



RYAN WHITE QUARTERLY

Q2 | VOL 2 ISSUE 2
JUNE 1, 2022

THE OFFICIAL NEWSLETTER OF THE RYAN WHITE
PLANNING COUNCIL OF DALLAS, TX

Thank You



All New Members:
Habakkuk Yumo
Dan Nguyen
Nisa Ortiz



A Letter from Office of Support...

Greetings, we are excited to enter the new year with new ideas, education, connection, and advocacy. Thank you for supporting the Ryan White Planning Council of Dallas to extend our reach.

Best,

Office of Support Staff

UPCOMING RWPC MEETINGS



JUNE 1, 2022 @ 2PM
EXECUTIVE COMMITTEE MEETING

JUNE 8, 2022 @ 9AM
RWPC
COMMITTEE MEETING

JUNE 14, 2022 @ 2PM
NEEDS ASSESSMENT COMMITTEE MEETING

JUNE 15, 2022 @ 9AM
PLANNING & PRIORITIES COMMITTEE MEETING

JUNE 21 @ 3PM
EVALUATION COMMITTEE MEETING

JUNE 23 @ 12PM
CONSUMER COUNCIL COMMITTEE MEETING

JUNE 27 @ 5:15PM
ALLOCATIONS COMMITTEE MEETING

take a look-

WHAT HAVE WE BEEN WORKING ON?

