

HIV RESOURCES

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Disclaimer: This list is being provided as a service to the Long Beach community as a whole, and to the agencies, clinics and individuals that we represent. The City of Long Beach Department of Health and Human Services does not endorse one service or resource over others, and is not responsible for the contents of this listing.

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HIV RESOURCES

A

B

Benefits and Services - 2013-14 Peoples Guides

The People's Guide gives practical information about how to get food, money, housing, health care and other help from government programs and community services if you live in Los Angeles County, and need the help in hard times. The People's Guide also gives advice on what to do if you are treated unfairly or do not receive what you are entitled to by law.

- [Peoples Guide - \(English Version\)](#)
- [Peoples Guide - \(Spanish Version\)](#)

C

California ID Cards - Reduced Fee

Cost: Low-Cost

Website: www.dmv.ca.gov/dl/dl_info.htm#idcard_reducedfee

The California Department of Motor Vehicles offers a reduced fee identification card to those who qualify (6\$ vs. \$26). Please note, according to the general DMV website, there is no fee for adults ages 62 and older for an ID card.

HIV RESOURCES

D

Diabetes Classes, Glucose Monitors and Test Strips

Cost: Free for Spanish-Speaking Diabetics
Contact: Luz Parra at (562) 570-7910, or Annabel Barajas at (562) 570-7903.
Website: www.longbeach.gov/health/health_promotion/diabetes.asp

In Long Beach in 2005, 9.3% of adults were diagnosed with diabetes. This is at least 32,000 people. Approximately another 12,000 adults in Long Beach have diabetes, and don't know it! This diabetes education program consists of an 11-week series of interactive group classes open to Spanish speaking adults. The City of Long Beach Latino Diabetes Prevention & Management Program offers classes that teach current diabetes information, diabetes management and how to avoid complications, the roles of a healthy diet, physical activity and medication in diabetes management, how to self-monitor blood sugar, stress management and what questions to ask your healthcare provider. The course includes a glucose monitoring machine, test strips, consultation with a dietician and referrals to local health services.

Disclosure of HIV Status (Partner Counseling & Referral Services or PCRS)

Cost: No Cost
Contact: Marina at (562) 570-4329 (Calls are handled confidentially)

Partner Services (PS) is a free, confidential and voluntary service of the Long Beach Department of Health and Human Services. Talking to your partners about HIV can be easier than you think. You can talk to your sexual or needle-sharing partner about being exposed to HIV. We can help!

Partner Counseling & Referral Services (PCRS) can coach HIV-positive clients and patients in disclosing their HIV status to their sexual or needle-sharing partners, answer questions about the program, lend support with HIV disclosure and, if need be, talk to the partner on behalf of the HIV-positive patient without disclosing the patient's name or identify to the partner during the disclosure.

E

Educational Forum on HIV

Cost: No Cost - Free lecture on an HIV-related topic, and free dinner
(3rd Thursday of every month at 6:00 p.m.)
Contact: Carlos Campa at (562) 570-4544 or carlos.campa@longbeach.gov

Monthly HIV education forums are co-sponsored by the Long Beach Department of Health and Human Services, The Center-Long Beach and the C.A.R.E. Program at St. Mary Medical Center. Examples of topics include HIV basics, when to initiate HIV treatment, understanding the HIV lab work, newly approved medications for HIV, HIV & Nutrition, HIV and Inflammation, Research Updates, and more. The meetings take place at the Parr Health Enhancement Center, 1055 Linden

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Avenue, Long Beach, CA 90813. Dinner is served at the lecture. To find current dates, topics and to reserve your seat, call Carlos Campa at (562) 570-4544 or by email at Carlos.Campa@longbeach.gov.

F

Family Planning and Contraception Services - City of Long Beach Department of Health & Human Services

Cost: No cost to eligible men and women under the F-PACT Program
Contact: (562) 570-4315 and mention F-PACT

The City of Long Beach Health Department operates a Family Planning and STD Services Clinic that offers the following services to the public: information on sexuality, pre-pregnancy planning, birth control methods, counseling and testing and treatment of sexually transmitted diseases. Birth control methods available free of charge to eligible patients include birth control pills, diaphragm referrals, Depo-Provera (the shot), foam, condoms and film, Paragard IUD and Mirena IUD, natural family planning (the rhythm method), Nuvaring, Male Sterilization (vasectomy) referrals and female sterilization (Bilateral Tubal Ligation) referrals. To qualify, a person must meet income guidelines, have no insurance or have no source of Family Planning care, or require confidential services.

