



HIV Resource Manual

*a guide for people living with HIV
and for those who care about them*

Acknowledgements

This resource guide was compiled with input for many people including service providers and people living with HIV and AIDS.

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Translation by: Federico Peinado

For questions and/or suggestions, please call: (805) 681-5120, Santa Barbara County Public Health Department, HIV/AIDS Programs.

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Introduction

“Perhaps the greatest assets of persons living with HIV disease are being unafraid of change, being open to learning, and taking charge of their health...” -Unknown

HIV infection is a serious health issue that affects us all. The purpose of this manual is to help people living with HIV/AIDS, their families, their loved ones, and to assist the people who work in the medical and social service fields.

HIV develops in three stages: asymptomatic, symptomatic and AIDS. The majority of people infected with HIV take between 2 and 12 years to go through the stages. However, everyone responds differently to HIV infection.

Stage 1: Asymptomatic

The first stage of the disease is called, “asymptomatic” (which means without signs or symptoms of illness). This stage begins when a person is infected with HIV. People in this stage show no signs of illness and tend to feel fine. Educating yourself about what can be done to protect and maintain your health during this stage is especially important.

Stage 2: Symptomatic

The second stage of HIV is characterized by the presence of symptoms. During this stage, a person infected with HIV begins to develop various symptoms. This stage can last for a short time, or extend over a period of years. The most common symptoms are:

- ✓ Persistent fatigue without explanation
- ✓ Unexplained fever, night sweats, and chills
- ✓ Loss of weight (i.e., 10% of normal body weight)
- ✓ Swollen glands (lymph nodes in the neck or under the arms)
- ✓ White spots or sores in the mouth
- ✓ Chronic diarrhea
- ✓ Persistent cough
- ✓ Vaginal infections and pelvic inflammation
- ✓ Skin rashes

Stage 3: AIDS

The third stage of HIV is called AIDS. During this stage the person experiences failure of the immune system that can contribute to conditions that may be life threatening depending on how the illnesses develop.

You can take control of your health and life by learning about and taking advantage of the many resources that are available to you. Santa Barbara County offers a full spectrum of services such as: early intervention, medical care, individual and group support, benefits counseling, advocacy, health education, housing assistance, food programs, and dental, mental health, and substance abuse services.

This guide is intended to provide a thorough overview of the resources available throughout Santa Barbara County and to help you find the services that can help ease the difficulties you may be facing. If you discover inaccuracies or if you know of resources that have been overlooked, please let us know. We welcome your suggestions so that the next edition of the *HIV Resource Manual* will be even better.

Although residents of Ventura and San Luis Obispo Counties will find the information contained in this manual useful, the staff agencies such as Pacific Pride Foundation and Santa Barbara County Public Health Department will happily make referrals to services and agencies closer to your home.

Benefits Information

This section will provide some basic information about insurance and financial benefits so that you can be better prepared when seeing a benefits counselor.

Health Insurance

Group Health Insurance

There are three ways to maintain your group health insurance when you leave employment. There are: COBRA, Conversion, and Disability Extension of Benefits.

COBRA - If you are leaving an employer who comes under COBRA (most private employers with greater than 20 employees), you are entitled to continue the group health insurance coverage, including dental, vision, and other “non-core” benefits. Life and long-term disability (LTD) insurance do not come under COBRA. While you must pay the premiums to continue this coverage, it cannot exceed 2% over the premiums your employer was paying for your coverage.

To continue coverage under COBRA, you must choose to do so within sixty days of leaving active employment or within sixty days of receiving your Notice of COBRA Rights, whichever is later. This is known as the election period. If you do not elect coverage within that time, or if you are late with any premium payments, your right to continued coverage is lost. There is no way to reinstate your coverage after the election period has expired.

Since COBRA coverage is tied to your former employer’s coverage, you will usually pay your premiums directly to them. If your employer gets a rate increase, you will get the same rate increase. If they change insurance companies, you are required by law to be permitted to change with them. If they cancel all insurance coverage for all employees, your coverage is also lost.

Usually coverage can continue under COBRA for 18 months. If you were disabled at the time COBRA coverage commenced, under some circumstances, coverage may be

extended to 29 months. During the last eleven months of coverage, the premiums may be increased 50% above the rates paid during the first eighteen months.

Recent legislation in California provides for continuation of coverage for Federal COBRA beneficiaries enrolled in California health plans. California law governs this Cal-COBRA coverage. The idea behind Cal-COBRA's extension of Federal COBRA coverage is to provide California enrollees who exhaust their COBRA coverage additional coverage under California law, as well as to provide uniformity in its duration. For more information consult the U.S. Department of Labor, Pension and Welfare Benefits Administration at (626) 583-7862.

The best way to protect your COBRA rights is to write to your former employer during the elections period and request the appropriate forms for COBRA continuation. Send the letter registered mail, return receipt requested and keep copies.

Conversion – Most health plans provide for conversion to an individual health policy. You **MUST** exercise your conversion privilege within 31 days of losing your group coverage, either at the end of employment, or at the end of the COBRA continuation. If your plan provides for conversion, then it is a right: you do not have to prove your insurability to get it.

Since conversion is usually only exercised by persons who cannot obtain health coverage elsewhere, insurance companies usually charge high premiums for the conversion policies. Also, the benefits under these policies are often substantially reduced or limited. However, there is no time limit on a conversion policy so you may keep the coverage as long as you pay the premium.

Disability Extension of Benefits – If you are totally disabled when your coverage is terminated, your plan may provide for an extension of benefits. If available, it will continue coverage only for the condition that is causing your total disability.

