL RESOURCES

****ACCESS (Arab Community Center for Economic & Social Services)***

www.accesscommunity.org

Community Health and Research Center
HIV/AIDS & STD Prevention Program
6450 Maple St
Dearborn, MI 48126
313-216-2253

Serves the Arabic and Chaldean communities with various social services, HIV counseling and testing, and bilingual services.

American Indian Health and Family Services (AIHFS)

www.aihfs.org

4880 Lawndale St
Detroit, MI 48210
313-846-3718; (Clinic) 313-846-6030

Primarily serves the Native American population of Southwest Detroit. Provides medical, mental health, substance abuse, and HIV counseling and testing.

Arab American and Chaldean Council (ACC)

www.arabacc.org

99 West 7 Mile Rd
Detroit, MI 48203
313-893-6172

Serves all Wayne County residents with various social services, HIV counseling and testing, and bilingual services.

Deaf Community Advocacy Network (Deaf CAN)

www.deafcan.org

2111 Orchard Lake Rd Ste 101
Sylvan Lake, MI 48320
248-332-3323 (TTY) or 248-332-3331

Deaf CAN provides assistance to deaf persons such as interpreter referrals and leadership training. Free case management services are available for HIV+ hearing impaired individuals.

Detroit Hispanic Development Corporation (DHDC)

www.dhdc1.org

1211 Trumbull St
Detroit, MI 48216
313-967-4880

Provides adult education, English as a Second Language (ESL) classes, Work First, counseling, substance abuse outpatient counseling, HIV counseling and testing, and a youth program. All services provided by bilingual and bicultural staff; limited transportation is available.

Freedom House

www.freedomhousedetroit.org

2630 W Lafayette Blvd

Detroit, MI 48216

313-964-4320

Offers temporary shelter and assistance to refugees seeking asylum/protection from their countries. Provides food, clothing, shelter, and social and legal services, as well as referrals for medical and mental health care.

International Institute

www.iimd.org

111 E Kirby St

Detroit, MI 48202

313-871-8600

Can provide referrals for translators and interpreters for many languages. Also provides interpreters for the Deaf. (Ask for Nada ext 226)

Jewish Family Service of Metropolitan Detroit (JFS)

www.jfsdetroit.org

25900 Greenfield Rd Ste 405

Oak Park, MI 48237

248-592-2300

Provides HIV support groups, outpatient and home-based counseling, and transportation.

Latin Americans for Social and Economic Development (LASED)

4138 W Vernor Hwy

Detroit, MI 48209

313-554-2025

Serves the Hispanic population and offers counseling, job assistance, youth/senior centers, meals, and transportation.

Latino Family Services (LFS)

3815 W Fort St

Detroit, MI 48216

313-841-7380

Services include HIV counseling and testing, substance abuse counseling, domestic violence counseling, seniors program, youth program, drop in center, free walk-in clothing room, and women's center. LFS has a psychologist and a referral specialist as well.

Michigan Association for Deaf, Hearing, & Speech Services (MADHS)

www.madhs.org

517-487-0066 (V/TTY)

800-YOUR-EAR

MADHS provides interpreter services, assistive equipment loans, hearing aid assistance, youth programs, statewide advocacy and education on deafness and hearing conservation.

PET CARE

Michigan Humane Society (MHS) Veterinary Hospital
www.michiganhumane.org

Detroit
7401 Chrysler Dr
Detroit, MI 48211
313-872-0004

Rochester Hills
3600 W Auburn Rd
Rochester Hills, MI
48309
(248) 852-7420

Westland
900 N. Newburgh Rd
Westland, MI 48185
734-721-4195

Provides reduced fees for veterinary services for applicants that are 1) unemployed and otherwise without a source of substantial income or 2) employed or have income but are suffering from extreme financial hardship. To apply, pick up a Reduced Clinic Fees application form from your local MHS Veterinary Hospital and bring completed application along with proof of income and expenses in person on your scheduled appointment date to the MHS Veterinary Hospital from which you received the application.

WAGS (Wonderful Animals Giving Support)
Michigan AIDS Coalition (MAC)

www.wagsdetroit.org
429 Livernois St
Ferndale, MI 48220
Contact: Jones, Jihanna
248-545-1435 ext 120

WAGS assists low-income HIV positive residents of the Greater Metro Detroit area with supplemental pet food, limited veterinary financial assistance, pet sitters and foster homes. Call directly for further information and enrollment details.