Food Bank - Free Food, Free Personal Care Items, Free Nutritional Counseling, Treatment and Advocacy

Cost: No Cost
Contact: Vance North Necessities of Life Program Food Pantries (213) 201-1433 or (213) 201-1586
Website: <http://www.apla.org/health-and-wellness/health-and-care-support-services/vance-north-nolp-food-pantries/>

Necessities of Life Program Food Pantries (NOLP) provide free groceries (eggs, cheese, yogurt, milk, fresh fruits and vegetables, frozen meats, canned and dry goods), personal care and cleaning items, and nutrition counseling, treatment and advocacy to qualified HIV+ individuals who live in Los Angeles County, and whose income is under \$1,395 per month. The Long Beach NOLP branch is located at 411 East 10th Street, Long Beach, CA 90813. NOLP also has other locations.

G

H

HIV RESOURCES

Healthcare Information Resources - Medical Billing and Coding Certification

Cost: No Cost

Website: www.medicalbillingandcodingcertification.com

A not-for profit site that offers free healthcare information resources. Vetted by professionals in the field, the site features 65 short instructional videos, covering a wide range of healthcare topics.

HIV Resources

Michael Buitron (St. Mary Medical Center, CAARE Clinic) created a comprehensive resource guide for patients who are newly infected with HIV and those patients just wanting to know more about what other HIV related resources are available in the Long Beach area. The comprehensive guide is available online at <http://careprogram.org/services/resourceguide>

There can be a lot of emotional turmoil when you are first diagnosed with HIV, and it may make it difficult to remember everything about resources, available services, and medical issues you may need to deal with. To help you through this process, this document was put together for people who recently received their diagnosis and are living in Long Beach California, or the surrounding communities. There's a lot to remember, so save this document for future reference! This packet may also be helpful if you've recently moved to the area and are looking for services.

HIV Testing

Cost: No Cost

Contact: See Listings Below

Free HIV testing (Rapid and/or Conventional Testing) is available in many locations in Long Beach. See the listing below. More information is available by clicking on each listings link.

- ***Bienestar***
Contact Maggie Babb
Mon - Fri 10:00 a.m. to 7:00 p.m.
1468 Cherry Avenue
Long Beach, CA 90813
Phone: (562) 628-9687
<http://www.bienestar.org/>
- ***The Center***
Contact Ismael Morales
Mon - Fri 10:30 a.m. to 8:30 p.m.; S 10:30 a.m. to 3:30 p.m.
2017 E. 4th Street
Long Beach, CA 90814
Phone: (562) 434-4455
<http://www.centerlb.org/hivtest>
- ***CSULB Center for Behavioral Research & Services***
Mon - Thurs 8:30 to 4:00 p.m.; Fri 8:30 to 12:00 noon
1090 Atlantic Avenue
Long Beach, CA 90813

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Phone: (562) 495-2330

<http://www.csulb.edu/centers/cbrs/>

- **Long Beach Comprehensive Health Center**

Mon - Fri 8:00 a.m. - 6:00 p.m.; Sat. 8:00 a.m. - 4:00 p.m.

Cost: Sliding Fee Schedule

Phone: (562) 599-8772

<http://www.ladhs.org/>

- **Long Beach Department of Health & Human Services**

Mon - Fri 8:00 a.m. to 5:00 p.m.

2525 Grand Avenue

Long Beach, CA 90815

Phone: (562) 570-4348

Monthly mobile testing schedule posted on www.longbeach.gov/health/clinics/hiv_clinics

- **Out of the Closet Thrift Store**

HIV Testing: Mon - Fri 10:00 a.m. to 6:30 p.m.

3500 E. Pacific Coast Highway

Long Beach, CA 90804

Phone: (562) 494-0340

www.outofthecloset.org/

- **South Medical Clinic**

Free HIV/STD Testing: Mon - Fri 9:00 a.m. to 6:00 p.m.; Sat 9:00 a.m. to 6:00 p.m.

