



NCAP NOTES

February 2011 News from NCAP

February News From the Executive Director

Well, 2011 certainly came in with a bang! After the short calm over the holidays it is time to be back in the saddle with grant reapplications for the coming year, final reports from 2010, lots of planning for the new budgets and keeping our core services intact. Also, continuation of the strategic planning with NCAP board of directors and staff, along with strategic planning with the other AIDS service organizations for sustaining HIV/AIDS care and prevention services across Colorado.

The Northern Colorado Collaborative Care Clinic, a partnership between NCAP, Rocky Mountain CARES, and Salud Family Health Center in Fort Collins continues to evolve as we work out details on financial and legal liability, schedules, medical records, confidentiality, and a myriad of other items. The next big NCAP program change may be the development of a legal Syringe Exchange Program (SEP) with the cooperation of the Larimer County Department of Public Health and Environment and local law enforcement. NCAP has one of the most active HIV prevention programs in Colorado outside Denver for people who inject drugs. A tour of the SEP in Boulder at the Health Department was enlightening, and we are in a conversation with the national Harm Reduction Coalition out of Oakland to develop policies and procedures that fit local needs.

NCAP will continue to have representation on the Colorado HIV/AIDS Care and Prevention Advisory Committees, the AIDS Drug Assistance Program working group, Colorado Organizations Responding to AIDS, and the Colorado HIV/AIDS Prevention Program Advisory Committee. We also have a presence at many local meetings addressing homelessness, poverty, social justice concerns and have been accepted to present at the 2011 Boston School of Social Work national conference on HIV/AIDS for the 4th year in a row! We will be collaborating with several local service providers on applications for funding for mental health, substance abuse, expansion of programs and awareness, and strengthening existing

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Do You Wish You Had Health Insurance?

It Is Now Available to ADAP Participants!

A new health insurance plan began offering coverage to PLWH/A in July 2010 at much lower rates than ever before. This plan, called "GettingUSCovered," is now partnering with the Colorado AIDS Drug Assistance Program to offer help with the costs of health insurance coverage for ADAP members. If you are enrolled in ADAP, you should have received a letter from Colorado Department of Public Health and Environment that includes an application for GettingUSCovered. If you are interested, you must fill out the application and return it before February 7, 2011. GettingUSCovered has full, comprehensive health insurance coverage that includes primary care, specialty care, inpatient hospital coverage, mental health and substance abuse treatment coverage. If you are currently uninsured, on CICA and/or ADAP, this could change your access to healthcare services!

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relationships.

I will continue to invite you to become involved in NCAP's Regional Advisory Committee (RAC), formerly the Client Advisory Board. 2011 will be an exciting year for the RAC and we need more clients dedicated to the role and responsibility of providing guidance for NCAP. The RAC meets at 2pm on the 4th Tuesday of every month at NCAP, and we welcome your participation as a way of giving back in an important way. I also want to extend a warm welcome to all of our continuing and new interns for the new semester. I believe we have a whopping 12 of them this semester, and are thrilled at the help and support they provide NCAP staff!

NCAP will be hosting our 2nd Annual "Dining Out For Life"© on Thursday, April 28, 2011. We hope to bring back all of last year's sponsors and restaurants, and double the size of the event! This is an excellent way for you to become involved as a volunteer over the next few months, so contact Amanda if you're interested in lending a hand in a fun and super fund raiser for NCAP. These dollars stay in northern Colorado and allow NCAP to keep operating, and "improving the lives of people living with HIV/AIDS, and helping reduce the spread and stigma of the disease". Thank you.

Sincerely,
Jeffrey Basinger, Executive Director

NCAP Weld Office Update

The Greeley office is *routinely* open on **Thursdays** for case management clients from 10am-Noon & 1pm-3pm. If you get to the Greeley office & the sign on the door says closed be sure to double check in case the staff person forgot to change the sign to "open". Also, if you check the door and it is locked, please call the Fort Collins Office and ask to speak to your case manager for an update about the closure if you have questions. The Greeley office may close down due to weather as well. Thanks for your patience with this matter, we hope this clears up any confusion!

(Health Insurance, Continued from page 1)

Is this right for me? If you are happy with how you are getting your HIV medications and medical care right now, you are not being forced to make any changes right away. This is especially true if your annual income is less than \$10,830 or if you have been told that your household income is less than 100 percent of the federal poverty level. But if you have been waiting for an opportunity to get health insurance, this is your chance! If not enough people volunteer for GettingUSCovered, Colorado ADAP may be forced to begin charging for part of the cost of ADAP medications. We would try to keep the costs as low as possible and we would do our best to keep ADAP free for the lowest income members. But, if you earn over \$10,830 per year, you may soon be required to make payments to Colorado ADAP as high as \$316 per month. We strongly encourage ADAP members earning more than \$10,830 per year to consider moving to GettingUSCovered voluntarily now rather than waiting and "hoping for the best" in the future.

