



RED RIBBON TIMES

2018 Volume 2



11

2018 USCA Orlando

Together We Are Strong/ Juntos Somos Fuertes

Following the tragedy on June 12, 2016, the Orlando United Assistance Center (OUAC) was established as a collaboration of the city of Orlando, Orange County and Heart of Florida United Way to meet the needs of individuals impacted by the Pulse tragedy.

Conveniently located near Downtown Orlando, OUAC is a place offering services and support to aid in the physical and emotional healing of those who were present at Pulse on June 12 – survivors, immediate family members of those lost, chosen family and the broader community.

The OUAC provides services of support through unique and personalized case management, behavioral health, emergency basic needs, on-site mental health counseling, referral to legal services, crime victim research, financial training and employment services, and support to navigate health services. All outreach and support are provided in confidence to protect the survivors, in general; and it is the first to provide overall wrap-around services in the southeastern United States.

OUAC continues to evolve based on the ongoing healing of the community. Consequences of traumatic events create

a ripple effect throughout the entire community – not just among those who were impacted. OUAC aims to open its arms to assist those in Central Florida who were affected in long-term healing through targeted mental health services, community building and awareness.

ANNUAL REMEMBRANCE CEREMONY

June 12, 2018 12 a.m.
Pulse Nightclub Memorial
Orange Avenue Orlando, FL, United States
onePULSE Foundation welcomes the community to join together once again as

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Juntos Somos Fuertes

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CENTRAL FLORIDA HIV PLANNING COUNCIL

STANDING COMMITTEES

Membership Committee

- This meeting is the first Tuesday of the month at 2:00 PM

Service Systems and Quality Committee

- This meeting is the first Thursday of the month at 9:30 AM

PR & Marketing Committee

- This meeting is the second Tuesday of the month at 10:30 AM

Needs Assessment and Planning Committee

- This meeting is on the second Thursday of the month at 9:00 AM

Executive Committee

- This meeting is the Thursday of the week before the Planning Council meeting at 9:00 AM

Planning Council

- This meeting is the last Wednesday of the month
- Meet-N-Greet (5:30 PM) & Meeting (6:00 PM)

Contact Planning Council Support for meeting locations or visit website

PLANNING COUNCIL SUPPORT CONTACT INFORMATION

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RYAN WHITE PART A SERVICE PROVIDERS

AIDS Healthcare Foundation
407-204-7000
www.aidshealth.org

Center for Multicultural
Wellness and Prevention
407-648-9440 • www.cmwp.org

FL Dept. of Health in Orange
County
407-836-2680
http://orange.floridahealth.gov/

Dept. of Health in Lake
County
352-771-5500
http://lake.floridahealth.gov/

Miracle of Love
407-843-1760
www.miracleofloveinc.org

Turning Point
407-740-5655
www.turningpointcfl.org

ASPIRE Health Partners
407-245-0014
www.aspirehealthpartners.com

Dept. of Health in Seminole
County
407-665-3200
http://seminole.floridahealth.gov/

Dept. of Health in Osceola
County
407-343-2030
http://osceola.floridahealth.gov/

Orange County Medical
Clinic Pharmacy
407-246-5356
N.E.E.D. Inc.
407-661-1300
www.needincfla.org

Hope and Help Center
407-645-2577
www.hopeandhelp.org

a symbol of our strength and solidarity. Honoring those lost, the survivors, the brave first responders, and our trauma teams who sacrificed so much to save so many.

ACTS OF LOVE AND KINDNESS

On June 12, 2018, bells will toll 49 times in unison around the world as a tribute to the victims lost during the Pulse nightclub tragedy. The tolling of the bells is part of "Acts of Love and Kindness," a One Orlando Alliance movement grown out of the spirit of giving and good deeds witnessed in the aftermath of the tragedy at Pulse nightclub. Those participating in "Acts of Love and Kindness" are encouraged to share their stories on social media using the hashtag: #ActLoveGive. To register or view the interactive map of those who have already registered created by One Orlando Alliance, visit 49Bells.org.

