

# Roadmaps: The Journey of PLWH

## Improving Health Outcomes for PLWH

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NATIONAL  
**RYAN WHITE**  
CONFERENCE  
ON HIV CARE & TREATMENT

# Mission and Purpose of HIT HIV

- To provide training and guidance regarding the quality of HIV programs and services
- To address the needs of persons living with HIV
- To empower persons living with HIV to influence change
- We believe we can make our health care better, education smarter, and our community stronger.
- We believe we can provide a voice to those living with HIV.
- We believe we can improve the health of our community by working in partnership with those providing services.

# Structure

- **Ground Rules**
    - In place of Bylaws
  - **Co-Chairs**
  - **Project Based**
  - **Incentive**
    - \$25 Walmart Giftcard per hour (funded by EhE)
- “Store gift cards that can be redeemed at one merchant or an affiliated group of merchants for specific goods or services that further the goals and objectives of the EHE are also allowable as incentives for eligible program participants.”



# THRIVING GUIDE

## THE THRIVING GUIDE

The THRIVING Guide provides contact information for trusted agencies and care providers in the Tarrant County community, including resources for finding a doctor, medication assistance, housing and rental assistance, HIV and STI testing, PrEP services, condom distribution, and more.

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	Adult Health Services	AIDS Healthcare Foundation	AIDS Outreach Center	CAN Community Health	JPS Healing Wings	The Salvation Army Fort Worth	Samaritan House	Tarrant County Preventive Medicine Clinic
<b>HIV Linkage and Navigation</b> <i>Servicios de Enlace y Navegación para el VIH</i>	●	●	●	●	●	●	●	●
<b>Dental Health</b> <i>Salud Dental</i>			●	●	●			
<b>Medication Assistance</b> <i>Asistencia para Medicinas</i>		●		●	●			●
<b>Onsite Pharmacy</b> <i>Farmacia en Sitio</i>		●		●	●			
<b>Health Insurance Assistance</b> <i>Asistencia para Seguros Médicos</i>			●	●				
<b>Housing/Rental Assistance</b> <i>Asistencia para Vivienda / Alquiler</i>			●	●		●	●	
<b>Emergency Utilities Assistance</b> <i>Asistencia de Emergencia para Servicios Públicos</i>			●	●		●		
<b>Mental Health</b> <i>Salud Mental</i>			●	●	●			●
<b>Medical Case Management</b> <i>Administración de Casos Médicos</i>			●	●	●			●

HEALTH CARE SERVICES | PROVEEDORES DE ATENCIÓN MÉDICA

**RYAN WHITE-FUNDED AGENCIAS**  
*AGENCIAS FINANCIADAS POR EL PROGRAMA RYAN WHITE*

<p><b>AIDS Healthcare Foundation</b> 400 N Beach St. Ste 104 Fort Worth 76111 817-351-1750</p> <p>■ ● ● ▲</p>	<p><b>CAN Community Health</b> 616 Mullock Centre Circle Arlington 76015 817-693-1000</p> <p>■ ● ● ▲</p>	<p><b>The Salvation Army Fort Worth</b> 1855 E Lancaster Fort Worth 76103 817-344-1800</p> <p>▲</p>
<p><b>AIDS Outreach Center</b> 400 N Beach St Ste 100 Fort Worth 76111 817-335-1994</p> <p>■ ● ● ▲</p>	<p><b>JPS Healing Wings</b> 1350 S Main St Fort Worth 76104 817-702-1100</p> <p>■ ● ● ▲</p>	<p><b>Samaritan House</b> 929 Hemphill St Fort Worth 76104 817-332-6410</p> <p>● ▲</p>
<p><b>Tarrant County Preventive Medicine Clinic</b> 1101 S. Main St. Ste 1500B Fort Worth TX 7610 817-321-4850</p> <p>■ ● ▲</p>		

■ Testing Pruebas  
 ● PrEP Profilaxis Previa a la Exposición  
 ● Condom Distribution Distribución de Preservativos  
 ▲ HIV Linkage and Navigation Services Servicios de Enlace y Navegación para el VIH

**ADDITIONAL AGENCIAS**  
*OTRAS AGENCIAS*

<p><b>Adult Health Services</b> 1101 S Main St. Fort Worth 76104 817-321-4800</p> <p>■ ● ● ▲</p>	<p><b>HELP Center - Fort Worth Clinic</b> 1919 8th Ave Fort Worth 76110 817-332-7722</p> <p>■ ● ●</p>	<p><b>Northside Community Health Center</b> 2332 Beverly Hills Dr Fort Worth 76114 817-625-4254</p> <p>■ ● ●</p>
<p><b>Collins Family Clinic</b> 2900 SE Loop 820 Fort Worth 76140 817-922-8182</p> <p>■ ●</p>	<p><b>MHMR Tarrant Behavioral Health Services</b> 4200 S Freeway Fort Worth 76115 817-569-5760</p> <p>●</p>	<p><b>Volunteers of America</b> 4700 S Riverside Dr Fort Worth 76119 817-534-3432</p> <p>▲</p>
<p><b>HELP Center - Arlington Clinic</b> 200 East Division St Arlington 76011 817-200-6500</p> <p>■ ● ●</p>		

AGENCY DIRECTORY | AGENCIAS Y SERVICIOS

# First Appointment

## 8 STEPS TO YOUR FIRST APPOINTMENT

Be Healthy. Stay Healthy. Start Here. With this roadmap, you've got a plan for what's next, what to do, and where to go to start your journey to undetectable.