1126 East South Street (cross streets Cerritos & Orange)

South Medical Clinic Van is also available for HIV/STD Testing

Long Beach, CA 90805

Phone: (323) 732-0100

www.bhchealth.org

Rapid HIV Testing

Cost: No Cost

Contact: John Forbes (Coordinator and Counselor) at (323) 563-5812

The Spectrum (Charles Drew University & Oasis Clinic/MLK) offer free Rapid HIV testing at 1807 E. 120th Street, Los Angeles, CA. Linkage to medical care is also available.

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Housing for AIDS/HIV Patients

Cost: No Cost to Eligible Patients

Contact: The Long Beach Health Department at (562) 570-4357, or the CARE Program at (562) 624-4934

Website: http://www.longbeach.gov/health/housing/rental_assistance_programs/hopwa.asp

Since the early 1990's, HUD has funded the Housing Opportunities for Persons with AIDS (HOPWA) Program to assist households where one or more people are HIV+ or have AIDS.

1. The HOPWA Tenant-Based Rental Assistance Program is modeled after HUD's Section 8 Housing Choice Voucher Program and follows the same rules.
2. The HOPWA Short-Term Assistance Program (STAP), which provides periodic grants on an "as-needed" basis to help low-income tenants catch up with rent and utility payments and pay for moving expenses. The STAP grants offer two types of financial assistance:
 - Short-Term Rent, Mortgage, Utilities (STRMU) assistance: Provides assistance for up to 21 weeks in any 52 week period with rent, mortgage, and/or utilities (gas, electric, water and sewer), which may or may not be consecutive.
 - Permanent Housing Placement (PHP) assistance (Move-In): Provides assistance with reasonable costs to move persons into permanent housing by covering the security deposit. A one-time utility switch-on fee may be paid if required.

Eligibility requirements for the STAP Grants are:

1. AIDS, Symptomatic HIV or diagnosed HIV+ with an unrelated disability.
2. Income of no more than \$3,538 per-month for a single individual (Family Units amounts may vary).
3. An applicant must be living in or moving to Los Angeles County.
4. An applicant must have a source of income that does not exceed 80% of the gross median income in Los Angeles County as defined annually by HUD.
5. Households consisting of single individuals or two adults may not spend less than 40% of gross income; family households of three or more may not spend less than 30% of gross income for rent/mortgage and utilities.
6. Additional eligibility criteria may apply depending on financial assistance request.



Interpreter Services

Cost: No Cost

Contact: PALS for Health, in collaboration with the County of Los Angeles Department of HIV & STD Programs (DHSP)

Phone: (213) 553-1818

Email: taniar@palsforhealth.org or tinav@palsforhealth.org

Website: www.palsforhealth.org

Address: 1730 W. Olympic Blvd., Floor 3 A/4, Suite 200, Los Angeles, CA 90015

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This agency provides free translation of any document that comes from DHSP funded providers, including legal papers, documents and laboratory results (mostly for immigration purposes) that clients or patients need translation for. For providers, they can translate flyers, curriculums, handouts, medical forms (medical history, grievances, etc.), and brochures. Please call the office if you are not sure about a document.

This agency provides free in-person interpretation, in many languages, including: Korean, Vietnamese, Thai, Japanese, Chinese, Khmer (Cambodian), Farsi, Armenian, Russian, Arabic, etc. They are also able to do phone conference interpreting, 48 hours' notice is requested for this service.

J

Jail Inmate Locator or Sheriff Inmate Locator

Cost: No Cost

Website: <http://app4.lasd.org/iic/>

Name-based search for inmates booked in the Los Angeles County area. Good resource to look up patients who have been lost to follow up, or who have been missing.

Jail Liaison for Los Angeles County Jail

Cost: No Cost

Contact: Martha Tadesse RN, PHN Phone: (213) 893-6790 or (213) 893-6783 Fax: (323) 415-3456 or email at MTadess@lasd.org

A useful resource to provide continuity of medical care between clinic and jail, and back to clinic. In the usual set up, Martha requests release of medical information on the inmate. Medical information obtained helps guide patient care in jail. The clinic may also request information from Martha regarding the patients stay in jail. Information needed when contacting Martha include the patient's name, date of birth and booking number (if known).

K

L

HIV RESOURCES

Legal Consultation - Immigration Law

Cost: Free Initial Consultation

Contact: Elizabeth Torres, Attorney at Law, at (213) 291-1551 or (323) 908-1559

Attorney Elizabeth Torres has helped HIV+ patients retain lawful stay in the United States and avoid deportation. Initial consultation is free.