As the two-year mark of the Pulse Nightclub Event approaches, you may find that you are feeling more distressed, have trouble sleeping or eating, or find that you are thinking about the event a lot. Traumatic events are stored as powerful memories in our brain, and when those memories are activated, they have the power to affect our feelings and behavior, even years later. All of these reactions are normal reactions to a period of high stress. It's important to stay healthy and know what is normal for you.

WHAT CAN I DO?

Feeling keyed up or anxious: Try some deep breathing. Inhale slowly through your nose (count slowly to 5) and fill your lungs down to your stomach. Exhale slowly through your mouth (count slowly to 5). Do this 5 times and as often as you need. If you have a smartphone, download the free app "Calm."

Difficulty sleeping: Go to bed at the same time each night. Try not to nap after 4 p.m. Do not drink caffeinated beverages in the evening.

Do not use alcohol/drugs to sleep: Alcohol will not help you sleep better; passing out is not sleeping. Alcohol will interfere with the natural sleep process.

Encountering reminders of the event: People, places, sounds or smells may trigger reminders of the traumatic event. Watching news coverage may trigger thoughts or emotions related to the event. Public commemorative events may provide comfort or they could increase distress. Do not feel forced to attend memorial events. Honor the memory of the people you lost in the way that works best for you.

If you experience pro-longed or uncontrollable reactions to the stress of the one-year mark, there are resources available for help.



507 East Michigan St.
Orlando, FL 32806
Corner of Osceola Avenue and
East Michigan Street
Monday-Friday
8 a.m. – 5 p.m.

407-500-HOPE



An Opportunity to Make a Difference

by Chris Haubenestel

The Central Florida HIV Planning Council is the legislative body charged with making decisions regarding programs receiving Ryan White Part A and Part B funds in the Orlando Service Area. To ensure a high-quality continuum of care for all individuals and families infected with, affected by and at risk for HIV Disease, the planning council aims to improve the quality of life for individuals with HIV/AIDS by responding to their existing and emerging needs. The Planning Council also provides educational and behavioral strategies to targeted populations to reduce and prevent the spread of HIV.

In order to accomplish this task, the Planning Council is always in the need of additional membership; members include individuals affected by or living with HIV/AIDS, concerned community members and those working in the field. All are encouraged to join the council and let their voices be heard. Members can serve in multiple ways, depending on what works best for them. A person who holds full membership is required to attend the Planning Council Business Meeting at the end of every month in addition to attending their assigned committee meeting. Associate Members need only attend their assigned committee meeting. However, Associate Members are not able to vote at the Planning Council Business Meetings. Regardless of what type of membership is selected, participation in the council allows a person who wants to see improvement and influence change in the current health systems for people living with HIV. The opportunity to make a difference is easily within anyone's grasp.

Recruitment of new Planning Council members is an ongoing process. The council is currently trying to locate new members with young and fresh ideas that can inspire innovation among the Planning Council. The current Membership Committee has been taking action to locate new members

who are interested in influencing change and creating continuous improvement for the Ryan White Community. Representatives from the committee have been visiting various support groups in the Orlando Service Area to give presentations on what the Planning Council is, what it does and why it is so important. The purpose of these presentations is to help make the community aware of the opportunity to serve on Planning Council and make a difference for people receiving Ryan White Services. The Planning Council is also planning on purchasing materials to use at health fairs and other community events in order to better engage interested community members to join the Planning Council.

Everyone has ideas that can make a difference, the Central Florida HIV Planning Council is an ideal platform to

influence change and advocate for better service in the Orlando Service Area.



For more information:
www.ocfl.net/ryanwhite

Looking for opportunities to make a difference? Find them at Facebook @ CentralFloridaHIVPlanningCouncil



Connect with us on Facebook @
CentralFloridaHIVPlanningCouncil
<https://ryanwhitecfl.org/member-resources/integrated-hiv-prevention-care-plan/>
www.ocfl.net/ryanwhite

