

You want to be healthy. AHP can help with KEY.

If mental health symptoms or drug use gets in the way of your goals, we're here to help.

Everyone needs individualized and non-judgmental care. Everyone can benefit from harm reduction approaches to improve their lives. The UCSF Alliance Health Project's **KEY** Assertive Case Management program uses these techniques to help you address the barriers to being healthy.

KEY stands for **Knowledge and Empowerment for You** and that's what the program is all about.

If you are a San Francisco resident, 18 or older, and want a partner in health who can actively help you navigate health and wellness, **KEY** is the answer for you.

We focus our efforts on helping people who face an uphill climb: LGBTQ people, homeless people, people marginalized because of a criminal history, people with HIV who face difficulties with treatment, and HIV-negative people who are at risk of getting HIV.

To get started, talk to your doctor or social worker or call Chris Saito, program coordinator at UCSF Alliance Health Project at 415-218-4745.

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AHP UPDATES

APRIL-JUNE 2018

The UCSF Alliance Health Project supports the mental health and wellness of the lesbian, gay, bisexual, transgender and queer (LGBTQ) and HIV-affected communities in constructing healthy and meaningful lives.

AHP GROUPS

For more information: ucsf-ahp.org

For more info, call 415-476-3902 and ask for the triage staff person.

Most groups require an assessment process. Drop-in groups do not require an assessment or RSVP.

For People who are Lesbian, Gay, Bisexual, Transgender, or Queer

Sex & Sobriety*

A 14-week group looks at navigating sober sexuality and attaining emotional intimacy. For gay and bisexual men with at least two months of current, continuous sobriety.

Gay & Bi Men's Group*

Ongoing group for gay and bisexual men exploring issues of mental and physical wellness.

Trans Support Group*

Ongoing group for transgender and gender nonconforming people who want to explore their gender, relationship issues, self-esteem, and mental and physical wellbeing. Open to all genders.

For HIV-Positive People and People with AIDS

Living and Thriving with HIV Support Groups

Ongoing groups to talk about relationships, dating, sex, aging, being positive in San Francisco, medical issues, and more. Ongoing groups require three-month commitment.

Long-Term HIV Survivors

Ongoing group for those with long-term HIV and mental health concerns.

OPEN TO ALL

Psychoeducation Group*

A 10-week group focused on topics—including communication, finances, and mental health—that enhance living skills and increase overall wellness.

Home Base Drop-In Group for People with Substance Use Concerns

Thursdays, 10:30AM to 12:30 PM. First-time attendees need to arrive at 10 AM. Harm Reduction based group.

Wellness Group

Ongoing group explores issues of aging, building social skills, managing mental health symptoms, and living with chronic physical health concerns.

OPEN TO ALL

Transitions Drop-In Group
Fridays, 11:00AM–12:30PM, ROOM 221, for clients who are waiting for individual therapy, that could benefit from additional support, or who would like to try out group therapy. The group is **only** open to current AHP clients who **have already completed an intake-assessment**.

Support Group for People Considering Returning to Work, or Other Activity
For HIV-positive people and those recovering from a disabling mental illness who want to discuss the possibility of returning to work or other gainful or meaningful activity. ■

* Membership in groups marked with a star (★) is limited based on income and insurance restrictions.