M

Medi-Cal Assistance (Health Care Options)

Cost: No Cost

Contact: 1-800-430-4263 (English) or 1-800-430-3003 (Spanish)

Location: Long Beach Department of Health and Human Services, Room 115

Time: Mondays 8:00 a.m. to 4:30 p.m.

The Mission of the Department of Health Care Services (DHCS) is to preserve, and improve the health status of all Californians. In support of this mission, the Health Care Options branch of the DHCS provides beneficiaries with resources to make informed choices about Medi-Cal benefits. A DHCS outreach worker comes to the Long Beach Health Department on Mondays (only) between the hours of 8:00 a.m. and 4:30 p.m. This is the only location for this outreach program in the Long Beach area. This service is open to the public, and walk-ins are welcome.

Mexico - Assisting HIV Patients Returning to Mexico

Cost: No Cost

Contact: Aids Education Training Center at www.aidsetc.org

These one page fact sheets contain the necessary information in assisting HIV+ patients' return to Mexico, including a description of HIV treatment in Mexico, necessary documents to bring, and a listing of HIV care centers in Mexico.

For Costa Rica: <http://aidsetc.org/aidsetc?page=rep-return-costa-rica>

For El Salvador: <http://aidsetc.org/aidsetc?page=home-search&post=1&SearchEntry=el+salvador>

For Guatemala: <http://aidsetc.org/aidsetc?page=home-search&post=1&SearchEntry=guatemala>

For Honduras: <http://aidsetc.org/aidsetc?page=home-search&post=1&SearchEntry=honduras>

For Nicaragua: <http://aidsetc.org/aidsetc?page=home-search&post=1&SearchEntry=nicaragua>

For Panama: <http://aidsetc.org/aidsetc?page=home-search&post=1&SearchEntry=panama>

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N

Nutrition Education and Healthy Cooking Demonstrations

Cost: No Cost

Contact: English - (562) 570-4491, Spanish - (562) 570-4492

Website: http://www.longbeach.gov/health/health_promotion/healthy_lb.asp

Healthy Active Long Beach (HALB) is a program sponsored by the City of Long Beach Department of Health and Human Services. Since its inception in October 2003, the program aims to decrease the risk of chronic diseases by addressing the problem of overweight and unfit children and families in the Long Beach community. This program will send their team members to agencies, clinics, health fairs and community events to provide free nutrition education workshops, healthy cooking demonstrations and materials distribution.

O

P

Patient Assistance Programs

Cost: No Cost to Apply

Contact: American Academy of HIV Medicine (AAHIVM) at:

www.aahivm.org/accessingmedications

Many pharmaceutical drug companies have programs to provide free medications to people with no insurance, inadequate insurance, or who are experiencing financial difficulties. These Patient Assistance Programs (PAPs) are each individual to the company that offers them. Each PAP has different requirements, and often requires a healthcare provider to access the program on behalf of the patient. The AAHIVM website listed above provides a listing of available PAPs both by the name of the drug, and by the manufacturer.

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Pre-Exposure Prophylaxis or PrEP

Cost: No Cost - Qualified study participants will actually get financial compensation for their participation.

Contact: Michael, City of Long Beach Health Department, at (562) 570-4125 or Angela, LA BioMed harbor UCLA Medical Center, at (310) 222-3848.

PrEP or Pre-Exposure Prophylaxis is a new HIV prevention method in which people who do not have HIV take a pill daily (Truvada) to reduce the risk of becoming infected. The PrEP study is looking to see if text messaging reminders can improve taking the study medication according to schedule. This study is looking for sexually active HIV negative males who have HIV+ male partners or who have no regular partners but engage in risky sexual activities or are at risk for acquiring HIV infection.

Post Exposure Prophylaxis (non-occupational) or nPEP

Cost: No Cost

Contact: nPEP LA Program Oasis Clinic at (310) 668-4213

Post-Exposure Prophylaxis involves taking anti-HIV drugs as soon as possible after a person has been exposed to HIV to try to reduce the chance of becoming HIV positive in situations outside the workplace (example: condom broke, sexual assault, etc.). Access to medications for eligible patients can be obtained by calling (310) 668-4213. They are located at 1807 E. 120th Street, Los Angeles, CA 90059. Hours of operation are Mondays, Wednesdays, Thursdays and Fridays (8:00 a.m. to 4:30 p.m.) and Tuesdays (8:00 a.m. to 8:30 p.m.).