Am I eligible? To get this help, you must be currently enrolled in ADAP, which means you are living with HIV or AIDS, are low income, uninsured, and a resident of Colorado. You must also be eligible for GettingUSCovered, which is limited to U.S. citizens or legal residents who have not had health insurance for at least six months. ADAP and the Colorado Indigent Care Program (CICP) do not count as health insurance. To learn more about GettingUSCovered eligibility, please call (toll-free) 877-779-0387. If you would like to enroll in ADAP, call (303) 692-2716 in metro Denver or toll-free (877) 640-0006 if you are calling from elsewhere in Colorado.

You shouldn't miss out on this opportunity! Applications are due February 7th. Please contact your case manager for questions or assistance in filling out your application.

NEWS FROM NCAP RAC

This article is written by clients for clients.

Now that the turmoil of the holidays is over we know how easy it is to fall into a pattern of isolation. It is important for those of us living with HIV/AIDS to get support from others who are in the same situation. The members of RAC urge everyone to get out of the house and get involved in healthful activities. Look thru this newsletter for activities that are worth checking out. Not everyone will enjoy every activity, but it is important to try different ones and find the ones that work for you. There are a number of social based activities and RAC is welcoming new members. Come check out a meeting and then decide if you would like to join.

We meet the 4th Tuesday each month from 2-3 pm at the Fort Collins NCAP office.
Contacted us at: ncaprac@gmail.com or at <http://www.ncaids.org/> & click on How You Can Help-Volunteer.

Reducing Sexually Transmitted Infection (STI) Risk through Discussion

Communicating with a partner can open new doors and while talking about sex can be incredibly exciting, it can also be nerve-wracking. Discussing STIs and risk reduction may not exactly be “steamy;” however, it is important for keeping yourself and your partner safe and healthy. A conversation that begins with risk reduction can always turn into more thrilling topics.

A relationship does not need to be committed to talk about sex and risk reduction. If you’ve ever thought about having a conversation with a partner about your STI status but aren’t sure where to start, utilize the following points to guide you:

- **Be positive, honest, and confident.** Share with your partner that there are effective and simple ways to protect yourself. Having an STI does not mean intimacy is thrown out the window. Do not be ashamed; instead, show your partner confidently that you can be safe and sexy.
- **Be patient.** Your partner may be surprised, but give them time to adjust.
- **Remember that they are nervous too.** It is likely they also want to talk about it.
- **Keep in mind: you may also be protecting yourself.** Initiating a conversation about STI risk reduction will help your partner discuss anything they have on their mind.
- **Prepare a mental list of your own boundaries and risks.** A discussion about STIs can turn toward talking about desires and limitations.
- **Be informed of your STI.** Your partner will want to know everything about it.
- **Have protection ready in case the conversation leads to the bedroom.**

The first conversation can be difficult, but it becomes easier with time. Please contact NCAP at 970-484-4469 if you need assistance initiating these tricky conversations or have any questions about STIs. You can speak with your case manager or another Prevention Specialist if you are more comfortable sharing with someone else. You can also get information on STIs and other related material through our texting program. Text “SexQ” to 46786 for general information, or ask a question by texting “SexQA” followed by a space and your question to the same number.

Remember, you’re tough. You can do it!

—Emily Gus and Adeline Kaasa, Prevention Interns



February 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6 Fortitude Coffee Social	7	8	9	10 Fortitude Workshop	11	12
13	14 Northern Colorado Collaborative Care Clinic	15	16	17	18	19
20	21 NCAP Closed for Presidents Day Holiday	22 RAC (Regional Advisory Council) At NCAP, 2-3 PM	23 HIV Support Group	24 Fortitude Social Event	25	26
27	28					

For More Information About...

Fortitude Events: Email info@coloradofortitude.org or call 970-484-4469

Regional Advisory Council: Contact your CM or email ncaprac@gmail.com

Northern Colorado Care Clinic: Contact your case manager



Wellness Corner

February is the month to get connected, check out the two groups we have to offer!!

Looking for a way to gain support, connect with others and empower your life?

NCAP is hosting the third Counseling Services Program Support Group! Past group topics have included: Disclosure, Health Care, Support Systems, Yoga & Wellness, Aging, Isolation, and Substance Use & Mental Health etc... Each group is designed to accommodate the needs of each participant. Our over all goal is to bring people living with HIV together!

Group will meet for six session's bi-weekly at NCAP

The group will start **February 23, 2011**

Still interested? See the contact information at the bottom of the page....

Are you a Beacon client looking for a way to improve your relational and emotional skills?

The Mapleton Counseling Center is offering a weekly DBT group which will focus on Mindfulness, Relationship Skills, Emotional Regulation and Stress Tolerance Skills.

The group will meet weekly for 1.5 hours, and is eight sessions long.

Group will be held at Mapleton Counseling Center in Boulder.

