



Helping HIV-positive teens in transition to adulthood

Southwest Center for HIV/AIDS has recognized that young people today are the AIDS generation meaning they have never known a world without HIV. Preventing HIV/AIDS transmission requires comprehensive and innovative programming that focuses on young adults. With more than half of new HIV/AIDS infections worldwide affecting young people age 15-24, and the highest infection rate being among young men of color having sex with men, it is critical to educate HIV-positive young adults with issues such as:



- Learning about the disease with which they are living.
- Accessing care and treatment.
- Helping themselves as well as their partners.
- Providing them with the needed life skills to become the future leadership within the epidemic.

According to the 2008 annual report from Arizona Department of Health Services (ADHS), there are 374 children between birth and age 24 who are living with HIV/AIDS. Of those, 326 are transitioning into teens/young adulthood, between the ages of 13 and 24 (ADHS, 2008). This is a population underserved and greatly unprepared to face adult decisions that impact their livelihood. Often, these transitioning young adults are thrust into an adult model of healthcare, including adult mental healthcare. This ignores the often difficult and unique needs of the older, HIV-positive teen during a time when it is developmentally appropriate to take risks and form identity.

Southwest Center for HIV/AIDS, serving 70 percent of Arizona's infected and at-risk populations, desires to engage its community of long-term HIV survivors in an initiative to build their capacity to mentor and support transitional youth (teens and young adults who have been living with HIV since birth). These two groups – the long-term survivors and transitional youth, will in turn, create connectivity to serve as volunteer "Positive Pals" to support the Center's newly diagnosed – men, women and young adults each month who are tested at the Center and are diagnosed with HIV/AIDS.

Our transitional youth program will advance Southwest Center's overarching ability to impact our culture of service to the HIV/AIDS community as the disease progresses to a long-term, chronic disease. The Centers for Disease Control and Prevention (CDC) released an alarming update in August 2008: The AIDS epidemic in America is worse than previously thought. The CDC reports that approximately 56,300 Americans are infected annually with HIV, compared to the previous estimate of 40,000. The report is a stark reminder that HIV/AIDS is still a very real public-health threat, and it is a crisis that demands our full attention.

For Clients

Clinical trial recruitment focused on diverse ethnic/racial backgrounds

The Southwest Center for HIV/AIDS' clinical trials department is actively recruiting patients for a 48-week, Phase III, open-label, single-arm study to evaluate the safety, tolerability, and efficacy of Raltegravir in a diverse cohort of 200 HIV-infected patients. For information about the trial, call Chanti Smith at 602-307-5330, Ext. 0 and ask for Chanti.

Given that HIV-infected patients include increasing numbers of patients from diverse racial and ethnic backgrounds — and women — there is a need to have more data about the effects of Raltegravir in this patient population, which is the goal of this study.

This study is 48 weeks in length and will require a total of nine office visits at minimum. All study procedures and office visits will be provided at no cost to the participant and the study sponsor will provide Raltegravir. All other medications required to complete patient regimen will not be provided. If you are interested in more information about this or any other enrolling protocols, please visit the Southwest Center for HIV/AIDS' Web site at www.swhiv.org.

Staff profile

Chanti Smith, Clinical Trials Supervisor

Chanti Johnson-Smith, supervisor of clinical trials at Southwest Center for HIV/AIDS, started clinical trials in 1999 as a research assistant for Barrow Neurological Group. In 2000, she became clinical research coordinator at the Arizona Research Center, and was later promoted to regulatory affairs assistant.

Former co-workers at what was then called Body Positive recruited her to take over the regulatory affairs specialist position. Though she left briefly to work as a senior research coordinator for a busy neurology office, she was asked to return as regulatory affairs specialist at Southwest Center, and was promoted to supervisor of clinical trials after six months.



Chanti Smith, Supervisor, Clinical Trials at Southwest Center.

