Agencies providing PrEP services are limited: Y-HEP in Philadelphia and Care Resource in Miami.

1233 Locust St. Philadelphia, PA 19107. (215) 985-4448

Philadelphia FIGHT (FIGHT) is a comprehensive AIDS service organization providing primary care, consumer education, advocacy and research on potential treatments and potential vaccines.

FIGHT provides primary care to people with HIV/AIDS at the Jonathan Lax Immune Disorders Treatments Center, which provides state of the art clinical care to address the comprehensive needs of people with HIV/AIDS. Clinicians at FIGHT also conduct research to test potential therapies for HIV/AIDS. In addition to treatment and research, FIGHT is home to a strong array of prevention, education, and information services including The AIDS Library; Critical Path AIDS Project; Project TEACH (Treatment Education Activists Combating HIV); and the Youth Health Empowerment Project (Y-HEP). Through lectures, seminars and special programs, FIGHT educates people to advocate for further research and better medical treatments, improve the quality-of-life for people living with HIV/AIDS, and prevent further infection. Our goal is to end the AIDS epidemic and FIGHT will continue until the discovery of an HIV/AIDS cure.

Y-HEP – The Youth Health Empowerment Project; Y-HEP is located at 1417 Locust Street, 3rd Floor, Philadelphia, PA.
For more information on Y-HEP, visit www.y-hep.org or Y-HEP’s Facebook or Twitter pages.

Y-HEP is a program of Philadelphia FIGHT, a comprehensive AIDS Service Organization providing state of the art, culturally competent HIV primary care, consumer education, advocacy, social services, outreach to people living with HIV and to those who are at high risk, and access to the most advanced clinical research. About Y-HEP Y-HEP is a comprehensive
adolescent and young adult program that offers holistic health services, sexual health education, drop in day services, and leadership activities to over 3000 high-risk/high promise, low-income, urban youth ages 13-24 living in Philadelphia. **Y-HEP’s Programs and Activities:**

**The Empowerment Center** is a day drop-in center that gives adolescents and young adults access to resources that fulfill basic needs such as showers, a meal, laundry services, personal care items, and gently-used clothing. The center also seeks to enrich participants’ intellectual and emotional lives by offering educational opportunities and experiential activities that stimulate thoughtfulness and creativity. The Empowerment Center is a safe space for all youth, and an entry point for young adults to be connected to Y-HEP’s many other programs and services.

**Prevention Counseling** provides individualized, client-centered counseling and goal planning to support youth in stabilizing their lives and making healthy, productive choices as they transition into adulthood. Prevention Counselors often assist participants in finding housing, job searching, continuing their education, resume building and job readiness, applying for benefits, obtaining health care, connecting to behavioral health treatment, and accessing other local resources.

**Daily Groups and Activities** include regular groups such as male and female support groups, queer women’s support group, T.R.A.P. House (our drug and alcohol educational group), life skills classes, and “Family Meeting.” Evolving, rotating, and changing groups include creative writing, art, cooking classes, Anime, sexual health, Yoga, Zumba, “Freestyle Fridays,” dance groups, and open discussion groups.

**Community Outreach** uses street outreach, social networking and various types of presentations to promote engagement in health care and holistic wellness, provide sexual health education, and empower other members of the community to take action around HIV health disparities in hopes of ending the epidemic within our lifetime.

**Therapy services** include free individual, couple, and family therapy as well as and multi-session therapeutic groups. Our licensed therapist provides counseling for a wide variety of issues and concerns, with a focus on youth who have experienced trauma. Our goal is to support participants in developing resilience and healthy coping skills.

**School-based Programming** includes classroom presentations on healthy relationships, HIV and STIs, safer sex, and awareness-building around topics related to LGBTQ identity. Y-HEP’s school board-approved curriculum is ideal for middle and high school students and can be done as single or multi-session class presentations, or as a larger assembly.

**Computer Lab** offers open access sign in for 30 minutes at a time as well as digital literacy classes, job readiness and resume building workshops, and one-on-one tutoring for daily tasks.
Care Resource offers PrEP services in Miami Dade County

We are pleased to announce that Care Resource has begun to offer non-occupational Post-Exposure Prophylaxis (PEP) and Pre-Exposure Prophylaxis (PrEP) management services to eligible patients.

Pre-exposure prophylaxis, or PrEP, is a way for people who do not have HIV but who are at substantial risk of getting it to prevent HIV infection by taking a pill every day. The pill (brand name Truvada) contains two medicines (tenofovir and emtricitabine) that are used in combination with other medicines to treat HIV. When someone is exposed to HIV through sex or injection drug use, these medicines can work to keep the virus from establishing a permanent infection.

When taken consistently, PrEP has been shown to reduce the risk of HIV infection in people who are at high risk by up to 92%. PrEP is much less effective if it is not taken consistently.

PrEP is a powerful HIV prevention tool and can be combined with condoms and other prevention methods to provide even greater protection than when used alone. But people who use PrEP must commit to taking the drug every day and seeing their health care provider for follow-up every 3 months.

Care Resource provides pre-exposure prophylaxis to reduce the risk of sexually acquired HIV infection in adults at high risk. High risk individuals are identified as an individual (MSM or heterosexual individual) who is not HIV infected and has a partner(s) known to be HIV infected or an individual who engages in sexual activity within a high prevalence area or social network and one or more of the following:

- Adult men who have sex with men (MSM)
- Inconsistent or no condom use
- Diagnosis of sexually transmitted infections (STIs)
- Exchange of sex for commodities (such as money, food, shelter, drugs)
- Use of illicit drugs or alcohol dependence
- Incarceration
- Partner(s) of unknown HIV status with any of the factors listed above

Once identified, TRUVADA (emtricitabine/tenofovir disoproxil fumarate) will be prescribed to prevent the sexual acquisition of HIV infection. In combination with TRUVADA, a comprehensive prevention strategy will be
utilized to prevent the sexual acquisition of HIV infection. This prevention strategy will include education about:

- Safer sex practices
- Consistent and correct use of condoms
- Knowledge of HIV status and that of their partner(s)
- Regular testing for other STIs that can facilitate HIV transmission (such as syphilis and gonorrhea)
- All uninfected individuals will be counseled by healthcare providers to strictly adhere to the recommended Truvada dosing schedule because the effectiveness of TRUVADA in reducing the risk of acquiring HIV is strongly correlated with adherence.

Other Care Resource services include:

- Rapid HIV and other STI testing and counseling
- Assessment of eligibility for PEP and PrEP
- Laboratory testing prior to initiation of PEP and PrEP
- Continuous monitoring/follow-up of patients on PEP/PrEP
- On-site 340B Walgreens pharmacy
- Access to free PEP/PrEP medications
- Insurance assistance to access any prescribed medications
- Assistance with accessing emergency medications through patient assistance programs for uninsured and underinsured patients
- Same day appointments

These new services are a much needed addition to the wide array of services that our clinics offer. Please take a moment to discover the many services we provide by visiting our website at www.careresource.org or call us at 305-576-1234.

At Care Resource, our commitment to the fight against HIV/AIDS remains as strong as ever but as we aim to focus more intently on prevention, please allow us to assist you in managing your patients who are at high risk for acquiring HIV.

Click here for office locations.

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