TIME TO THRIVE

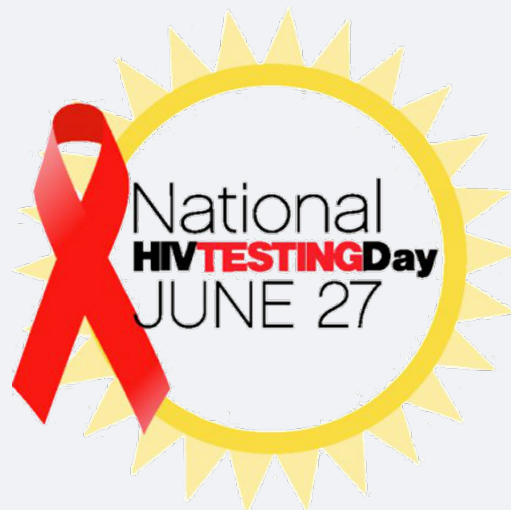
A Time to Thrive Workshop

The powerful concept **Turn HIV Resentment Into Victories Everlasting (THRIVE)** was presented by **Keynote Speaker and HIV 360 Fellow Daniel Downer** to kick off a breathtaking opening reception plenary. Time to Thrive 2018 was held February 16-18, 2018 in Central Florida and was successful in connecting and networking a national community of educators and activists breaking through barriers to better support and uplift LGBTQ+ youth. Organizations from all over the nation attended the conference to promote awareness and inclusion of LGBTQ+ youth and offer each other methodologies and resources to aid in this effort. The conference focused on

discussing the importance of safety and well-being of LGBTQ+ youth through youth testimonials as well as educators. These voices provided insight on the roles youth-serving professionals can take in better supporting our youth.


We Like it R.A.W.: Real, Authentic, Words was a workshop presented by youth healthcare professionals Ashnika Ali (The LGBT+ Center of Orlando, Inc.), Daniel Downer (Hope and Help of Central Florida), Chris Haubenestel (Florida Department of Health) and Gabriel Martinez (University of Central Florida). The workshop focused on educating youth-serving professionals on HIV education, prevention and treatment. It addressed the discrimination, misconceptions and stigma

surrounding LGBTQ+ youth living with HIV while engaging and informing youth-serving professionals on how to initiate and navigate courageous conversations centered on sexual health and wellness and best practices. An interactive game was played during this workshop that demonstrated how quickly and easily a community can transmit HIV, and how simple conversations and access to tools such as condoms and the use of PrEP can help prevent HIV transmission. The workshop concluded that education about HIV and safer sex practices amongst youth are best conveyed when there is an established rapport with the client and the verbiage delivered is understandable to the individual receiving care.



JUNE 27 IS NATIONAL HIV TESTING DAY, A DAY TO GET THE FACTS, GET TESTED AND GET INVOLVED!

Together we unite with community partners to raise awareness about the importance of HIV testing, early diagnosis, treatment, care and prevention. In honor of this day, organizations across Central Florida will partner together to ensure that all Central Floridians have the access and awareness of free HIV Testing.

 Don't miss an event! Check out our Facebook page @ CentralFloridaHIVPlanningCouncil for the latest updates.

Queens **Night** Out

by Gabriella Rodriguez

March 10 is National Woman's and Girls HIV/AIDS Awareness Day. In honor of this special day, Let's Beehive!, a local Central Florida 501(c)(3) non-profit organization, hosted I am a Queen Bee. On Friday, many Queens were present for the powerful symposium that discussed innovative HIV/AIDS health education workshops and prevention programs for woman and girls. It is their goal to increase HIV awareness, reduce transmission of new HIV infections and improve therapeutic outcomes among those living with HIV/AIDS.

In collaboration with other local community advocates, National Woman's and Girls HIV/AIDS Awareness Day 2018 was a full-day symposium filled with music, food, exhibit tables, live entertainment, and live performances by Bryana Nance and Takai Dehae. A powerful, transparent panel discussion was facilitated by Monica May, STAR 94.5 radio host and founder of Let's Spill The Tea, Inc., on sexual misconceptions due to culture, teachings, environment and intersectionality.

Keynote Speaker Shatterra Jordan, founder of Stripping of Sheets, LLC, spoke on her past of pain, hurt and shame. She found inner peace and happiness that would serve as a reflection for those who identify as 'the silenced.' Her voice is not only her own, but also a voice for all girls and women across the nation who still carry guilt, shame and fear in regards to their HIV status.