Health Insurance Premium Payment (HIPP) Programs

CARE/HIPP and Medical/HIPP pay health insurance premiums for low-income individuals. It sometimes covers family members on the same policy, whether they are disabled or not. CARE/HIPP is for individuals who potentially qualify for Medi-Cal. Medi-Cal/HIPP requires enrollment in Medi-Cal with a “share of cost” of \$200 or less. Neither program pays your health insurance if you are Medicare-eligible. Neither program pays for Major Risk Medical Insurance Program (MRMIP).

California Major Risk Medical Insurance Program (MRMIP)

This is a health insurance program option for clients who have no coverage and whose income is high (\$900 or more per month), which would make their Medi-Cal “share of cost” \$300 or more.

Department of Social Services - Medi-Cal
234 Camino del Remedio
Santa Barbara, CA 93110
(805) 681-4528

Medi-Cal provides medical assistance for persons who are receiving public assistance cash grants and for others who do not have money to pay for needed medical care.

Eligibility: If you are enrolled in Cal-Works/Cal-Win or receive Supplemental Security Income (SSI), Refugee Cash Assistance, or In-Home Supportive Services, you are automatically eligible for Medi-Cal coverage.

If you have limited resources but are not eligible for the above programs, you may still be eligible to receive Medi-Cal if you meet one of the following requirements. You are:

- ✓ Age 65 or older
- ✓ Younger than 21
- ✓ Blind
- ✓ Disabled
- ✓ Pregnant
- ✓ A refugee
- ✓ Being cared for in a skilled nursing facility

Many people with an AIDS diagnosis will meet the disability requirement. People are encouraged to apply for Medically Indigent Adult Services (MIA) (see below) if waiting for their Social Security Disability determination.

Medi-Cal will consider your income to determine your “share of cost”. Medi-Cal will pay for medical expenses you have already paid, or have agreed to pay for medical services equal to the amount of the share of cost.

What services are available through Medi-Cal?

- ◆ Office visits to doctors and dentists
- ◆ Hospital and nursing home care
- ◆ Laboratory and X-ray services
- ◆ Mental Health services
- ◆ Selected prescriptions and medications
- ◆ Medical supplies ordered by a physician
- ◆ Chiropractic services

Many of these services require *the provider of the service* to obtain “prior authorization.” If you have medical expenses before the date you are eligible to receive Medi-Cal benefits and if the provider will bill the Medi-Cal program and refund your money, you may request retroactive Medi-cal coverage. This coverage is limited to a maximum of

three months prior to the month in which you apply for Medi-Cal. Ask your Eligibility Worker for the necessary forms.

Medically Indigent Adult Services Program (MIA)

MIA is a Medi-Cal administered program providing coverage similar to Medi-Cal. It is available to people who are not disabled. It provides less coverage and has a slightly higher “share of cost.” It does not participate in Health Insurance Premium Payment (HIPP) programs.

Clients can apply at the Santa Barbara County Department of Social Services. MIA can be applied for concurrently with Food Stamps and General Assistance.

Medicare

Medicare is a federal health insurance program that offers:

- ◆ Part A: Hospital insurance, which pays for a percentage of inpatient care.
 - Hospital Stays: Semiprivate room, meals, general nursing, and other hospital services and supplies. This includes care received in critical access hospitals and inpatient mental health care. This does not include private duty nursing, or a television or telephone in your room. It also does not include a private room, unless medically necessary.
 - Skilled Nursing Facility Care: Semiprivate room, meals, skilled nursing and rehabilitative services, and other services and supplies (after a related 3-day hospital stay).
 - Home Health Care: Part-time skilled nursing care, physical therapy, occupational therapy, speech-language therapy, home health aide services, medical social services, durable medical equipment (such as wheelchairs, hospital beds, oxygen, and walkers) and medical supplies, and other services.
 - Hospice Care: Medical and support services from a Medicare-approved hospice for people with a terminal illness, drugs for symptom control and pain relief, and other services not otherwise covered by Medicare. Hospice care is given in your home. However, short-term hospital and inpatient respite care (care given to a hospice patient by another caregiver so that the usual caregiver can rest) are covered when needed.
 - Blood: Pints of blood you get at a hospital or skilled nursing facility during a covered stay.
 - Note: There is no prescription coverage.
 - For information about Part A, call: (800) 888-1998

- ◆ Part B: Pays a percentage of outpatient hospital services, home health visits, and other medical services/items that are not covered by Part A.

- Medical and Other Services: Doctors' services (not routine physical exams), outpatient medical and surgical services and supplies, diagnostic tests, ambulatory surgery center facility fees for approved procedures, and durable medical equipment (such as wheelchairs, hospital beds, oxygen, and walkers). Also covers second surgical opinions, outpatient mental health care, outpatient physical and occupational therapy, including speech-language therapy.
- Clinical Laboratory Services: Blood tests, urinalysis, and more.
- Home Health Care: Part-time skilled nursing care, physical therapy, occupational therapy, speech-language therapy, home health aide services, medical social services, durable medical equipment (such as wheelchairs, hospital beds, oxygen, and walkers) and medical supplies, and other services.
- Outpatient Hospital Services: Hospital services and supplies received as an outpatient as part of a doctor's care.
- Blood: Pints of blood you get as an outpatient or as part of a Part B covered service.
- There is a monthly premium for Part B.
- Note: There is no prescription coverage.
- For information about Part B, call: (800) 952-8627

Eligibility

- ✓ 65 or older
- ✓ If you have kidney failure, you qualify at any age
- ✓ Certain disabilities, such as AIDS
- ✓ Receive Social Security Disability Income for 24 months (29 months from the date of disability)

You will automatically be enrolled in Medicare parts A & B once eligible. You have to elect not to take Part B, which has a monthly premium (deducted from your SSDI benefit.) You should send Medicare notification to your Medi-Cal case-worker to initiate premium payment. If you are only receiving SSI, you are not eligible for Medicare coverage.