Executive

Review Committee
Deliverables

RWPC

Review and Approve Allocations
Committee
Recommendations

Evaluation

FY 21 Assess AAM



Forum Planning/ Consumer Education

Needs Assessment

FY 2022 Needs Assessment

Planning & Priorities

FY 2022 Standards of Care

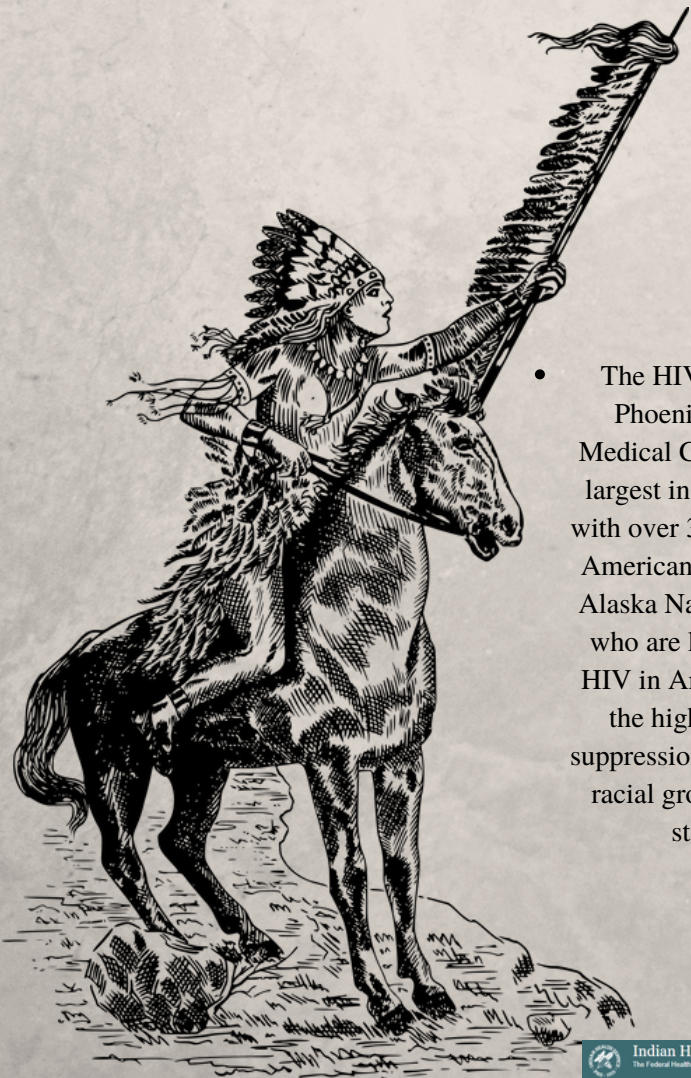
Allocations

FY 2022-23 Resource
Allocations

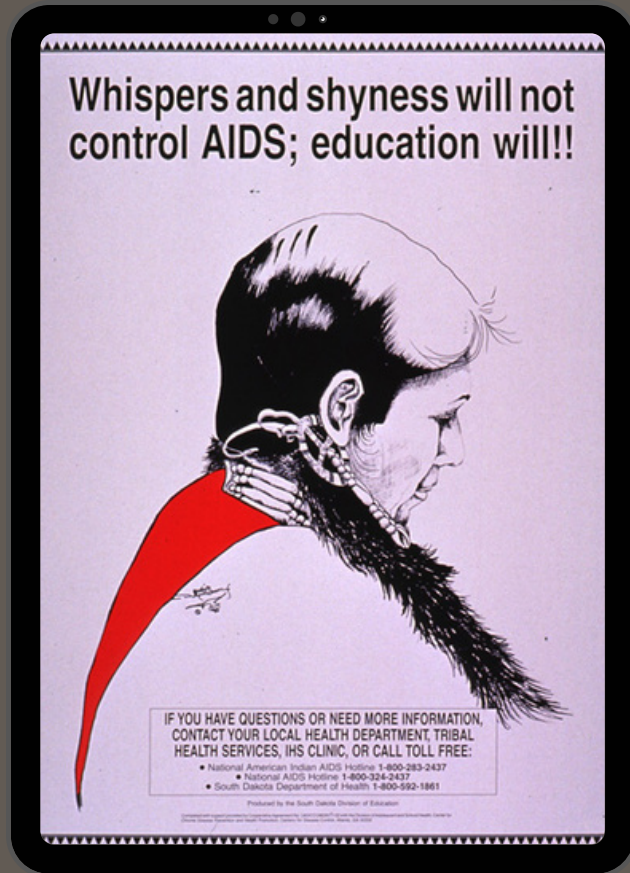
UNMET NEEDS OF INDIGENOUS PEOPLES LIVING WITH HIV

FACTS & INFO

- From 2012-2016 there has been a 34% increase in HIV diagnoses among American Indians and Alaska Natives.
- From 2012-2016 there has been a 58% increase in HIV diagnoses among American Indian and Alaska Native gay and bisexual men.
- From 2012-to 2016 HIV screening increased by 63% for 13-64-year-olds.
- Since August 2018, Pre-Exposure Prophylaxis, also known as PrEP, a once-per-day pill that has been shown to reduce the risk of HIV infection through sex by as much as 97%, has been available in the same manner as all of the other medications accessible through IHS.



- The HIV clinic at Phoenix Indian Medical Center is the largest in all of IHS, with over 300 patients. American Indian and Alaska Native people who are living with HIV in Arizona have the highest viral suppression rates of all racial groups in the state.



HIV Treatment hotline Resources

PERINATAL HIV HOTLINE

Provides clinicians with around-the-clock advice on indications and interpretations of HIV testing in pregnancy, and consultation on antiretroviral use during pregnancy, labor and delivery, and the postpartum period.

1-888-448-8765 | 24 hours, seven days a week

PEPline

Provides expert guidance in managing health care worker exposures to HIV and hepatitis B and C. Clinicians receive immediate post-exposure prophylaxis (PEP) recommendations.

1-888-448-4911 | Occupational PEP: 11 am to 8 pm EST, seven days a week | Non-occupational PEP: 9 am to 8 pm EST, Monday through Friday; 11 am to 8 pm EST, weekends and holidays

PrEPline

Provides expert guidance on considerations for providing pre-exposure prophylaxis (PrEP) to people who don't have HIV as part of an HIV prevention program.

1-855-448-7737 | 9 am to 8 pm EST, Monday through Friday

Mental Health & HIV

Getting help in a crisis. At times, the problems of life can take a toll on people. Some might feel trapped, hopeless, or might wonder what they have to live for. If you are having thoughts like these or are thinking about hurting or killing yourself, know that you are not alone and that things can change. SAMHSA's Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress. Get information online or call (800) 273-TALK (8255).

You can also:

- Call your HIV health care provider.
- Get help from another health care provider.
- Reach out to a close friend or loved one.
- Contact a minister, spiritual leader, or someone else in your faith community.

Talk to Your HIV Health Care Provider

Talk to your HIV health care provider if you are experiencing any of the symptoms above. Your provider may ask you some questions to assess how you are feeling and may prescribe medications to help with depression or anxiety or refer you to a mental health specialist.

If you are taking antiretroviral therapy (ART) or plan to take ART, consider the following:

- Sometimes ART can relieve your anxiety because knowing you are taking care of yourself can give you a sense of security.
- However, some antiretroviral medications may cause symptoms of depression, anxiety, and sleep disturbance, and may make some mental health issues worse. Talk to your health care provider to better understand how your HIV treatment might affect your mental health and if anything can be done to address the side effects.
- Also, some medicines for mental health conditions or mood disorders can interact with ART.

Communicate openly and honestly with your health care provider about your mental health so that he or she can help you find the support you need. Discuss any changes in the way you are thinking, or how you are feeling about yourself and life in general.

Almost every person faces mental health challenges at some point. Major stresses—like the death of a loved one, divorce, loss of a job, or moving—can have a major impact on mental health. Having a serious illness, like HIV, can be another source of major stress. You may find that a diagnosis of HIV challenges your sense of well-being or complicates existing mental health conditions. HIV and some opportunistic infections can also affect your nervous system and can lead to changes in your behavior.

Good mental health will help you live your life to the fullest and is essential to successfully treat HIV. To help manage your mental health, it is important to know when, how, and where to get help. Many mental health conditions are treatable and many people with mental health conditions recover completely.

One of the most common mental health conditions that people living with HIV face is depression. Depression can range from mild to severe, and the symptoms of depression can affect your day-to-day life. Both HIV-related medical conditions and HIV medications can contribute to depression.

