

MyChart

www.mycucsdchart.ucsd.edu

- UCSD's online health record system
- Use 24/7 from any computer to:
 - Message your provider
 - Request an appointment
 - View select lab results
 - Renew prescriptions
 - Access your medical history

- Don't get your care at UCSD? Your health system may have its own version. Ask your provider about your personal health record!

Trauma-Informed Care

CHANGE for Women
recognizes that many women
living with HIV experience
violence in their lives.
We can help!

CHANGE for Women Cares About You!

We know women put many things before their healthcare.

We have the knowledge and experience to help you in managing your health.

Our Partners

- UCSD Antiviral Research Center
- UCSD Mother, Child, Adolescent Program (MCAP)
- UCSD Owen Clinic
- Casa Cornelia Law Center
- American Friends Services Committee:
- US Mexico Border Project
- Cardea Services

Christie's Place is located at:

2440 Third Avenue
 San Diego, CA 92101
 Phone: 619.702.4186
 Fax: 619.702.5924
www.christiesplace.org

Our hours of operation are:

Monday-Friday: 9:00 am – 5:30 pm

Christie's Place funded in part by the Health Resources & Services Administration (HRSA) through the County of San Diego, Health & Human Services Agency and through the UCSD Mother Child & Adolescent HIV Program; by the County of San Diego, Health and Human Services Agency; by Kaiser Foundation Hospitals; by Broadway Cares/Equity Fights AIDS; by The San Diego Human Dignity Foundation and the San Diego HIV Funding Collaborative, Sunshine Brooks and its funding partners; by Macy's Passport Fund; by Qualcomm; by AIDS United; by MAC AIDS Fund; by Alliance Healthcare Foundation; and by Johnson & Johnson.
 Last Updated: 3/20/2014

CHANGE for Women
Coordinated HIV Assistance and Navigation for Growth and Empowerment

Coordinated HIV Assistance & Navigation for Growth & Empowerment



CHANGE for Women works with you to meet your goals and make sure you and your family are healthy!



Services provided in English and Spanish

The Program

- Designed to help women living with HIV participate in their healthcare and live healthier lives
- Strengthens connection to healthcare for women who are newly diagnosed with HIV
- Re-connects women who are not in healthcare
- Addresses common barriers that women experience in maintaining their healthcare
- Improve access to and encourage consistent use of healthcare for women living with HIV in San Diego County
- Improve communication between clients and medical providers
- Increase care coordination between medical and social support providers
- Build and support relationships with partner organizations to include peers into their healthcare teams

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Staff Roles & Services

Mental Health Counseling

- Counselors will help you manage/overcome barriers to health and overall wellbeing including:
 - Building healthy relationships
 - Depression, anxiety, PTSD
 - Improving self-esteem
- Work with you to come up with goals that you would like to meet
- Help you to recognize your strengths

Peer Navigation Services

- Peer Navigators are women living with HIV trained to work in healthcare and social services
- Provide emotional support
- Communicate with you and your doctor about your health outcomes
- Develop goals with you to help you to be healthy and assist you in accessing your healthcare including:
 - Transportation assistance
 - Go with you to your appointments
 - Meet with you at your home, provider's office, or coffee shops

Medical Case Management

- Case Managers conduct assessments and help connect you to resources based on your needs
- Provide you and your family with HIV education and health counseling

Other Staff

Clinical Manager

- Supervises the care team
- Works together with care team on developing goals

Care Coordinator

- Provides administrative support
- HIV education services
- Assists with enrollment services

Other Services/Assistance

- Home visits
- Childcare
- Translation
- Substance Abuse Counseling
- Emotional and Peer Support
- Transportation (bus passes, van transport, rides to appointments)
- Clothing
- Hygiene Products
- Food



**Afraid to ride the bus?
Your Peer Navigator will ride
it with you!**