Benefits—Financial

State Disability Insurance (SDI)

The state of California provides short-term disability insurance, commonly referred to as SDI, administered by the Employment Development Department (EDD). SDI benefits are provided to workers who are unable to work due to an illness, injury, or pregnancy that is not covered by worker compensation law.

The SDI office serving your community will evaluate your claim, and you will receive written notice within two to three weeks after applying. If your application is denied, you

may contact the SDI office to appeal the decision and set up a hearing before an administrative judge.

State Disability Insurance Program (SDI)
SDI Office
128 East Ortega
Santa Barbara, CA 93101

(800) 480 – 3287 Information – English
(886) 658 – 8846 Spanish

Mailing Address:

State of California, Employment Development Department
P.O. Box 826806
Sacramento, CA 94206-0001

Application Process

Submit a completed claim form to your local SDI office. (Forms are available at all hospitals, your local SDI office and from private physicians, and many employers). Fill out everything on the form except for the physician's section, which your doctor must fill out to certify your disability.

It is important that you apply as soon as possible after becoming disabled, because you could be penalized or become ineligible for filing a late claim.

Eligibility

- You must be employed by an organization that participates in the program (refer to your pay stubs, section SDI) or are self-employed and have elected to participate in the SDI program.
- You must be paying into the program at the time of disability.
- SDI defines disability as illness or injury, either physical or mental, which prevents an individual from doing their usual or customary work. The SDI definition includes disabilities resulting from elective surgery, pregnancy, childbirth, or a related medical condition.
- The SDI application requires certification of the disability by a medical provider.
- There is no proof of United States immigration status required for application to SDI.

Benefits

Benefits are paid every two weeks (bi-monthly) for a maximum of 52 weeks. Benefits based on self-employment *elective coverage* are paid for a minimum of 39 weeks.

Benefit payments range from \$50 to \$840 per week depending on the individual's income during the SDI program's 12-month base period prior to the onset of disability. Consult a benefits counselor to determine the amount of your benefits according to the SDI assessment system.

(SSDI) Social Security Disability Income/ (SSI) Supplemental Security Income

South County

- Social Security Administration
355 Paseo Nueveo
Santa Barbara, CA 93101

(805) 963 – 7806
(800) 722 – 1213 claims appointments

Hours

9:00 a.m. – 4:00 p.m. Monday – Friday

North County

- Social Security Administration
2436 Professional Parkway
Santa Maria, CA 93455

(805) 934 –2793
(800) 722 –1213 Line available 7 a.m. to 7 p.m.

Hours

9:00 a.m. – 4:00 p.m. Monday – Friday

The Social Security Administration has two programs for the disabled:

1. Social Security Disability Income (SSDI or Title 2)
2. Supplemental Security Income (SSI of Title 16)

Both of these Programs define “disabled” as any medial condition (physical or mental) that prevents you from working for at least 12 months, or is expected to result in death.

Social Security Disability (SSA, SSDI)

To qualify for Social Security Administration benefits, you must have a medical condition (be disabled) that meets Social Security's definition of disability. The definition of disabled under Social Security is based on your inability to work. You are considered disabled “if you cannot do work that you did before” and “cannot adjust to other work because of your medical condition (s).” Your disability must last for one year

or result in death. You also must have paid into the Social Security system through your employers during approximately five of the last ten years before becoming disabled. This means you must have worked in a job or jobs where Social Security taxes (FICA) were withheld from your paycheck, or worked as a self-employed person who paid taxes quarterly.

How much are the benefits?

There is no fixed amount. The amount of your benefits depends entirely on your earnings: how much and how long you have paid into the Social Security system. Please refer to the website (www.socialsecurity.gov) for benefit estimates or call the national toll-free number 1-800-722-1213.

Application Process

You should apply for Social Security Disability as soon as you become disabled, because it takes time for your application to be processed. You may begin this process by calling the national toll-free number 1-800-772-1213, or your local Social Security office to make an appointment. If you have AIDS or disabling HIV diagnosis, let them know when you make your appointment so they will process your application more quickly. For more information please refer to the US Social Security Administration website: www.socialsecurity.gov.

South County

- 355 Paseo Nuevo
Santa Barbara, CA 93101

(805) 772 – 1213
(805) 963 – 7806

Hours

9:00 a.m. – 4:00 p.m., Monday - Friday

North County

- Suite A
2436 Professional Parkway
Santa Maria, CA 93455

(800) 722 – 1213
(805) 934 – 2793

Hours

9:00 a.m. – 4:00 p.m., Monday - Friday

Supplemental Security Income

SSI benefits depend on where you live. The basic SSI check is the same nationwide. Effective January 2005, the SSI payment for an eligible individual is \$579 per month and \$869 per month for an eligible couple. In most cases, the state of California provides additional income for qualifying individuals and couples. The total benefits are based on specific eligibility requirements, which vary according to factors. Payments are made in a combined federal and state sum on a monthly basis. Please contact Social Security Administration at 1-800-772-1213 or refer to the website for more information (www.socialsecurity.gov).

Veteran's Benefits

South County

- VA Medical Center
4440 Calle Real
Santa Barbara, CA 93110

(805) 683 – 1491

Hours

8:00 am – 4:30 pm

By appointment only.

- Vet Center
1300 Santa Barbara Street
Santa Barbara, CA 93101

(805) 564 – 2345

Hours

8:00 a.m. – 4:30 p.m. Monday, Wednesday, Friday

8:00 a.m. – 6:00 p.m. Tuesday, Thursday

- Veterans Service Office
315 Camino del Remedio
Santa Barbara, CA 93110

(805) 681 – 4500

Hours

8:00 a.m. – 5:00 p.m. Monday - Friday

North County

- Veteran's Health Administration
1111 East Ocean Avenue, Suite 8
Lompoc, CA 93436

(805) 736 – 7767

www.va.gov

Hours

8:00 a.m. – 4:30 p.m. Monday – Friday, closed 1st Wednesday of the month.