PET FOOD BANKS

Basil's Buddies Food Pantry
21860 Van Horn
Woodhaven, MI 48183

Located in the City's Animal Shelter, Basil's Buddies will offer pet food to needy families in Trenton and Woodhaven. It will be open the second Wednesday of each month from 1-5pm. Anyone requesting food will have to fill out an application, show proof of need, such as a bridge card or unemployment check stub, bring documentation of the pet's inoculations, and show proof that the animal was spayed or neutered.

Full Bowls, Full Bellies

Waggin' Tails Dog Rescue, Inc.
PO Box 438
Northville, MI 48167
248-788-7050
<http://www.waggintailsdogrescue.org/foodprogram.html>

Full Bowls, Full Bellies offers temporary assistance for feeding pets. The amount of food a household receives depends on the number of pets, their sizes, and the amount of food available at distribution time. An online application is required. Fill out the application and return it to FullBowlsFullBellies@yahoo.com.

Kibbles Kitchen

6530 Briggeman
St. Clair, MI 48079
810-329-1002

<http://www.k9rescue.org/info/display?PageID=6444>

Eligibility for the "Kibbles Kitchen" program is limited to "Low Income" (current participant in 2 state/federal assistance programs, or experiencing financial hardship due to the current economic situation). You must be a Michigan Resident, and be able to produce a Driver's License or Michigan ID card, no exceptions. Food will only be distributed once per month, for all participants.

They will not accept new owners of pets, this program was created to help those who have had their pets for at least 7 months or more, and are in need of assistance to keep their pets in their homes.

Complete the online application for the "Kibbles Kitchen" Program. If the form is not filled out in full it will not be accepted and no one will contact you. Phone calls are for messages only, and phone calls for the program will only be accepted Mon-Sat between the hours of 9 am to 6 pm.

P.A.W.S. of Michigan

P.O. Box 2184
Riverview, MI 48193
734-629-3837

Contact: info@pawsofmichigan.com
Email: petfood@pawsofmichigan.com

P.A.W.S of Michigan has a new program to help keep pets in their family homes instead of in a shelter! Due to the poor economy many people are finding it difficult to feed themselves, much less their animals, and so have been forced to give up their loving animal companions. They will be accepting donated pet food and distributing it to area food banks. The food banks have agreed to distribute these pet food donations while they distribute their regular food.

Shadow's Pet Pantry

734-341-1922

www.shadowspetpantry.com

Email: shadowspetpantry@gmail.com

Shadow's Pet Pantry provides dog and cat food to families served through Fishes and Loaves Community Food Pantry, which serves six communities: Allen Park, Brownstown Twp, Dearborn Heights, Romulus, Southgate, and Taylor.

INTERNET RESOURCES

Advocacy

Michigan People Living with HIV/AIDS Taskforce

www.mipwa.org

*Newsletter, advocacy and support, DAP formularies, local information

NAPWA (National Association of People Living With AIDS)

www.napwa.org

*Advocates on the behalf of all people living with HIV and AIDS, sponsors conferences, publications

NATAP (National AIDS Treatment Advocacy Project)

www.natap.org

*Promotes education on HIV and Hepatitis C (HVC) treatment, advocates for all people with HIV/AIDS and HVC

Project Inform

www.projinf.org

*Provides vital information on the diagnosis and treatment of HIV disease, advocates for enlightened regulatory, research and funding policies

Benefits

Benefits.gov

<http://www.benefits.gov/>

*Answer questions to find out which government benefits you may be eligible to receive

Clinical Trials/Research

AIDS Info

www.aidsinfo.nih.gov

*Information on HIV clinical trials, treatment and prevention guidelines, drug information, vaccines, Spanish also available

ClinicalTrials.gov – National Institutes of Health (NIH)

www.clinicaltrials.gov

*Search engine for recruiting and closed clinical trials, including drug research on Hepatitis C treatments in HIV infected individuals

