

RYAN WHITE QUARTERLY

Q4 | VOL 1 - ISSUE 4
DECEMBER 1, 2021

THE OFFICIAL NEWSLETTER OF THE RYAN WHITE
PLANNING COUNCIL OF DALLAS, TX

Thank You

All New Members:
Corey Strickland
Cora Giddens
Derick Felton

Thank You

Auntjuan Wiley
for your years of service
on the council



UPCOMING RWPC MEETINGS



DECEMBER 1, 2021 @ 2PM
EXECUTIVE COMMITTEE
MEETING

DECEMBER 8, 2021 @ 9AM
RWPC
COMMITTEE MEETING

DECEMBER 16, 2021 @ 12PM
CONSUMER COUNCIL
COMMITTEE MEETING

DECEMBER 27, 2021 @ 5:15PM
ALLOCATIONS COMMITTEE
MEETING

A Letter from Office of Support...

Happy Holidays! We would like to extend a heartfelt thanks to all of you for making 2021 such a successful year. We are overwhelmed with gratitude to you all for continuing to support the Ryan White Planning Council as we extend our reach.

*Best,
Office of Support Staff*



*take a look-
WHAT HAVE WE BEEN WORKING ON?*

Executive

Review Committee
Deliverables

Evaluation

Assess EAM

RWPC

Review and Approve Allocations
Committee
Recommendations

CCC

Forum Planning/ Consumer Education

Needs Assessment

FY 2022 Needs Assessment
Timeline

Planning & Priorities

FY 2021 Standards of Care

Allocations

FY 2022-23 Resource
Allocations

BIOGRAPHY

Ryan White



The Ryan White HIV/AIDS Program was named after a courageous young man named Ryan White who was diagnosed with AIDS following a blood transfusion in December 1984. Ryan White was diagnosed at age 13 while living in Kokomo, Indiana and given six months to live.

When Ryan White tried to return to school, he fought AIDS-related discrimination in his Indiana community. Along with his mother Jeanne White Ginder, Ryan White rallied for his right to attend school - gaining national attention - and became the face of public education about his disease. Surprising his doctors, Ryan White lived five years longer than predicted. He died in April 1990, one month before his high school graduation and only months before Congress passed the legislation bearing his name in August 1990 - the Ryan White Comprehensive AIDS Resources Emergency (CARE) Act.

Ryan White was **instrumental** in initiating awareness and shifting the public perception of HIV/AIDS.

World AIDS Day



Since 1988, World AIDS Day has been observed every year on December 1st. It was created by the World Health Organization with the intent to increase awareness of AIDS and the virus that causes it, HIV, by distributing information and fostering discussion. The day typically involves many activities and events—including speeches, presentations, rallies, and concerts—that are used to heighten awareness of HIV/AIDS, raise funds to fight the disease, remember the lives lost to AIDS, and show support for those living with it. The red ribbon, an international symbol associated with the commitment to the fight against AIDS, is prevalent this day.

ENDING THE HIV EPIDEMIC (EHE)



What Is Ending the HIV Epidemic in the U.S.?

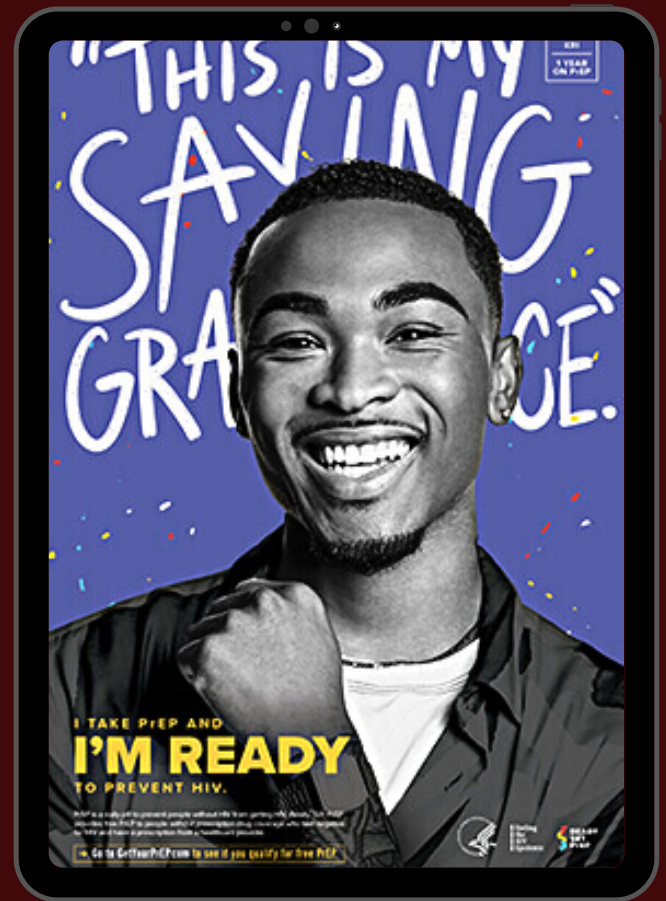
Ending the HIV Epidemic in the U.S. (EHE) is a bold plan announced in 2019 that aims to end the HIV epidemic in the United States by 2030. Agencies across the U.S. Department of Health and Human Services (HHS) developed an operational plan to pursue that goal accompanied by a request for additional resources that were provided by Congress.