Symptoms can include:

- Feeling sad or anxious often or all the time
- Not wanting to do activities that used to be fun
- Feeling irritable, easily frustrated, or restless
- Having trouble falling asleep or staying asleep
- Waking up too early or sleeping too much
- Eating more or less than usual or having no appetite
- Experiencing aches, pains, headaches, or stomach problems that do not improve with treatment
- Having trouble concentrating, remembering details, or making decisions
- Feeling tired, even after sleeping well
- Feeling guilty, worthless, or helpless
- Thinking about suicide or hurting yourself

Other mental health conditions include anxiety disorders, mood disorders, and personality disorders. For a good description of specific mental health conditions and their symptoms, visit mentalhealth.gov.

Mental Health Providers and Programs

Because mental health conditions are common, many outlets can help you maintain good mental health. If you are having symptoms of depression or another mental health condition, talk to your health care provider, social worker, or case manager. These people can refer you to a mental health provider who can give you the care you need.

Types of mental health providers include:

- Psychiatrists: Medically trained physicians who treat mental health problems with various therapies, like talk therapy, and by prescribing medicine.
- Psychologists: Trained professionals who help people cope with life challenges and mental health problems with therapies, like talk therapy, but usually cannot prescribe medicines.
- Therapists: Mental health or marriage and family counselors who help people cope with life issues and mental health problems.

You may also choose to join a support group. Support groups include:

- Mental health support groups: An organized group of peers who meet in a safe and supportive environment to provide mental health support to members of the group.
- HIV support groups: An organized group of peers living with HIV who meet in a safe and supportive environment to provide support to other people living with HIV.

Work with a trained mental health professional to learn about treatment options such as therapy and/or medicine. You and your provider can develop a plan that will help you regain and maintain good mental health.

Other ways to help improve mental health and well-being include:

- Exercise: Regular exercise may help improve symptoms of depression and decrease stress. When you exercise, your brain releases chemicals called endorphins. These chemicals help improve your mood.
- Meditation: Recent studies suggest that mindfulness meditation can help ease depression, anxiety, and stress.

You may find it helpful to create an action plan for your mental well-being. SAMHSA offers a free self-help guide you can use to create and maintain a wellness plan for yourself.

Find Mental Health Services

Many organizations have websites and telephone hotlines that can help you find treatment for mental health conditions.

- Substance Abuse & Mental Health Services Administration (SAMHSA)'s Find Help website provides a list of organizations and contact numbers that can help you find mental health treatment and support in your local area.

PLANNING COUNCIL *in the community*



Legacy Cares holds its Legacy Grace Project National Conference for Women Living with HIV/AIDS, the largest conference in the U.S. for women living with HIV/AIDS. More than 100 attendees attended the conference from all over the United States.

The three-day conference is designed to bring formerly isolated HIV-positive women together through its goal to support, educate and empower and create future advocates for HIV prevention, health education and awareness.





ANNOUNCEMENTS

We need you!

The Ryan White Planning Council is a community group that has been appointed by the County Judge, to plan the organization and delivery of HIV services for the Dallas EMA, HSDA funded by Part A, MAI Part B, & State Services of the Ryan White HIV/AIDS Treatment Extension Act. Each council member is a caring, dedicated volunteer who was carefully selected to represent the general public, persons living with HIV, funded service providers, and other health and social service organizations.

Please contact RWPC Office Of Support at (214) 819-1840 for an application and/or more information.

[Ryan White Planning Council](#) | [Home](#) ([dallascounty.org](#))

Planning Council Reflectiveness

Did you help your committee establish quorum for the month of May?

Quorum is equal to two-thirds of the assigned committee members being present at committee meetings. Quorum is essential for being able to conduct business and complete action items.

Planning Council (33 seats): 24 members seated - 9 seats vacant

*RWPC Reflectiveness 46% Non-Aligned Consumers (HRSA requires 33% Non-Aligned Consumers)

Allocation Committee (15 seats): 6 members (9 seats open)

Evaluation Committee (15 seats): 10 members (5 seats open)

Planning & Priorities Committee (15 seats): 9 members (6 seats open)

Consumer Council Committee (20 seats): 16 members (4 seats open)

Needs Assessment Committee (25 seats): 13 members (12 seats open)

OFFICE OF SUPPORT
Opportunities

N/A



MARK YOUR CALENDAR

UPCOMING EVENTS

The RWPC CCC Presents: Adherence, Viral Suppression, & HIV Forum - Date TBD

Q2 COMMITTEE DELIVERABLES

Executive- Orientation and Training

RWPC- Committee Project Final Approvals

P&P- FY 2023 Priority Service Ranking

Needs Assessment- FY 2022 Needs Assessment

Evaluation- FY 2021 Assessment of the Administrative Mechanism (AAM)

Allocations- FY 2023 Resource Allocation

CCC- Community Forums



Happy Birthday

**TO EVERYONE CELEBRATING IN
APRIL, MAY, AND JUNE**