- Veterans Service Office
108 East Locust Street
Lompoc, CA 93436

(805) 737 – 7900

Hours

8:00 a.m. – 5:00 p.m. Monday – Friday

- Veterans Service Office
511 East Lakeside Parkway, Room 47
Santa Maria, CA 93455

(805) 346 – 7160

Hours

8:00 a.m. – 5:00 p.m. Monday - Friday

Food Stamps

Food Stamps is a federally funded, county administered program designed to help low income people with their dietary needs. Your monthly allotment of food stamps depends on your income. If you receive SSI (Supplemental Security Income), you cannot also receive food stamps, since SSI includes money for food. There are specific eligibility requirements. Contact the Santa Barbara County Department of Social Services for more information.

No appointment is necessary for the initial visit. Applications are available at the following locations:

South County

- Santa Barbara County Department of Social Services
234 Camino del Remedio
Santa Barbara, CA 93110

(805) 681 – 4401

North County

- Santa Barbara County Department of Social Services
1100 West Laurel Avenue
Lompoc, CA 93436

(805) 737 – 7080
- Santa Barbara County Department of Social Services
2125 South Centerpointe Parkway
Santa Maria, CA 93455

(805) 346 – 7156

Cal-Works/Cal-Win (Formerly Aid to Families with Dependent Children)

Cal-Works is a federal, state, and county program administered by the Department of Social Services. It provides money and services to eligible families with children. Benefits depend on the size of your family and your income. The state decides how much money you should be allowed, and then subtracts your income from that amount. Cal-Works pays the difference, in the form of a check sent to you twice a month. If you receive Cal-Works benefits, you will also receive Medi-Cal. To apply, contact one of the following Social Service agencies.

South County

- Santa Barbara County Department of Social Services – Santa Barbara
234 Camino del Remedio
Santa Barbara, CA 93110

(805) 681 – 4401

North County

- Santa Barbara County Department of Social Services – Lompoc
1100 North “H”
Lompoc, CA 93436

(805) 740 - 1396
- Santa Barbara County Department of Social Services – Santa Maria
2125 South Centerpointe Parkway
Santa Maria, CA 93455

(805) 346 – 7204

General Assistance

General Assistance is a county funded program. Eligible clients receive between \$91 and \$300 in rent and food vouchers and for incidental expenses. There is no cash grant in Santa Barbara County. You must apply separately for food stamps. You will be required to work ten days a month. If you are unable to work, you need to submit a letter from your doctor to that effect and will be required to apply for SSI. When a client receives SSI, retroactive payment will first be applied to repay General Assistance received.

There are specific eligibility requirements. Contact the Santa Barbara County Department of Social Services for more information.

South County

- Santa Barbara County Department of Social Services
234 Camino del Remedio
Santa Barbara, CA 93110

(805) 681 – 4401

North County

- Santa Barbara County Department of Social Services
1100 West Laurel Avenue
Lompoc, CA 93436

(805) 737 – 7080
- Santa Barbara County Department of Social Services
2125 South Centerpointe Parkway
Santa Maria, CA 93455
(805) 346 – 7156

Unemployment Insurance Claims

When you are unemployed, or working less than full time, and ready, willing, and able to work, you may be eligible to receive unemployment insurance benefits. Specific eligibility requirements apply. Contact one of the California Employment Development Departments, Unemployment Insurance Claims Offices for more information or the California Employment Development Department website at www.edd.ca.gov.

Unemployment Insurance provides employment assistance to employers and job seekers, including job placement and job search workshops. State-wide employment listings and disability forms available. Unemployment insurance programs are only administered by phone

South County

- California Employment Development Department
130 East Ortega
Santa Barbara, CA 93101

(805) 568 – 1280 Job Services
(800) 300 – 5616 Unemployment Insurance – Telephone Service
(800) 326 – 8937 Spanish Unemployment Insurance Service

Hours

8:00 a.m. – 5:00 p.m. Monday - Friday

North County

- California Employment Development Department
1410 South Broadway
P.O. Box 7060
Santa Maria, CA 93456-7060

(805) 348 – 3230 Job Seekers
(805) 349 – 8123 Job Order Desk
(800) 300 – 5616 Unemployment Insurance – Telephone Service
(800) 326 – 8937 Spanish Unemployment Insurance Service

Hours

8:00 a.m. – 5:00 p.m. Monday - Friday

Counseling and Addiction Recovery Services

South County

- Alcohol & Drug Program
300 N. San Antonio Road
Santa Barbara, CA 93110

(805) 681 – 5440
- The Council on Alcoholism and Drug Abuse
232 E. Canon Perdido
Santa Barbara, CA 93101

(805) 963 – 1433

www.sbcada.org
- Project Recovery
133 East Haley Street
P.O. Box 28
Santa Barbara, CA 93102-0028

(805) 564 – 6057, ext. 112

Please call for an appointment.

North County

- The Council on Alcoholism and Drug Abuse
526 E. Chapel St.
Santa Maria, CA 93454

(805) 928-0993

www.sbcada.org
- Pacific Pride Foundation
819 West Church Street
Santa Maria, CA 93458

(805) 349 – 9947

Therapy & Support Groups

Pacific Pride Foundation
South County

- Bisexual Support Group

Meets Mondays 7:30-9:00 p.m.

Pacific Pride Foundation
126 East Haley Street
Santa Barbara, CA 93101

(805) 963 – 3636, ext. 130 for more information

- LGBT Youth Group
(Ages 14-23)

Meets Mondays 4:00-5:30 p.m.

Muddy Waters Coffeehouse
508 East Haley Street
Santa Barbara, CA 93103

(805) 963 – 3636, ext. 231 or 121 for more information

- People Living with AIDS

Meets Thursdays 5:50 – 7:30 p.m.