New wellness services introduced at The Center

The Wellness and Life Management department at Southwest Center for HIV/AIDS (SWC) is pleased to announce our new affiliation with Southwest Institute of Healing Arts (SWIHA). Since Feb. 4, SWIHA has offered spiritual body work and energy therapy services every Wednesday from noon to 8 p.m. at the Center.

Services include the following:

- Polarity — a full holistic care system combining hands-on contact, toning, breathing and gentle counseling techniques which facilitates the body in emotional and mental releases.
- Cranial Unwinding — this energy-based therapy integrates polarity and touch to balance the body, release restrictions and stress in the cerebral spinal complexes, allowing the body to reconnect with its healing core energy.



- Reiki — Reiki balances the energy field on a spiritual, mental, emotional and physical plane. Reiki therapy assists in resolving problems, achieving goals, connecting to one’s consciousness and their spiritual process.
- Hypnotherapy — known as guided visual imagery, deep relaxation is a state of highly focused concentration that allows access to the information stored in 90 percent of the subconscious mind. It allows the opportunity to create a healthy balance of mind, body and spirit. Through this process, you will increase your awareness, allowing you to bring clarity and solutions to your own unique situations.
- Aromatherapy — is a form of alternative medicine that uses volatile liquid plant material, known as essential oils and aromatic compounds from plants, for the purpose of affecting a person’s mood or health.
- Yoga — is a series of postures and breathing exercises practiced to achieve control of the body and mind and create tranquility. Yoga classes are offered at SWC on Fridays at 10 a.m. and noon.

To learn more or schedule an appointment (required for all wellness services), call 602-307-5330.

Message from the CEO

Creating resilience critical for finding strength



What is community resilience, and why is it important?

A resilient community is one that takes intentional action to enhance the personal and collective capacity of its citizens and institutions to respond to, and influence, the course of social and economic change, according to those who study resiliency in communities.

Southwest Center is a community of clients, dedicated staff who care, and donors who are passionate about making a difference. Our family is an exceptional group of individuals who are growing more resilient every day.

As ASU’s Resilience Group has defined, “resiliency as the capacity to recover fully from acute stressors, to carry on in the face of chronic difficulties. To regain one’s balance quickly after losing it... the ability to resist being overtaken by negative experiences when they seem to be overwhelming.”

No matter the challenges that any of us face, we don’t have to face it alone. Southwest Center makes a profound difference in Maricopa County and throughout Arizona every single day. For example, Southwest Center saved Arizona taxpayers an estimated \$16 million in avoided hospital stays in 2008. The average length of hospital stay for an HIV patient is eight days at a cost of \$2,000 per day. Because of our wellness support services, more than 1,000 Arizonans impacted by HIV/AIDS avoided hospital stays.

In months ahead, we welcome your active participation in creating a resilient community of supporters focused on the Center’s mission. We need each other. We want to engage you in our important work.






The Nina Mason Pulliam Charitable Trust recently awarded a \$100,000 grant to Southwest Center for HIV/AIDS to build a major gift program that enhances that Southwest Center's fundraising capacity. The grant is providing support to develop a capital campaign and major gifts fundraising program. Pictured from left to right are Nancy and Frank Russell and Carol Peden Schilling, trustees of the Nina Mason Pulliam Charitable Trust, and Carol Poore, president and CEO of Southwest Center.