Goal

The initiative seeks to reduce the number of new HIV infections in the United States by 75 percent by 2025, and then by at least 90 percent by 2030, for an estimated 250,000 total HIV infections averted.

Key Strategies

The Ending the HIV Epidemic initiative focuses on four key strategies that, implemented together, can end the HIV epidemic in the U.S.: Diagnose, Treat, Prevent, and Respond.



DALLAS, TX REGION 3 HIV/STD SERVICE PROVIDER INFORMATION

- [Abounding Prosperity, Inc](#)
- [Access and Information Network \(AIN\)](#)
- [The Afiya Center](#)
- [AIDS Healthcare Foundation](#)
- [Children's Health/Children's Medical Center Dallas ARMS Clinic](#)
- [City Of Dallas](#)
- [The Council on Alcohol & Drugs](#)
- [Dallas County Health & Human Services Linkage to Care Clinic](#)
- [Foremost Family Health Centers](#)
- [Homeward Bound, Inc.](#)
- [Legacy Counseling Center](#)
- [Legal Hospice of Texas](#)
- [Parkland Health & Hospital System - HIV Department](#)
- [Partners Clinic - Methodist Dallas](#)
- [Prism Health North Texas](#)
- [Prism Health North Texas - Oak Cliff Clinic](#)
- [Prism Health North Texas - South Dallas Clinic](#)
- [Resource Center - Youth First](#)
- [Resource Center Nelson - Tebedo Clinic](#)
- [UT Southwestern - Community Prevention and Intervention Unit](#)

LET'S TALK ABOUT

Ending the Epidemic

CELEBRATE ENDING THE HIV EPIDEMIC: "EQUITABLE ACCESS, EVERYONE'S VOICE"

World AIDS Day, designated on December 1 every year since 1988, is an international day dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection and mourning those who have died of the disease. Government and health officials, non-governmental organizations, and individuals around the world observe the day, often with education on AIDS prevention and control. World AIDS Day is one of the eight official global public health campaigns marked by the World Health Organization (WHO), along with World Health Day, World Blood Donor Day, World Immunization Week, World Tuberculosis Day, World No Tobacco Day, World Malaria Day and World Hepatitis Day.

To mark the 33rd anniversary of the world's first global health day, here are 30 frequently asked questions, myths, facts, and figures surrounding HIV and AIDS throughout the world.



HIV Q & A

What do HIV and AIDS stand for?

HIV stands for human immunodeficiency virus. AIDS stands for acquired immunodeficiency syndrome.

What is the difference between HIV and AIDS?

HIV is a virus that can lead to AIDS. AIDS is the last of the three stages of HIV infection.

According to the Centers for Disease Control and Prevention, people in the first stage, acute HIV infection, experience a flu-like illness within 2 to 4 weeks after infection. It can last a few weeks. People in this stage have large amounts of the virus in their blood, and so are more likely to transmit the infection.

The second stage, clinical latency, marks a period where the virus is active but reproduces only at low levels, HIV.gov says. People in this stage might not experience symptoms but can still transmit HIV to others. This stage can last decades, depending on treatment, but can also be shorter.