Pacific Pride Foundation
126 East Haley Street
Santa Barbara, CA 93101

(805) 963 – 3636

A meeting for men and women living with HIV.

- Transgender Support Group

Meets Tuesdays 6:00-8:00 p.m.

Hosted by ModSquade

Pacific Pride Foundation
126 East Haley Street
Suite A-12

Santa Barbara, CA 93101

(805) 963 – 3636

Peer facilitated drop in support group for transgender and genderqueer individuals.

- Lesbian and Bisexual Women’s Therapy Group

Meets Wednesdays 7:00-8:30 p.m.

8-Week non drop-in therapy group for lesbian and bisexual-identified women.

Pacific Pride Foundation
126 East Haley Street
Santa Barbara, CA 93101

(805) 963 – 3636, ext. 233 or ext. 232 for more information

- Men’s Therapy Group

Meets Thursdays 6:00-7:30 p.m.,

Therapy group for gay and bisexual men, limited openings.

Pacific Pride Foundation
126 East Haley Street
Santa Barbara, CA 93101

(805) 963 – 3636, ext. 235 call for more information

- Sex Addicts Anonymous (LGBT)

Meets Sundays 7:30 p.m.

126 East Haley Street
Suite A-12
Santa Barbara, CA 93101

(805) 963 – 3636 for more information

- HIV/AIDS Support Group

10 week drop in support group in Santa Barbara for persons living with HIV/AIDS.

Meets Thursdays 12:00-1:30 p.m.

(no location given)

(805) 963-3636, ext. 233 or 234 for more information

North County

- LGBT Youth Group – Santa Maria
(Ages 14-23)

Meets Tuesdays 4:00-5:00 p.m.

Café Monet
1555 S. Broadway
Santa Maria, CA 93454

(805) 963 – 3636, ext. 121 for more information

- LGBT Youth Group – Lompoc
(Ages 14-23)

Meets Tuesdays 6:00-7:00 p.m.

South Side Café
105 South “H” Street
Lompoc, CA 93436

(805) 963 – 3636, ext. 121 for more information

- LGBT Discussion Group- Santa Maria

Meets Thursday evenings, once a month.

Drop-in discussion and support group for LGBT individuals in North County.

(no location given)

(805) 963-3636, ext. 130 for more information

Community Counseling Referrals

South County

- Santa Barbara County Mental Health Services
315 Camino Del Remedio

Santa Barbara, CA

(805) 681-5220

- Carpinteria Clinic
931 Walnut Avenue
Carpinteria, CA 93103

(805) 684 – 8681

- Franklin Center Clinic
1136 East Montecito
Santa Barbara, CA 93101

(805) 568 – 2099

North County

- Lompoc Outpatient Clinic
401 East Cypress
Lompoc, CA 93436

(805) 737 – 7715

- Santa Maria Outpatient Clinic
326 West Main Street
Santa Maria, CA 93454

(805) 346 – 7441

Community Agencies: Sliding Fee Scale

South County

- Community Counseling Center
923 Olive Street
Santa Barbara, CA 93101

(805) 962 – 3363

- Family Services Agency
123 West Gutierrez
Santa Barbara, CA 93101

(805) 965 – 1001

- Family Therapy Institute
23 West Mission
Santa Barbara, CA 93101

(805) 569 – 2272

- Isla Vista Health Projects
970 Embarcadero del Mar
Goleta, CA 93117

(805) 968 – 1511

- Planned Parenthood
518 Garden Street
Santa Barbara, CA 93101

(805) 963 – 5801

- University of California: Hosford Community Counseling Clinic
UCSB Campus
Santa Barbara, CA 93101

(805) 893 – 8064

North County

- Pacific Pride Foundation
819 West Church Street
Santa Maria, CA 93454

(805) 349 – 9947

- Planned Parenthood
415 East Chapel Street
Santa Maria, CA 93454

(805) 922 – 8317

Legal Services

South County

- Legal Aid Foundation of Santa Barbara County
301 East Canon Perdido
Santa Barbara, CA 93101

(805) 963 – 6754

Free civil legal services available to low-income families and senior citizens in the following priority areas: family law, landlord/tenant law, public benefits, civil rights, and consumer protection. For more information visit www.rain.org/~sblaf/.

- Pacific Pride Foundation
126 East Haley Street
Suite A-17
Santa Barbara, CA 93101

(805) 963 – 3636

Case managers refer clients to staff attorney.

- Santa Barbara County Public Law Library
1100 Anacapa Street
Santa Barbara, CA 93101

(805) 568 – 2296

North County

- Legal Aid Foundation of Santa Barbara County
110 South “C” Street
Suite C
Lompoc, CA 93436

(805) 736 – 6582

- Legal Aid Foundation of Santa Barbara County
301 South Miller Street
Suite 116
Santa Maria, CA 93454

(805) 922 - 9909

Food & Nutrition

Pacific Pride Foundation operates two food programs for people living with HIV and AIDS: the Necessities of Life Project food pantry and Project Food Chain.

Necessities of Life Program – Food Pantry

South County

- 126 East Haley Street B-4
Santa Barbara, CA 93101

(805) 963 – 3636, ext. 131 for more information

Hours

Monday: 5:00 p.m. – 7:00 p.m.
Tuesday: 9:00 a.m. – 12:00 p.m.
Thursday: 12:00 p.m. – 3:00 p.m.

North County

- 819 West Church Street
Santa Maria, CA 93454

(805) 349 – 9947, ext. 106 for more information

Hours

Tuesday: 10:30 a.m. – 1:30 p.m. & 5:00 p.m. – 6:30 p.m.
Friday: 10:30 a.m. – 1:30 p.m.