**Events Calendar for
April 2009**



**Southwest Center
for HIV/AIDS**
Prevention • Wellness • Research
formerly Body Positive

**Calendario de eventos para
ABRIL de 2009**

<i>Mon / Lunes</i>	<i>Tues / Martes</i>	<i>Wed / Miércoles</i>	<i>Thurs / Jueves</i>	<i>Fri / Viernes</i>	<i>Sat/Sábado</i>
		<p>1. HOPE <u>11 a.m.-12:30 p.m.</u> Straight & Positive <u>5p.m.-6p.m.</u> SW Institute of Healing Arts programs and services <u>12p.m.-8p.m.</u> Please call 602-307-5330 to RSVP</p>	<p>2. Women's Voices <u>11 a.m.-12 p.m.</u> The Gathering, Women's Educational Luncheon <u>12-1 p.m.</u> Group Acupuncture- <u>12:30- 3:30p.m.</u> Please call 602-307-5330 to make an appointment</p>	<p>3. Newly Diagnosed or New to Care Group Please call 602-307-5330 for more information YOGA <u>10a.m.-11a.m. and 12p.m.-1p.m.</u> Please call 602-307-5330 to RSVP</p>	<p>4.  Tucson, AZ RSVP to Johnny Garcia, ext. 2251 www.azman2man.org Foothills Magazine Arizona Designer Showhouse Please contact Helen at 602-307-5330x2221 for more information</p>
<p>6. Positive Living <u>6:30 p.m</u> Hombres Positivos <u>6p.m.-7:45p.m</u></p>	<p>7. Men In Focus <u>6:30-8 p.m.</u> Naturopathic Consultations- <u>9:30a.m.-3:00p.m.</u> Please call 602-307-5330 to make an appointment</p>	<p>8. HOPE <u>11 a.m.-12:30 p.m.</u> Straight & Positive <u>5p.m.-6p.m.</u> SW Institute of Healing Arts programs and services <u>12p.m.-8p.m.</u> Please call 602-307-5330 to RSVP</p>	<p>9. Women's Voices <u>11 a.m.-12 p.m.</u> The Gathering, Women's Educational Luncheon <u>12-1 p.m.</u> Group Acupuncture- <u>12:30- 3:30p.m.</u> Please call 602-307-5330 to make an appointment</p>	<p>10 Newly Diagnosed or New to Care Group Please call 602-307-5330 for more information YOGA <u>10a.m.-11a.m. and 12p.m.-1p.m.</u> Please call 602-307-5330 to RSVP</p>	11
<p>13. Positive Living <u>6:30 p.m</u> Hombres Positivos <u>6p.m.-7:45p.m</u></p>	<p>14. Men In Focus <u>6:30-8 p.m.</u> Naturopathic Consultations- <u>9:30a.m.-3:00p.m.</u> Please call 602-307-5330 to make an appointment</p>	<p>15. HOPE <u>11 a.m.-12:30 p.m.</u> Straight & Positive <u>5p.m.-6p.m.</u> SW Institute of Healing Arts programs and services <u>12p.m.-8p.m.</u> Please call 602-307-5330 to RSVP</p>	<p>16 Women's Voices <u>11 a.m.-12 p.m.</u> The Gathering, Women's Educational Luncheon <u>12-1 p.m.</u></p>	<p>17. Newly Diagnosed or New to Care Group Please call 602-307-5330 for more information YOGA <u>10a.m.-11a.m. and 12p.m.-1p.m.</u> Please call 602-307-5330 to RSVP</p>	<p>18.  PIZZA & The BASICS 10 a.m.-3 p.m. RSVP at 602-307-5330</p>
<p>20. Positive Living <u>6:30 p.m</u> Hombres Positivos <u>6p.m.-7:45p.m</u></p>	<p>21. Men In Focus <u>6:30-8 p.m.</u> Naturopathic Consultations- <u>9:30a.m.-3:00p.m.</u> Please call 602-307-5330 to make an appointment</p>	<p>22. HOPE <u>11 a.m.-12:30 p.m.</u> Straight & Positive <u>5p.m.-6p.m.</u> SW Institute of Healing Arts programs and services <u>12p.m.-8p.m.</u> Please call 602-307-5330 to RSVP</p>	<p>23 Women's Voices <u>11 a.m.-12 p.m.</u> The Gathering, Women's Educational Luncheon <u>12-1 p.m.</u> Group Acupuncture- <u>12:30- 3:30p.m.</u> Please call 602-307-5330 to make an appointment</p>	<p>24. Newly Diagnosed or New to Care Group Please call 602-307-5330 for more information YOGA <u>10a.m.-11a.m. and 12p.m.-1p.m.</u> Please call 602-307-5330 to RSVP</p>	<p>25.  Phoenix, AZ RSVP to Johnny Garcia, ext. 2251 www.azman2man.org</p>
<p>27. Positive Living <u>6:30 p.m</u> Hombres Positivos <u>6p.m.-7:45p.m</u></p>	<p>28. Men In Focus <u>6:30-8 p.m.</u> Naturopathic Consultations- <u>9:30a.m.-3:00p.m.</u> Please call 602-307-5330 to make an appointment</p>	<p>29. HOPE <u>11 a.m.-12:30 p.m.</u> Straight & Positive <u>5p.m.-6p.m.</u> SW Institute of Healing Arts programs and services <u>12p.m.-8p.m.</u> Please call 602-307-5330 to RSVP</p>	<p>30. DINING OUT FOR LIFE Please visit www.diningoutforlife.com for more info on this event Women's Voices <u>11 a.m.-12 p.m.</u> The Gathering, Women's Educational Luncheon <u>12-1 p.m.</u> Group Acupuncture- <u>12:30- 3:30p.m.</u> Please call 602-307-5330 to make an appointment</p>		