Post Exposure Prophylaxis (non-occupational) or nPEP

Cost: No Cost

Contact: Los Angeles Gay & Lesbian Center Sexual Health Program at (323) 860-5880

Post-Exposure Prophylaxis involves taking anti-HIV drugs as soon as possible after a person has been exposed to HIV to try to reduce the chance of becoming HIV positive in situations outside the workplace (example: condom broke, sexual assault, etc.). Access to medications for eligible patients can be obtained by calling (323) 860-5880. They are located at 1625 N. Schrader Boulevard, Los Angeles, CA 90028. Hours of operation are Monday to Friday from 11:30 a.m. to 7:00 p.m.

Psychiatry - Mental Health Urgent Care Center at Long Beach

Cost: No Cost

Contact: (562) 790-1860

Location: 6060 Paramount Boulevard, Long Beach, CA 90805

Hours: Monday - Friday, 8:00 a.m. to 7:00 p.m.

The Mental Health Urgent Care Center at Long Beach (MHUCC) aims to provide immediate relief to people in distress and to help them maintain stability in their lives. The program is designed to help people avoid involuntary hospitalization, psych ER visits, and incarceration. Operated by the Telecare Corporation, under contract with the Los Angeles Department of Mental Health, the

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MHUCC provides access to psychiatrists, nurses, social workers and access to community resources. It is not an emergency room or private hospital.

Psychiatry Services

Cost: No Cost to Low Cost

Contact: Mental Health Division of the Harbor UCLA Medical Center, 1000 West Carson, Torrance, CA

Phone: (310) 222-3180

If the patient is actively using drugs, there are several options:

1. Harbor UCLA Psychiatry Dual Diagnosis Treatment Program. Call (310) 222-5072 or walk in at Harbor UCLA Psychiatry at 1000 West Carson, Torrance, CA 90509, Bungalow B2
2. New patient intakes at 8:00 a.m. Mondays and Thursdays Only at Long Beach Mental Health, 1975 Long Beach Boulevard, Long Beach, CA 90806 (near 20th Street). Phone (562) 599-9280 or (562) 218-4001.

In case of psychiatric emergencies contact the Los Angeles County Department of Mental Health Access Center PET Team (310) 618-9687 or (800) 854-7771, which links the patient to the Psychiatric Mobile Response Team.

Q

R

Research Participation and Opportunities for Patients

Cost: No Cost - Qualified study participants will actually get financial compensation for their participation.

Contact: (310) 222-3773 and mention the MACS Study

The Multicenter AIDS Cohort Study (MACS) has contributed greatly what we now know about the nature, treatment and prevention of HIV, thanks to over 6,000 patients who have participated in the study throughout the past 30 years. The MACS study is still in need of individuals to participate. They are in need of HIV+ patients, 18 - 60 years of age, who have never taken HIV medications or have started HIV medications on or after January 1, 2011. They are also in need of HIV negative male individuals, 18-30 years of age, to serve as controls.

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Research Participation and Opportunities for HIV Positive and HIV Negative Individuals

Cost: No Cost - Qualified study participants will actually get financial compensation for their participation.

Contact: Michael, City of Long Beach Health Department, at (562) 570-4125 or Angela, LA Biomed Harbor UCLA Medical Center, at (310) 222-3848

PrEP or Pre-Exposure prophylaxis is a new HIV prevention method in which people who do not have HIV take a pill daily (Truvada) to reduce the risk of becoming infected. The PrEP Study is looking to see if text messaging can improve taking the study medication according to a schedule. This study is looking for sexually active HIV negative males who have HIV+ male partners or who have no regular partners but engage in risky sexual activities or who are at risk for acquiring HIV infection.

Research Participation and Opportunities for HIV+ Patients with Type 2 Diabetes and Excess Abdominal Fat

Cost: No Cost - Qualified study participants will actually get financial compensation for their participation.