Education & Prevention Programs

With no current cure for HIV infections and AIDS, education is the key to preventing its continuing spread. Only through innovative education and outreach programs can we hope to reach populations at greatest risk for infection before they become exposed to the virus. There are education and prevention programs throughout Santa Barbara County that provide outreach and prevention services to prevent HIV infection. These programs include risk reduction seminars, peer-run safer sex workshops and events designed to build self-esteem and awareness.

South County

- American Indian Health Services
4141 State Street B-6
Santa Barbara, CA 93110

(805) 681 – 7356

By appointment only. Sliding fee scale.

- Isla Vista Medical Clinic

970 Embarcadero del Mar
Goleta, CA 93117

(805) 968 - 1511

- Pacific Pride Foundation
126 East Haley Street
Suite A-11
Santa Barbara, CA 93101

(805) 963 – 3636

- Project Recovery
133 East Haley Street
Santa Barbara, CA 93101

(805) 564 – 6057, ext. 112

Please call for an appointment.

- Santa Barbara City College
721 Cliff Drive
Santa Barbara, CA 93109

(805) 965 – 0581, ext. 2295

By appointment only.

- University of California at Santa Barbara (UCSB)
Student Health Center
Santa Barbara, CA 93106

(805) 893 – 3434

By appointment only.

- Zona Seca
26 West Figueroa Street
Santa Barbara, CA 93101

(805) 963 – 8961

www.zonaseca.com

North County

- Pacific Pride Foundation
819 West Church Street
Santa Maria, CA 93458

(805) 349 – 9947

- Zona Seca, Inc.
1515 EA. Chestnut Street
Lompoc, CA 93436

(805) 740 – 9799

www.zonaseca.com

Volunteer Services

A number of client services are coordinated through Pacific Pride Foundation's Volunteer Services Program. This program serves as a link between requests for services by clients and the volunteers who provide practical services and support for those living with HIV/AIDS. Services include:

- Ride Requests: Rides are available to medical appointments, to and from the Food Pantry, and other important appointments.
- Buddy Program: This program matches "buddies" with HIV/AIDS clients to provide both emotional and practical support.
- Meals: Pacific Pride Foundation will refer clients to "Food from the Heart" on an individual basis as needed.
- AIDS Information Hotline: Staffed by Pacific Pride Foundation employees and specially trained volunteers, this service provides information and resource referrals to callers 18 hours a day, seven days a week. The Hotline provides both English and Spanish language services everyday from 8:00 a.m. until midnight.

Santa Barbara & Ventura: (805) 965 – 2925

Santa Maria & San Luis Obispo: (805) 928 – 5280

- Prevention for Positives Program:
- Massage Therapy: Free massage therapy available to case management clients upon referral.

Medical Services

South County

Appointments are preferred, but walk-ins are accepted. Medi-Cal and some private insurance are accepted. Fees are set on a sliding scale.

- Santa Barbara County Public Health Department
Infectious Disease Clinic
345 Camino del Remedio
Santa Barbara, CA 93110

(805) 681 – 5488 (appointment desk)

Hours

8:00 a.m. – 12:00 p.m., Wednesdays

North County

- Santa Barbara County Public Health Department
2115 South Centerpointe Parkway
Santa Maria, CA 93454

(805) 346 - 7230

Early Intervention Program (EIP)

The Early Intervention Program (EIP) is for individuals who are HIV positive, their partners, and family members. The goal of the EIP is to help individuals maintain a high level of health and also to minimize the risk of further HIV transmission. The services of the EIP are provided respecting the client's need for confidentiality and include:

- Case Management to help individuals develop a plan to meet their needs and make use of appropriate community resources.
- Medical services, which include an initial assessment with laboratory tests, interim medical services and development of a comprehensive and individualized health care plan.
- Health education including assistance with choices and options for living fully with HIV diseases to enhance your health and quality of life. This education includes nutritional assessments and counseling.
- Psychological assessment and counseling are provided by a therapist to provide the support needed to cope with the challenges which may arise as a result of an HIV positive diagnosis.
- Education, for risk reduction, which assess behaviors that may increase risk of transmission of HIV, and to assist in making choices that, minimize these risks.

Eligibility

You are eligible for the program if you are HIV positive and are willing to participate in all five components. Partners and some family members of a program client may qualify for some EIP services.

Billing

No client will be denied services due to inability to pay. All EIP services are free or will be provided according to a sliding fee schedule. If possible, services will be billed to Medi-Cal, Medicare, or private insurance.

EIP Services are also available in San Luis Obispo and Ventura Counties.

South County

- Pacific Pride Foundation
126 East Haley Street, Suite A-11
Santa Barbara, CA 93101

(805) 963 – 3636
- Westside Neighborhood Medical Clinic
628 West Micheltorena
Santa Barbara, CA 93101

(805) 963 – 1546
- Santa Barbara County Public Health Department
345 Camino del Remedio
Santa Barbara, CA 93110

(805) 681 – 5488

North County

- Pacific Pride Foundation
819 West Church Street
Santa Maria, CA 93458

(805) 349 – 9947
- Santa Barbara County Public Health Department
2115 South Centerpointe Parkway
Santa Maria, CA 93454
(805) 346 - 7230

AIDS Case Management Services

Pacific Pride Foundation coordinates the care of over 150 people living with AIDS and also helps HIV positive people seeking assistance through the Early Intervention Program (EIP). The staff is made up of nurses, social workers, therapists, and other professionals who work with clients to link them with the services and resources they need for their continued care and support. Each client is assigned a Case Manager who, along with the client, develops an individualized care plan to coordinate care and connect him or her with community resources and services.