The Queens in attendance participated in an impactful and informative question-and-answer conversation about PrEP for Women with Seantel Jarrett, Minority AIDS coordinator for the Florida Department of Health. Donna Sabatino, from Janssen Pharmaceuticals, spoke about HIV and substance abuse and how the two are crippling to each other and awareness. Ms. Sabatino concluded these conversations need to be had in order to stop the increase in HIV cases.

As Dr. Andrea Dunn stated, "We have the ability to make a change through our network (family and friends) to lead an HIV-Free Generation. We must open our eyes, lift the veil and take the "mask off" so we can better perceive risk factors for HIV and learn how to prevent transmission."





Bros in Convo

Breaking the Silence When it Comes to HIV/AIDS

by Daniel J. Downer

In the United States, young black men who have sex with men (YBMSM) are more affected by HIV than any other group of Americans. YBMSM account for 39 percent of the new HIV diagnoses in the United States among all bisexual and gay men diagnosed with HIV (CDC, 2016). Florida ranks first nationally in the number of new HIV infection cases and the Orlando Metropolitan area ranks 5th nationally in the number of new HIV infection cases. YBMSM account for majority of the new HIV infections in Florida and the Orlando Metropolitan area. The rise in new HIV infections among YBMSM has been significantly affected by the lack of a safe, social and supportive spaces that provide a comprehensive approach to HIV prevention and treatment, sexual health and wellness, and address the social and psychological influences that homophobia, medical mistrust, racism, stigma, and social determinants of health have on YBMSM.

Through a partnership and the support of the Elton John AIDS Foundation, Human Rights Campaign Foundation and Miracle of Love, Inc., I was blessed with the opportunity to create The Bros in Convo Initiative, my answer to ending the HIV epidemic in the Orlando area and even more important, with the hopes of empowering young, Black same gender loving men in the Central Florida to unapologetically live out their best and healthiest lives through comprehensive sexual health and wellness education and access to HIV prevention and treatment services.

Bros in Convo provides a social and supportive space for YBMSM ages 18-34 at risk and living with HIV to discuss sexual health and wellness, have access to HIV prevention and treatment services (including ART, condoms, routine STD screening, and PrEP/PEP), and have a better feeling about themselves and their community. Sessions are held at The Stafford House and are primarily facilitated by Precshard Williams, Peer Navigator at Miracle of Love, Inc. and myself. We also have some great community partners that guest facilitate including: AIDS Healthcare Foundation, H.E.A.R.T. at UCF, Impulse Group Orlando, Miracle of Love Inc. and Orlando Immunology Center. Each session includes a short presentation on a specified HIV-related topic while allowing participants the opportunity to socialize with facilitators and one and engaging in some robust community conversations

and activities around the specified HIV-related topic. Some of the topics we cover include: Community Advocacy, Community Viral Load, Disclosure, HIV 101, PrEP/ PEP and STI Testing. Ninety percent of the information is disseminated electronically and activities are incorporated throughout the session so that participants can truly feel a part of the learning experience. Condoms and lube are available at each session as well as direct onsite linkage to HIV prevention and treatment services. We also provide participants at each session h'ordeurves, incentives, and Uber services for those need of transportation assistance. Upon completion of all the sessions, participants receive a \$100 gift card. Bros in Convo is really about changing the way we engage and mobilize the YBMSM community when it comes to sexual health and wellness.

It has been amazing to see the impact that The Bros in Convo Initiative has had. We have had the pleasure of being recognized by Greater Than AIDS and The Human Rights Campaign and will be presenting at the 2018 Saving Ourselves Symposium in Birmingham, AL on June 8th. We have also created a series of inclusive social gatherings in collaboration with community partners titled, "For The Culture", celebrating the beauty and strength in diversity. We had a total of 15 participants in our initial cohort.

100% were tested for HIV and other STIs and 0% self-report being out of care. Of those living with HIV, 100% self-reported being virally suppressed and 33% of those at risk self-reported initiation of PrEP services. All participants self-reported increased HIV knowledge, increased knowledge regarding safer sex practices, and increased knowledge regarding local HIV prevention and treatment services. But what I think really stands out is that participants have cited being able to identify and begin improving their own personal risk behaviors, feeling more comfortable talking about safer sex practices, more confident in disclosing their sexual history/network, and more connected to their local YBMSM community.