Contact: (310) 358-2429 or by email at studyinfo@aidsresearch.org

This is a clinical study looking to evaluate the effects of EGRIFTA (tesamorelin injections) compared with placebo on the progression of diabetic retinopathy (eye disease from diabetes). They are looking for patients on stable HIV medications and who have been on diet and/or medications for diabetes for at least a year.

Research Participation and Opportunities for Pregnant Women

Cost: No Cost - (Qualified study participants will actually get financial compensation for their participation \$25 for the first session and \$40 for the second session.

Contact: (562) 495-2330 (109 Atlantic Avenue, Long Beach, CA 90813)

This research study would like to assess experimental rapid laboratory tests for HIV, Syphilis, Hepatitis B and Hepatitis C. They are looking for pregnant women only.

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S

Statistics (HIV Related)

Cost: No Cost
Contact: Provided by the Long Beach Department of Health & Human Services
Website: http://www.longbeach.gov/health/info_stats/hiv_reports.asp
Website: <http://www.longbeach.gov/civica/filebank/blobload.asp?BlobID=1971>

The HIV/AIDS Monitoring Report provides AIDS Surveillance program and HIV Testing Program data for the City of Long Beach. Additionally, a semi-annual report highlights a topic of special interest in each issue.

Statistics (HIV Related)

Cost: No Cost
Contact: Provided by Sonali Kulkarni, MD, MPH and Sophia Rumanes, MPH, County of Los Angeles Department of Public Health, Division of HIV & STD Programs

In a presentation for the Long Beach HIV Planning Group, Drs. Kulkarni & Rumanes presented updated HIV data for the Long Beach and SPA 8 area, and described innovative approaches to HIV and STD testing being implemented in LA county.

Presentation: [Status of HIV Testing in Long Beach](#)

Student Loan Dismissal

Cost: No Cost
Website: <http://www.disabilitydischarge.com/home/>

Clients or patients on disability with a balance on their student loan can apply to have their loans dismissed. The website above will take you to the application process and forms.

Support Group - "Mentors & Buddies"

Cost: No Cost
Contact: Julio.Rodriguez@longbeach.gov
Phone: (562) 570-4213
Flyer: [Click Here](#)

A safe environment to receive information, guidance, respect and non-judgmental support. Meet others and share stories of survival and resilience. Open to all, regardless of HIV status, age or gender. Meetings held from 6:00 - 7:00 p.m. every other Monday, at the Long Beach Health Department, 2525 Grand Avenue, Room 204.

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Syringe (Non-Prescribed) Purchase and Disposal Sites in Long Beach

A listing of locations in Long Beach where non-prescribed syringes can be purchased and disposed of.

Flyer: [Click Here](#)

T

Training for Medical, Health and Community Professionals

Cost: Information Not Provided

Website: www.stdhivtraining.org

The California STD/HIV Prevention Training Center offers training on the following fields:

1. Fundamentals of STDs (3 days), STD Update (1 day), Male & Female Genital Exam Skills (4 hours), Examination and Interpretation of Vaginal Wet Mount Specimens (3 hours) and Clinical Percepting at the City Clinic, the San Francisco Public Health Department's STD Clinic.
2. Behavior Intervention Training Courses that teach skills and strategies to influence changes in behavior that place people at risk for STD or HIV infection.
3. Capacity Building Assistance Programs that build the capacity of health departments and community-based organizations on evidence based interventions, public health strategies and comprehensive HIV prevention programs.
4. Partner Service and Program Support Training for STD/HIV Prevention Programs to help develop the skills of disease intervention specialists and prevention counselors. Courses range from 1 day to 2 weeks.

Transgender Services and Counseling (Comprehensive Risk Counseling Services)

Cost: No Cost

Contact: Robert Gomez, Director of Comprehensive Risk Counseling Services, (323) 752-3100 or Rgomez@bienestar.org. Daniela Escobedo (562) 438-5800 or descobedo@bienestar.org. (1464 Cherry Avenue, Long Beach, CA 90813)

Website: www.bienestar.org

Transgender Services and Counseling (Transgeneros Unidas)

Cost: No Cost

Contact: Victor Martinez, Director of Prevention Programs at (323) 727-7896, ext. 107, or a vmartinez@bienestar.org or Daniela Escobedo at (562) 438-5800. Long Beach Center, 1464 Cherry Avenue, Long Beach, CA 90013.