Reflection on a New Era

“I say to you today, my friends, so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream. I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character. I have a dream today.”

— ***Dr. Martin Luther King, Jr.***


The historic election of 2008 brought with it not only America’s unified decision to set aside prejudice and discrimination to elect the first African-American president of the United States, but also the opportunity for:

- A new healthcare system to provide healthcare to all those in need, including those living with a pre-existing condition.
- The hope of economic stabilization, in which we see more security not only in our funding streams, but in the services and programming we are able to provide.
- An educational system that will finally begin to shift and see the importance in providing accurate comprehensive age-appropriate health and sexuality education to our nation’s young people.
- A domestic national AIDS strategy (promised within the first two years).
- And the promise of so much more to come ...

As we begin putting into perspective what the future now holds for Americans and for future generations to come, it is important to recognize that we have not only transcended a racial barrier — one that still has much to overcome — but that we are also now committed to embark on unknown territory in our American history. A chapter where now, we as a nation, have proven that all things are possible. With this newfound confidence, we can move forward, and we will stand strong in the fight against HIV/AIDS.

The New Face of HIV

Today's young people are the “AIDS Generation.” Millions have already died. Yet the HIV/AIDS epidemic among young people remains largely invisible to adults and to young people themselves. The new face of HIV is not the same as it was for someone being diagnosed 20+ years ago. Today’s young people live in a world that is silent about the virus. Of the more than 60 million people who have been infected with HIV in the past 20 years,



young people are living with HIV/AIDS, with young men who have sex with men (MSM) of color being among the highest rates of infection. Such statistics underscore the urgent need to address HIV/AIDS among young people.

At Southwest Center for HIV/AIDS, we recognize that stopping HIV/AIDS requires comprehensive strategies that focus on young adults. Through our Youth Empowerment Program (YEP), we are empowering young MSM and transgender youth of color, ages 14-24, with beneficial life skills that allow them to create social, interpersonal and intrapersonal relationships.

Now is the time to act! Only by acting decisively now to control HIV can we ensure that today's young people will have a future as adults. Before reading this article, you may not have been very aware of HIV or the new face of HIV, but now that you have the knowledge, what are you going to do with it?

Southwest Center's Spring Events February through May 2009

April 4 and 5: AZ Foothills Showhome Event in April. For more details, e-mail Marissa at mfry@swshiv.org.

Thursday, April 30, 2009 – Wachovia Dining Out for Life presented by AZCENTRAL.com. Dine at one of our participating restaurants; go to www.swshiv.org after April 10.

Saturday, May 9, 2009 – The Apothecary Shops Night for Life Gala. Tickets are \$350, tables are \$3,500, and can be reserved by e-mailing Helen Tanner at htanner@swshiv.org. This will be a spectacular evening featuring Harvey Fierstein and other entertainers. Reserve your tickets today!