These services include:

- **Medi-Cal Waiver Program**
 - Psychological counseling
 - Nutritional supplements and counseling
 - Transportation
 - HOPWA (Housing Opportunities for People With AIDS)
 - Skilled in-home nursing
- **Peer Counseling and Buddy Programs:** Volunteer Advocates provide emotional support and practical care.
- **Benefits Counseling:** Social workers provide information about private benefits, such as employer sponsored insurance, and public benefits such as State Disability Insurance, Social Security Benefits and Supplemental Security Income (SSI). Counselors can also assist clients in obtaining financial assistance.
- **Housing Assistance:** Case managers coordinate access to emergency rental assistance and long-term housing solutions.
- **Risk Reduction Therapy:** A Risk Reduction Specialist is available to work with high-risk clients on a weekly basis.
- **Nutritional Counseling:** Available to clients in conjunction with the Necessities of Life food pantry.
- **Legal Assistance:** Referrals available to Pacific Pride Foundation staff attorney.
- **Other Services:** Clients are also assisted with transportation services, volunteer support services and food programs.

Housing for People Living with AIDS

- **AIDS Housing Santa Barbara**
P.O. Box 20031
Santa Barbara, CA 93120
- Sarah House
2612 Modoc Road
Santa Barbara, CA 93105

(805) 563 – 9990

Full time residential opportunities and support.

- Scattered-Site

Provides housing assistance to individuals living independently. Call for more information.

- Pacific Pride Foundation
 - 126 E. Haley
Suite A-17
Santa Barbara, CA 93101

(805) 963-3636

Case managers provide emergency rental assistance and guidance towards long-term housing solutions.

HIV – Antibody Testing Sites

South County

- Pacific Pride Foundation
126 E. Haley
Suite A-17
Santa Barbara, CA 93101

(805) 963-3636

Free, anonymous, bilingual.

Hours

Mon 5:30 pm-7 pm

Thurs 5:30 pm-7 pm

Wed. 11:30 a.m.-1:30 pm

By appointment or walk-in.

- American Indian Health and Services
4141 State St
Suite B-6 (El Mercado)
Santa Barbara, CA 93110

(805) 681-7356

Free, anonymous or confidential.

Hours

9:00 a.m.- 5:00 p.m., Monday - Thursday

By appointment or walk-in.

- Eastside Medical Clinic
915 Milpas Street
Santa Barbara, CA 93101

(805) 963-1641

Free anonymous or confidential.

48-hour turnaround for \$25.

Sliding scale STD testing by appointment

Hours

2:00 p.m. – 5 p.m., Tuesday

9:00 a.m. – 12 p.m., Friday

- Isla Vista Medical Clinic
970 Embarcadero Del Mar
Isla Vista, CA 93117

(805) 968-1511

Free, anonymous or confidential.

48-hour turnaround for \$25.

Hours

4:00 p.m. – 6 p.m., Monday

9:00 a.m. - 11:00 a.m., Tuesday/Thursday

Appointment or walk-in.

- Planned Parenthood
518 Garden Street
Santa Barbara, CA 93101

(805) 963-5801

Anonymous or confidential.

Bilingual and sliding scale fees.

STD Test package available by appointment.

Hours

Appointments: 9:00 a.m. – 8 p.m., Monday - Thursday

Walk-ins: 12:00 p.m. – 8 p.m. Tuesday/Wednesday/Thursday

- Project Recovery
133 E Haley Street
Santa Barbara, CA 93101

(805) 564-6057

Free, walk-in, anonymous, bilingual.

Hours

3:30 p.m. – 5 p.m., Wednesday

- Santa Barbara Public Health Clinic
345 Camino del Remedio
Santa Barbara, CA 93110

(805) 681-5120

Free, anonymous or confidential, bilingual.

STD test package available on Tuesdays, call 681-5170 for an appointment.

Hours

8:30 a.m. - 11:30 a.m., Tuesday, Wednesday, Friday

Appointment or walk-in.

- UCSB
Student Health Services

(805) 893-3371

For students only, \$8 fee for appointment, confidential.

Please call for an appointment.

- Westside Neighborhood
Medical Clinic
628 W Micheltorena,

(805) 963-1546 ext.4

Free, anonymous or confidential, bilingual.

48-hour turnaround for \$25.

Hours

9:00 a.m. – 12:00 p.m., Tuesday/Friday

2:00 p.m. – 5 p.m. Wednesday

12:00 p.m.- 2 p.m. & 5:00 p.m. – 7 p.m. Thursday

Appointment or walk-in.

North County

- Pacific Pride Foundation
819 West Church Street
Santa Maria, CA 93458

(805) 349 – 9947

Free, anonymous, walk-in or appt., bilingual

Hours

4:00 p.m. – 7:00 p.m., Wednesday

- Planned Parenthood
415 East Chapel Street
Santa Maria, CA 93454

(805) 922 – 8317

Confidential urine test.

Bilingual and sliding scale fees.

STD test package available by appointment

By appointment only.

Hours

9:00 a.m. – 5:00 p.m., Monday - Friday

- Santa Maria Public Health Clinic
2115 S Centerpointe Parkway
Santa Maria, CA 93455

(805) 346-8410, xtn. 5120

Free anonymous, walk-in, bilingual.

STD test package by appointment only.

Hours

9:00 a.m. - 11:30 a.m. & 1:30 p.m. - 4:30 p.m. Wednesday
8:30 a.m. - 11:30 a.m., Thursday

- Lompoc Public Health Clinic
301 North “R” Street
Lompoc, CA 93436

737-7775 x5120

Free, anonymous or confidential.
STD test package \$20 by appt. only.

Hours

1:00 p.m. – 4:00 p.m., Thursday

By appointment or walk-in.

- Community Health Center Central Coast Nipomo
150 Tejas Street
Lompoc, CA 93436

(805) 929-3211

Free, anonymous, bilingual.
\$35 confidential testing.

Hours

9:00 a.m. - 1:00 p.m. Monday - Friday

By appointment or walk-in—appointments encouraged.