The Bros in Convo Initiative is about Being Fearless, Breaking the Silence, Celebrating Life, and ending the stigma around HIV/AIDS whether you are a YBMSM that is negative or positive. And it is great to see that coming to life within the Orlando community. We are currently enrolling participants for our second cohort which will commence in July 2018.

I WAS BLESSED WITH THE OPPORTUNITY TO CREATE THE BROS IN CONVO INITIATIVE, MY ANSWER TO ENDING THE HIV EPIDEMIC IN THE ORLANDO AREA

  To learn more about The Bros in Convo Initiative; follow Bros in Convo on Facebook and Instagram @brosinconvo.



National **Black** HIV/AIDS Awareness Day (NBHAAD)

Various initiatives and organizations throughout the Orlando area came together in honor of National Black HIV/AIDS Awareness Day (NBHAAD) while encouraging the community at large to “Get Educated. Get Involved. Get Tested. Get Treated.” when it comes to HIV. This was done through various outreach events held in the Orlando area throughout the month of February.

AHF, Bros in Convo, Miracle of Love Inc., and Talk Test Treat Central Florida hosted a Netflix and Chill-lax event at the Stafford House bringing individuals of the minority LGBTQ+ community together to celebrate NBHAAD. There were approximately 35 individuals in attendance. Attendees enjoyed light refreshments while socializing with



one another and viewing the LGBTQ+ documentary, “Paris is Burning.” After the viewing, there was a community conversation around the intersections of ethnicity, gender identity, race, sexual orientation and HIV prevention/treatment. Attendees were encouraged to be a part of the movement fighting HIV discrimination and stigma within their local community through activism, advocacy and social media. Attendees received gift bags that

included condoms, a resource card of local HIV prevention and treatment service providers, and various other branded swag items.

Bros in Convo, Gilead Sciences, Miracle of Love inc., and Talk Test Treat Central Florida hosted a Sunday Funday Brunch in honor of NBHAAD. The Brunch was held at Chez Vincent and Hannibal’s on the Square in Winter Park. There were approximately 41 individuals in attendance. Attendees enjoyed a two-course brunch while engaging in a lively Healthy Sexual presentation facilitated by Vic Sorrell, Gilead Sciences Community liaison, followed by a community conversation on addressing barriers many in the community at large, face when it comes to reaching viral suppression, including but not limited to: discrimination, employment, housing, mental health and social support. Attendees received a resource card for local HIV prevention

and treatment service providers as well as branded swag items provided by Greater Than AIDS and Talk Test Treat Central Florida.

The Florida Department of Health in Orange County – through their initiative “Talk Test Treat Central Florida,” OAK Central Florida – and Two Spirit Health Services, in collaboration with Hope and Help and Miracle of Love, also facilitated a series of events throughout the area. These events covered areas within the Parramore District, Rosemont Neighborhood and Kissimmee, and had great success where 106 individuals received HIV Tests, became aware about PrEP and took part in other healthcare screenings.



The Multicultural Addictions Network also held a successful health fair at the Holden Heights Community Center on Saturday, February 17. They had a great turnout and had many individuals tested.



Orlando Immunology Center hosted a Facebook Live event from the Art Gallery at Mills Park in honor of NBHAAD. The panel consisted of: Dr. Suzy Boules, medical director at Central Florida AIDS Healthcare Foundation; Andrea Dunn, PharmD, founder of Let’s Beehive, Inc.; Rose Hornedo, CTR specialist at Miracle of Love, Inc.; Dr. Charlotte-Paige Rolle, director of Research Operations at Orlando Immunology Center; and Shaundia White, regional director of Central Florida AIDS Healthcare Foundation. It was a HERSTORIC FIRST – the first time in Orlando’s history that a professional group of minority women have been brought together and live streamed. The conversation brought a sharp focus to the importance of elevating the discussion around the HIV epidemic in Central Florida while normalizing the conversation around HIV, and providing information and education in a comfortable and innovative manner. The live stream reached more than 7,200 individuals.