[OPEN THE PDF](#)



## 8 PASOS HACIA SU PRIMERA CITA

Esté saludable. Manténgase saludable. Empiece aquí. Con esta guía, usted podrá planificar para lo que sucederá después, qué debe hacer y a dónde debe ir para comenzar el tratamiento y alcanzar un nivel no detectable.

[ABRA EL PDF](#)



### 1 Ask About Rapid HIV Medications

People live longer, healthier lives when they start HIV medications as soon as possible. Ask your healthcare team if rapid HIV medications are available at time of diagnosis.



### 2 Educate Yourself

Start educating yourself. A wealth of information is available online, but it's a good idea to consult sources you can trust, including the Tarrant County HIV Administrative Agency.



### 3 Be Safe

Keep yourself and others safe by stopping unsafe activities. Don't have unprotected sex. Don't share needles. Avoid exchanging blood, semen, vaginal fluid, anal fluid or breast milk.



### 4 Get the Right Care

It's important to find a healthcare provider who is committed to helping you feel your best and live well. Several are listed on our website. Reach out and schedule your first appointment.



### 5 Find Trusted Support

Talk with a trusted friend and think about getting counseling or joining a support group. Our website features a range of support services that are available locally and nationally.



### 6 Let Your Partners Know

Consider letting your partners know about your diagnosis so they can get tested. And be ready to talk about this topic with the health department.



### 7 Get Ready for Your Appointment

Make sure to gather any information requested by your care team and complete any requirements they gave you.



### 8 Go to Your Appointment

Need help with transportation?

+ Call us at  
682-285-1155

# Becoming Undetectable

## 10 STEPS TO UNDETECTABLE

This guide is the roadmap to stay healthy, keep others negative, and achieve undetectable status after your + diagnosis. Getting to undetectable is a journey. Don't let stress be a roadblock. Take some time for yourself, read a book, write in your journal, do things you actually enjoy. Remember to relax — or reach out and ask for help.

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## 10 PASOS PARA VOLVERSE INDETECTABLE

Esta guía usted se podrá mantener saludable, mantener a las personas a su alrededor saludable y lograr un estatus indetectable después de haber recibido un diagnóstico +. Volverse indetectable es un proceso. No permita que el estrés sea un obstáculo. Tómese tiempo para usted, lea un libro, escriba en su diario, haga cosas que realmente disfruta hacer. Recuerde que necesita relajarse, y si necesita ayuda, sólo la tiene que pedir.

[ABRA EL PDF](#)



### Learn about your medication

Know about possible side effects and drug/food interactions. Take your medication exactly as prescribed. To make sure you have enough medication, request a 60-90-day supply. Discuss any concerns with your healthcare team.



### Choose your healthcare team

If you're uncomfortable with your healthcare team or want to try a different team, start your research now. Remember, it takes time to develop a relationship, so don't get discouraged.



### Get health insurance

Insurance is important — for routine doctor visits and medication. If you're unable to pay, explore no-cost or low-cost options such as The Ryan White Program, one of several that can assist with insurance-related costs.



### Understand viral load

"Viral load" is the amount of HIV in your blood. The higher your viral load, the faster your CD4 cell count will fall, putting you at risk of becoming ill. Stick with treatment to decrease your viral load and become undetectable.



### Talk about mental health

Take your time to process how you're feeling. It can help to talk in confidence with someone you trust. Your healthcare team can put you in touch with counseling services.



### Find peer support

You are not alone. Peer Advocates help PLWH\* have conversations about treatment adherence, medical care, resources and support. Ask your healthcare team about peer support services or an HIV support group.



### Ask about resources

There are many resources available for PLWH, including housing, transportation, food and emergency financial assistance. Check with your healthcare team or the Thriving Guide for all local Tarrant County resources.



### Take an active role in your care

Learn about HIV care and the importance of nutrition, sleep, exercise and healthy sex habits as well as understanding the impact substance misuse and smoking has on your body. Ask about HIV 101 classes that may be available.



### Consider telling friends and family

You may decide to talk to your circle of friends and family about your status. If you aren't comfortable telling friends or family, that's okay — not everyone does. It's entirely up to you. Ask your Peer Advocates for guidance and support.



### Become undetectable

The science is clear: with HIV, undetectable equals untransmittable (U=U). You cannot sexually transmit HIV to others when you're undetectable. Once you're undetectable, just keep doing everything you did to stay that way!

Getting to undetectable is a journey. Don't let stress be a roadblock. Take some time for yourself, read a book, write in your journal, do things you actually enjoy. Remember to relax — or reach out and ask for help.

# Completely U: Living with HIV

## COMPLETELY U: LIVING WITH HIV

Your guide to positive living for life. What does it mean to live POSITIVELY with HIV? It's about maintaining healthy habits, taking your medication, achieving balance in life – and finding peace of mind.

[OPEN THE PDF](#)



## TOTALMENTE TÚ: VIVIENDO CON VIH

Tu Guía Para Vivir Tu Vida Positivamente. ¿Qué significa vivir POSITIVAMENTE con VIH? Es mantener hábitos saludables, tomar sus medicamentos, alcanzar un balance en la vida y encontrar la paz mental.

[ABRA EL PDF](#)



Every day is a new experience centered around living positively.

### A PLAN FOR + LIVING

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