AIDS Drug Assistance Program (ADAP)

South County

- Santa Barbara County Public Health Department
345 Camino del Remedio
Santa Barbara, CA 93110

(805) 681- 4758

Hours

8:30 a.m. – 4:30 p.m.

North County

- Santa Barbara County Public Health Department
301 N. "R" Street
Lompoc, CA, 93036

(805) 737-6400

- Santa Barbara County Public Health Department
2115 Centerpointe Parkway
Santa Maria, CA, 93454

(805) 346-8240

Hours

8:30 a.m. – 4:30 p.m.

Eligibility

The AIDS Drug Assistance Program (ADAP) was established in October 1987, to provide drugs to individuals who otherwise could not afford them. The drugs provided by ADAP have been determined to prolong quality of life and to delay the deterioration of health among individuals infected with HIV.

Eligibility Criteria

Individuals are eligible for ADAP if they:

- ✓ Are infected with HIV
- ✓ Have an annual federal adjusted gross income below \$50,000
- ✓ Are not covered by/eligible for Medi-Cal or other third-party payer
- ✓ Are a resident of California
- ✓ 18 years of age or older
- ✓ Have a valid prescription from a California licensed physician

For more information on the California AIDS Drug Assistance Program, visit the Web site of the Professional Management Development Corporation: www.ramsellcorp.com and click on California.

You may enroll with a Patient Representative at the County Public Health Department in Santa Barbara, Santa Maria, or Lompoc.

Medications

There are currently over 150 medications commonly used in the treatment of HIV/AIDS infections that are available through ADAP. See the Public Health Department Patient Representative for a complete list of available drugs.

ADAP Pharmacies

Currently, most pharmacies in Santa Barbara County serve persons enrolled in ADAP. Your Pharmacist will be able to tell you if they are an ADAP provider. Please visit the website for more information <http://www.ramsellcorp.com/>

Medically Indigent Adult Services Program (MIA)

The MIA program helps people get medical care by paying for all or part of the cost. To apply for the MIA Program you must live in Santa Barbara County, be between age 21 and 64 and NOT qualify for Medi-Cal. The MIA Program is not an insurance program. You must be ill or injured in order to apply.

Eligibility

Not everyone can get help through the MIA Program. There is an application process to determine eligibility dependant upon factors such as age, citizenship, income and other resources. Application may be made up to seven days before a scheduled visit, or within seven days of office visit date.

Application

You may apply at the clinic locations listed below. They are open from 10:00 a.m. to 12 noon and 1:00 p.m. to 4:00 p.m.

South County

- Santa Barbara Clinic
345 Camino del Remedio
Santa Barbara, CA 93110

(805) 681 – 5398 or (805) 681 – 5399

North County

- Lompoc Clinic
301 North “R” Street
Lompoc, CA 93436

- Santa Maria Clinic
2115 South Centerpointe Parkway
Santa Maria, CA 93455

(805) 737 – 6486

(805) 346 – 7374 or (805) 346 - 7241

After the MIA application process is completed, a Medi-Cal Services Representative will notify you of eligibility. Once approved, you will need to show the letter of approval at each visit before you receive treatment. Some people enrolled in the MIA Program will have to pay a certain amount of their medical costs to meet their deductible. The amount of the deductible is based on the person's income. If an individual is eligible for other assistance such as Medi-Cal, they must apply for that assistance before they can qualify to receive MIA services.

Upon receiving MIA services, any changes that would affect MIA eligibility need to be reported within 10 days. You may qualify for one to four months of MIA services depending on medical care needs and financial circumstances. You must reapply if you continue to receive care beyond this period. If your application is not approved, you will be billed for the services you received.

Medical Care

Medical services can be obtained through the MIA program at Santa Barbara County-operated health clinics by appointment only. To make an appointment, please call any of the following clinics:

South County

- Carpinteria Clinic
931 Walnut Avenue
Carpinteria, CA 93103

(805) 684 – 8681
- Franklin Clinic
1136 East Montecito Street
Santa Barbara, CA 93103

(805) 568 – 2099
- Santa Barbara Clinic
345 Camino del Remedio
Santa Barbara, CA 93110

(805) 681 – 5488 or (805) 681 – 5489

North County

- Lompoc Clinic
301 North "R" Street
Lompoc, CA 93436
(805) 737 – 6400

- New Cuyama Clinic
4711 Hwy 166
New Cuyama, CA 93254

(805) 766 – 2558 or (805) 682 – 8125
- Santa Maria Clinic
2115 South Centerpointe Parkway
Santa Maria, CA 93455

(805) 346 - 7230

Dental Referrals

South County

- Dr. Campbell
605 State Street
Santa Barbara, CA 93101

(805) 682 – 4296
- Dr. Capola
1919 State Street
Suite 203
Santa Barbara, CA 93101

(805) 682 – 3700
- Dr. Frank Hull
Eastside Dental Clinic
915 Milpas St.
Santa Barbara, CA 93103

(805) 963 – 1641
- Santa Barbara Urban Dental Clinic
1919 State Street
Santa Barbara, CA 93101

(805) 962 – 7471

Will refer clients.

- Dr. Richard H. Ward
1805 East Cabrillo Blvd.
Santa Barbara, CA 93108

(805) 969 – 5767

North County – No providers at this time.

Other Treatment (Non-medical)

- Acupuncture

Project Recovery Acupuncture
P.O. Box 28
133 East Haley Street
Santa Barbara, CA

(805) 564 – 6057

- Massage Clinic

The Body Therapy Institute
516 North Quarteria
Santa Barbara, CA

(805) 966 – 5802

Student clinic is \$30/hour, Tuesday, Thursday, and Friday 6:00 p.m. or 7:45 p.m.,
Wednesday, Friday, and Saturday 2:15 p.m. or 4:00 p.m.