AIDS, the third stage, leads to the most severe illnesses because the virus damages the immune system over time, the CDC says. On average, people with AIDS who don't get treatment survive three years, according to the CDC. Treatment at all three stages can prevent or slow symptoms and reduce the risk of transmission, the CDC says.

How do you know if you have HIV or AIDS?

Testing is the best way to determine whether you have HIV, but symptoms can occur before HIV shows up on a test. Some experience flu-like symptoms – including fever, chills, rash, night sweats, muscle aches, sore throat, fatigue, swollen lymph nodes or mouth ulcers – within two weeks of infection.



WORLD AIDS DAY

DEC 1

LET'S TALK ABOUT *Ending the Epidemic*

CELEBRATE ENDING THE HIV
EPIDEMIC: "EQUITABLE
ACCESS, EVERYONE'S VOICE"

What are some common prevention methods?

The CDC advises abstinence from sex, reducing the number of sexual partners, and using condoms correctly every time you have sex as ways to reduce the risk of HIV exposure through sex. Using only sterile needles, and never sharing them, also reduce risk.

Pre-exposure prophylaxis (PrEP) is daily medicine for HIV-negative people who are at high risk of acquiring HIV. According to the CDC, it can reduce the risk of HIV through sex by 90% and through injection by 70%.



What is World AIDS Day and how can I help?

The World Health Organization first declared World AIDS Day in 1988. It was the first global health day. Observed each year on Dec. 1, the day is intended to raise global awareness of the fight against HIV, support for people with HIV, and remember those who have died from HIV/AIDS-related illnesses.

Donating money for various organizations fighting HIV/AIDS, attending a World AIDS Day event, or simply showing solidarity by wearing a red ribbon are all ways to help in the fight against HIV/AIDS.

According to UN data, \$4.8 billion was available for low- to middle-income countries to fight AIDS in 2000. By 2017, that number was \$21.3 billion.

How does HIV make you sick?

HIV attacks your immune system by reducing CD4 cells, or T cells, making it harder to fight other infections. "Over time, HIV can destroy so many of these cells that the body can't fight off infections and disease," according to HIV.gov.

How is the virus transmitted?

A person can become infected with HIV only through certain activities in which they come into contact with certain bodily fluids.

Blood, semen, pre-seminal fluid, rectal fluids, vaginal fluids, and breast milk can transmit HIV, according to the CDC.

"These fluids must come in contact with a mucous membrane or damaged tissue or be directly injected into the bloodstream (from a needle or syringe) for transmission to occur," the CDC says.

Unprotected anal or vaginal sex with someone who has HIV is one of two main ways the virus is spread in the United States, according to HIV.gov. Use of a contaminated needle or syringe is the other.

A mother may pass the virus on to her child during pregnancy, birth, or breastfeeding. It can also be contracted by being struck by an item contaminated with HIV. Other rare but possible ways to spread HIV can be found here.

According to HIV.gov, the condition becomes AIDS when T cell counts drop below 200 cells per cubic millimeter of blood, or certain AIDS-related complications such as severe infections appear.

What stigmas exist surrounding HIV/AIDS?

Fear around HIV and AIDS has allowed false information to spread and discrimination against some people to grow.

Discrimination based on sexuality, gender, drug use, sex work, and economic status, among others, can greatly harm people who have HIV, the United Nations warns. People with HIV who perceive high stigmas are less likely to seek treatment immediately. Stigma can also discourage people from getting tested or disclosing their infections. In the United States, there are legal protections aimed at preventing discrimination against people with HIV.

Can HIV/AIDS be treated?

Yes. People with HIV can take a series of drugs, called antiretroviral therapy, or ART, that slows the virus from progressing, keeps them healthy for years, and drastically reduces their likelihood of spreading the virus, the CDC says.

How does ART work?

Antiretroviral therapy, which typically uses three drugs, is aimed at reducing a person's viral load – the level of HIV in the blood.

The combination of drugs can "maximally suppress the HIV virus and stop the progression of HIV disease. ART also prevents onward transmission of HIV," the World Health Organization says.

If the viral load remains undetectable, "you have effectively no risk of transmitting HIV to an HIV-negative partner through sex," the CDC says. The CDC says people can reach an undetectable viral load within six months. But missing a dose can increase the load and the risk of transmitting HIV.