Specialized Information Services (SIS) – National Library of Medicine (NLM)

www.sis.nlm.nih.gov

*English and Spanish, link to clinical trials, information on drugs, literature

Equipment

Michigan Loan Funds

www.michiganloanfunds.org

*Allows people with disabilities and seniors (or their family members) to purchase assistive technology devices or services

General

AEGiS (AIDS Education Global Information System)

www.aegis.org

*Current news, law library, surveillance reports and other data, publications, links and search engine

American Medical Association (AMA)

www.ama-assn.org

*Links, background information, current ports, treatment guidelines, literature

The Body

www.thebody.org

*General HIV/AIDS health, treatment and research information including Hepatitis C & HIV Co-Infection

Community Health Awareness Group (CHAG)

www.chagdetroit.org

* Link to the User Friendly Manual

Detroit Community AIDS Library (DCAL)

www.lib.wayne.edu/dcal

*Local service information, hosted Wayne State University Shiffman Medical Library

Gay Men's Health Crisis

www.gmhc.org

*Current news, hotline, HIV/AIDS Timeline, general information

HIV InSite

www.hivinsite.org

*University of California San Francisco (UCSF) provides treatment, prevention & policy information, current articles, surveillance, links to Spanish HIV/AIDS resources, hosts the online textbook *HIV Knowledge Base*

Johns Hopkins AIDS Service

www.hopkins-aids.edu

*Current news and articles, Q&A section, resource links, prevention, epidemiology and medical information

MedlinePlus

www.medlineplus.gov

*General medical information for health consumers, compiled by the National Library of Medicine, links to Medline database (PubMed) and MedlinePlus Go Local for finding local health resources

Michigan Health Go Local

www.medlineplus.gov/mi

*Find Michigan local health resources in this database created by National Library of Medicine (NLM) and coordinated by Wayne State University Shiffman Medical Library and its partners

PubMed Medline

www.pubmed.gov

*Service of National Library of Medicine (NLM) links to Medline database of over 17 million citations in the biomedical journal literature from the 1950s to present

Teen AIDS PeerCorp

www.teenaids.org

*HIV education and prevention aimed at teens, Peer and Doctor Q&A sections, resources in multiple languages, general HIV/AIDS information

University of Michigan Health Center HIV/AIDS Treatment Program

www.med.umich.edu/intmed/infectious/hiv

*Local resources, information on support groups, U of M clinical trials and services

Legal

American Civil Liberties Union AIDS Project

www.aclu.org/hiv

*ACLU cases regarding HIV/AIDS, civil rights, material on issues, and links

Lambda Legal – HIV Project

www.lambdalegal.org

*Legal information on HIV/AIDS and civil rights, issues, state laws, briefs, court rulings, etc.

Multicultural

Asian and Pacific Islander American Health Forum (APIAHF)

www.apiahf.org

*Focus on Asian Americans' and Pacific Islander Americans' cultural needs, culturally appropriate standards of care, program development, HIV capacity building

National Minority AIDS Council

www.nmac.org

*Dedicated to developing leadership within communities of color to address the challenges of HIV/AIDS

Nutrition

Association of Nutrition Services Agencies (ANSA)

www.ansanutrition.org

*Nutritional information for both service providers and clients, online newsletter

HIV/AIDS Dietetic Practice Group (DPG)

www.hivaidsdpg.org

*Nutrition information for service providers, requires membership in the American Dietetic Association (ADA) for further services

Statistics / Surveillance

Centers for Disease Control & Prevention (CDC) – National Center for HIV, STD and TB Prevention (NCHSTP) – Divisions of HIV/AIDS Prevention (DHAP)
www.cdc.gov/hiv

*Statistics and trends reported, prevention and disease information, current headlines

Michigan Department of Community Health (MDCH)

www.aidsinfo.nih.gov

*Physical Health and Prevention, HIV, STD, and Hepatitis statistics and reports for Michigan

Treatment

AIDS Info

www.aidsinfo.nih.gov

*Information on HIV clinical trials, treatment and prevention guidelines, drug information, vaccines, Spanish also available

AIDS Treatment Data Network

www.atdn.org

*Information about accessing care, treatment, clinical trials

HIV Dent

www.hivdent.org

*Information for HIV/AIDS dental service providers about advocacy, treatment, training, and evaluation of oral health

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