Website: www.Bienestar.org

The Transgeneros Unidas (TU) Program was established in 1996 to provide services to the Latina Transgender community. The TU Program is a one of a kind program that caters specifically to the

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needs of Latina immigrant transgender women. The TU Program offers weekly support group gatherings, education intervention programs, educational forums and social events such as Miss Bienestar. The TU Program also focuses on empowering transgender women to be agents of change in their communities so that they can make educated decisions and lead healthier lives.

Transgender Services and Transgender Health Care

Cost: No Cost to Low Cost

Website: http://laglc.convio.net/site/PageServer?pagename=YW_Transgender_Services

Phone: (323) 993-7518

The L.A. Gay & Lesbian Center provides a welcoming and accepting environment where you are free to be yourself. Dr. Maddie Deutsch, a leading expert in transgender health care, heads the Center's Transgender Health Program, which provides comprehensive primary health care as well as trans-specific services such as:

- Pap smears and pelvic exams for trans men,
- Prostate exams for trans women,
- Hormone therapy supervision,
- Post-surgical care for those who have undergone sex reassignment surgery.

For clients without insurance, services are available on a cash basis. For patients with limited income, they offer a sliding fee schedule. Charges are as low as \$30 for a doctor visit, although additional charges for lab and other services may apply. No-one will be denied services for lack of ability to pay.

Transgender Resource (Name & Gender Change on California ID and Birth Certificate)

Contact: Transgender Law Center: <http://transgenderlawcenter.org/issues/id/faq-the-vital-statistics-modernization-act>

- Legal Info - Health & Safety Code Section 103425-103445: <http://www.leginfo.ca.gov/cgi-bin/displaycode?section=hsc&group=103001-104000&file=103425-103445>

The Vital Statistics Modernization Act (AB 433) clarifies that individuals who were born in California, and individuals who currently reside in California, may petition a California court for gender change. Getting a court ordered gender change can help a person establish their correct gender on their identification documents, name a California Birth Certificate or a birth certificate from another state (depending upon that state's laws). Many people also choose to petition the court for a legal name and gender change at the same time, through the same court process. Filing both petitions reduces the cost into one filing fee.

The following link is for providers wanting to review FAQ's on the process, and to see a definition of "clinically appropriate treatment": <http://transgenderlawcenter.org/issues/id/faq-the-vital-statistics-modernization-act>

To review pertinent laws, and to see the format for attestation statement below, go to: <http://www.leginfo.ca.gov/cgi-bin/displaycode?section=hsc&group=103001-104000&file=103425-103445>

HIV RESOURCES

From Health & Safety Code Section 103430:

"I, (full name of physician), (physician's medical license or certificate number) am a licensed physician in (jurisdiction). I attest that (name of petitioner) has undergone clinically appropriate treatment for the purpose of gender transition to (male or female). I declare that the foregoing is true and correct to the best of my knowledge"

Transportation by ACCESS

Cost: Los Cost: Los Angeles Basin - \$2.50 and for over 20 miles - \$3.25 one-way

Contact: ACCESS Customer Support at 1-800-827-0829

Website: <http://accessla.org/home/>

ACCESS is the service name of the ADA Complementary Paratransit Service for functionally disabled individuals in Los Angeles County. ACCESS transportation service is available for any ADA paratransit eligible individual, to any location within $\frac{3}{4}$ of a mile of any fixed bus operated by the Los Angeles County public fixed route bus operators, and within $\frac{3}{4}$ of a mile around METRO Rail Stations during the hours that the systems are operational. ACCESS is a curb-to-curb shared-ride service. Several riders will be transported at one time in the same vehicle. It is not cab service, emergency medical or social service transportation, and is not door-to-door or a private transportation service.

ACCESS provides service with $\frac{3}{4}$ mile of fixed-route bus and rail lines in Los Angeles County. ACCESS operates on the same schedule as most buses. Regular service is offered from 4:00 a.m. to 12:00 a.m., 7-days a week. As a shared ride service, your travel time will be similar to that of a fixed-route bus, not a car or taxi. Your one-way fare is based on the distance you travel, with a maximum fare of \$3.25 (except to/from and in the Antelope and Santa Clarita Valleys).

IMPORTANT: ACCESS may not be able to transport a wheelchair or mobility device larger than 30" wide and 48" long, and weighing more than 600 lbs. when occupied.

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HIV RESOURCES

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