How can I get tested?

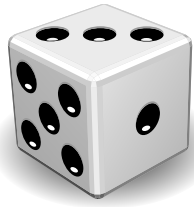
Most HIV tests involve blood or oral fluid. Clinics, hospitals, community health centers, and many other locations provide HIV testing. Home testing equipment is also available.

HIV does not always show up right away in a test. Your body and the test type determine how long HIV can take to be detected. Here's a useful guide from the San Francisco AIDS Foundation on testing windows.

What do the red ribbons signify?

The red ribbon was created in 1991 by artists in New York working to increase awareness of HIV/AIDS. The artists saw the red ribbon as an easy-to-copy way to show compassion for those living with HIV, given the stigma surrounding it.

"They chose red for its boldness, and for its symbolic associations with passion, the heart, and love," according to World AIDS Day organizers.



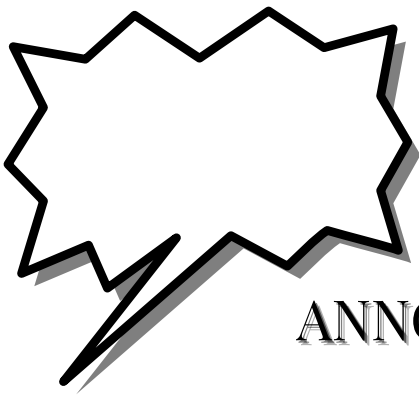
WORLD AIDS DAY WORD SEARCH

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Awareness
 Condom
 Immune System
 Provider
 Therapy
 World AIDS Day

Cell
 Health and Human Services
 Immunodeficiency
 Red Ribbon
 Transmission
 World Health Organization

Antiretroviral
 Clinic
 HIV
 Linkage To Care
 Stigma
 Virus



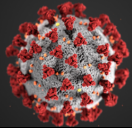
ANNOUNCEMENTS

We need you!

The Ryan White Planning Council is a community group that has been appointed by the County Judge, to plan the organization and delivery of HIV services for the Dallas EMA, HSDA funded by Part A, MAI Part B, & State Services of the Ryan White HIV/AIDS Treatment Extension Act. Each council member is a caring, dedicated volunteer who was carefully selected to represent the general public, persons living with HIV, funded service providers, and other health and social service organizations.

Please contact RWPC Office Of Support at (214) 819-1840 for an application and/or more information.

[Ryan White Planning Council](#) | [Home \(dallascounty.org\)](#)



COVID-19


What you should know...

The Center for Disease Control and Prevention (CDC) recommends the Pfizer COVID-19 vaccine for children 5 to 11 years old. The COVID-19 vaccine can help keep your child from getting seriously sick if they do get COVID-19. It is always better to prevent a disease than to treat it after it occurs.

COVID-19 Booster Shot
To boost protection against COVID-19, the CDC recommends that people get a booster shot of the Pfizer, Moderna or, Johnson & Johnson COVID-19 vaccine.

You can receive any of the COVID-19 vaccines authorized in the United States. The CDC states it is safe to mix and match vaccines regardless of which vaccine you received for your first series.

For more information, please visit [the CDC website.](#)



OFFICE OF SUPPORT *Opportunities*

Disease Intervention Specialist III - EHE



MARK YOUR CALENDAR UPCOMING EVENTS

HRSA World AIDS Day 2021 Virtual Commemoration Event:

- December 1, 11AM-12PM ET
- Live Out Loud Roundtable Discussion "HIV & Aging"
- December 1, 12PM Noontime
- The Resource Center of Dallas Red Ribbon
- December 2, 6:00 p.m. @ the Community Center
- Empower Dallas- Details Pending

Q3 COMMITTEE DELIVERABLES

- Executive-* Orientation and Training
- RWPC-* Committee Project Final Approvals
- P&P-* Priority Service Ranking
- Needs Assessment-* Establish FY 2022 Needs Assessment Timeline
- Evaluation-* Assessment of the Administrative Mechanism (AAM)
- Allocations-* FY 2022 PRSA Ranking/ Resource
- CCC-* Community Forums



*Happy
Birthday*

**TO EVERYONE CELEBRATING IN
OCTOBER, NOVEMBER, AND DECEMBER**