Through these multiple events and strong community collaboration, a significant amount of people were reached throughout the month of February to honor NBHAAD. Moving forward, we all must continue to collaborate in order to keep making an impact.

Don’t miss any of these wonderful events next year! Stay connected with everything at Facebook @CentralFloridaHIVPlanningCouncil

PrEP for the entire state

FLORIDA IS MAKING BIG WAVES IN THE SOUTH TOWARDS HIV PREVENTION. At the end of 2017, Florida's Surgeon General Dr. Celeste Philip announced that, starting in 2018, PrEP services will be offered in all 67 County Health Departments. This announcement is huge as this will now equip more individuals with access to this effective, preventative drug. This big push for PrEP has come at a time when the community needs it most.


According to data released at the 2018 Conference on Retroviruses and Opportunistic Infections (CROI), individuals who are most at need for PrEP, such as communities of color, are amongst the smallest numbers of prescriptions prescribed. Of the 44 percent of African Americans who can benefit from PrEP, only one percent of this group was prescribed PrEP, and of the 25 percent of the Hispanic/Latinx community that can benefit from PrEP, only three percent were prescribed PrEP. Of the prescriptions the researchers studied, a majority were filled in retail pharmacies and mail order services. This shows that there is a significant need for more PrEP access points, with the Florida Department of Health fulfilling this need.

The PrEP rollout will take place throughout the year and be integrated in County Health Departments' STD and Family

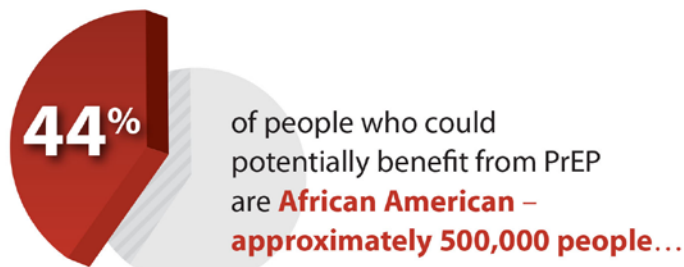
Planning clinics. The implementation of PrEP within these departments is strategic as there are still high levels of stigma regarding PrEP and PrEP users. The placement in the clinic can help engage more women into taking PrEP as well. This community has not fully utilized this prevention tool yet. Initiating these services in all 67 counties of the Florida Department of Health will help eliminate the stigma around PrEP, as it will now be accessible for everyone no matter who you are.

PrEP Navigators will be onboarded to assist clients with adherence and help them navigate their various needs, such as Payment Assistance Programs (PAP). The state of Florida is paying for initial PrEP prescriptions to give to the client while they are working on their PAP with the Navigator. This is to ensure there are no gaps in receiving PrEP. All PrEP-required lab fees are on a sliding scale, based on what the client is able to pay.

Additionally, all Health Department employees will receive training on PrEP and where specifically it is offered in order to have a completely streamlined service at the health department. PrEP services have already begun in Orange and Seminole counties.

 Want all the latest info on PrEP? Stay connected with us Facebook @CentralFloridaHIVPlanningCouncil

HIV prevention pill is not reaching most who could potentially benefit – especially African Americans and Latinos



...but only **1%** of those – **7,000 African Americans** – were prescribed PrEP*



...but only **3%** of those – **7,600 Latinos** – were prescribed PrEP*



*Prescription data in this analysis limited to those filled at retail pharmacies or mail order services from September 2015 – August 2016; racial and ethnic information not available for one-third of the prescription data



2018 UNITED STATES CONFERENCE on AIDS

September 6-9, 2018
Hyatt Regency on International Drive

Contact:
Jessica.Raymond@hfuw.org or
Nicole.Elinoff@flhealth.gov

For more information, check out this year's USCA at
www.2018USCA.org.

 Follow us on Facebook:
@USCAOrlando2018



www.ocfl.net/ryanwhite



Can't wait for the next Red Ribbon Times? Us either! Stay connected for all the latest info on Facebook @ CentralFloridaHIVPlanningCouncil