You must be client at The Beacon Clinic to attend this group!

This group will begin in mid February

No transportation? NCAP will provide transportation from Greeley and Ft. Collins to Boulder!

Contact Information:

Please don't hesitate to notify us of your interest in either group!

If you are at all interested in joining either group or have any questions pertaining to these groups please contact:

Danielle Willis, LSW

Counseling Services Program Director

970)484-4469 X 22

Or

Jessica Witte, MSW Intern

970)484-4469 X 19



Peer Support is available at the NET Open Drop-In Group at Rocky Mountain CARES

Our partners at Rocky Mountain CARES are offering a peer support group designed to support both HIV+ and HIV- individuals who want to understand healthcare management and the complexities of living with HIV. No intake required, just drop in!

For more information call Rick Smith at 303-995-2940. Rocky Mountain CARES is located in Denver at 4545 E. 9th Ave., Ste 110.

Free Breast and Cervical Cancer Screenings Offered

Women's Wellness Connection, a program of the Center for Disease Control and Prevention's National Breast and Cervical Cancer Early Detection Program (NBCCEDP), is offering free mammograms and Pap tests to low-income (at or below 250% of the Federal poverty level), uninsured, and underinsured women 40 to 64 years of age at over 130 screening sites around Colorado.

When you're in the know, you're in control. No matter what you find in your routine breast and cervical cancer screenings, it's important you find out. You may find relief in knowing that you're cancer free. Or you may find comfort in knowing that there's hope and help for your journey. Either way, these screenings might just save your life. Breast and cervical cancers claim the lives of more than 40,000 women each year in the U.S., but early detection through breast and cervical cancer screening saves lives. Deaths from these diseases occur disproportionately among women who are uninsured or underinsured and often lack access to screenings and other diagnostic services.

Women's Wellness Connection, a program of the National Breast and Cervical Cancer Early Detection Program, provides public education, free and low-cost breast and cervical cancer screenings, and diagnostic services to low-income, uninsured, and underserved women. Visit

www.WomensWellnessConnection.org for more information or call **1-866-951-9355** to schedule your appointment.

**Client Sponsored
Social Activity**

**Take an Armchair Journey
into History**

For the next Three Months
We will be watching the mini series

CENTENNIAL

Based on the Book by James Michener

Date: February 10, 2011

Time: 2:00 – 4:30 pm

Location: Farr Library North Meeting
Room

1939 61st Avenue, Greeley, CO 80634

**Bring Finger Snacks to Share
Drinks will be Provided**

RSVP to your case manager or Debi at
(970) 673-5054 / debiportillo3@yahoo.com

The Client Corner

The contents of The Client Corner are intended to provide useful information for our clients. While NCAP makes every effort to present accurate and reliable information, The Corner is designed for client advertisement and communication. NCAP does not endorse, approve, or certify such information, nor does it guarantee the accuracy, completeness, efficacy or timeliness of this information.

Have something to sell, something to trade or looking for something for your home? Help wanted or needed? Advertise here! Please send your submissions to your CM.

**Are Your Taxes Bringing You Down?
You May Qualify for Free Tax Preparation!**

Volunteer Income Tax Assistance Program is providing free income tax preparation and tax education services for the under-served, low to moderate income population, which includes the elderly, disabled, limited English proficient, non-urban taxpayers, those in retirement facilities, low-income housing and rental properties, as well as persons serving in the military. For more information or to find a location in your area, please call the United Way hotline by dialing 211.

Fort Collins Habitat for Humanity is Looking For New Homeowners!

Applications for homeownership through Habitat are available through February 1st. Those interested in applying must attend a mandatory orientation session on Tuesday, February 1st, 6:30 p.m. at The Group Inc., 401 West Mulberry. Applications will be available at this meeting as well as at our Habitat ReStore, 4001 Taft Hill Road, our Administration Offices, 1600 Palm Drive, and can be downloaded from our website at www.fortcollinshabitat.org.

To be eligible for homeownership through Habitat for Humanity, the following must apply:

1. *You live or work in the Fort Collins area.*
2. *Your current shelter is inadequate, substandard, or you are rent burdened.*
3. *You are willing to be a long-term partner with Habitat for Humanity. This means:*
 - *Putting in mandatory “sweat equity” hours toward the building of your home and other Habitat homes.*
 - *Being a responsible homeowner and neighbor after your home is complete.*
 - *Continuing to actively support the Habitat for Humanity mission.*
4. *Your family’s income meets the following guidelines:*

Household Size	Minimum Yearly Gross Income	Maximum Yearly Gross Income
1	\$18,749	\$26,250
2	20,978	30,000
3	23,603	33,750
4	26,215	37,450
5	28,306	40,450
6	30,406	43,450
7	32,506	46,450
8	34,606	49,450

For questions about applications or orientation, please call Theresa Bain, Family Services at 488-2605.