

scheduled times. Collaboration with other service organizations is an integral part of this program and brings together HIV testing and prevention services with non-HIV focused community organizations, medical providers and other AIDS service organizations. Our presence in the targeted communities facilitates the success of this program. There are no limits in testing and risk reduction counseling and our teams start early and stay out visiting clubs, homeless shelters and at-risk neighborhoods late into the evening during the week and on weekends.

Medical and Social Case Management

The Medical and Social Case Management goal is to provide basic client services that address all aspects of an individual's well-being and medical needs. With new medication regimens and therapies, people are now living longer, more productive lives with HIV/AIDS. As a result, we continue to see dramatic increases in the number of persons seeking services and continue to see annual increases of 5% - 6% in the number of individuals served each year with emergency medical needs, nutrition counseling, food pantry, rent and utilities assistance, medical insurance and insurance co-pays, legal referrals and transportation to medical appointments.

AOC is the primary AIDS Service Organization (ASO) in the service area that completes overall intake assessments for individuals with HIV/AIDS. Our ability to provide clients with a multitude of services helps us to better meet clients' varying needs. The Case Manager acts as the coordinator of care in navigating AOC programs and the external care system. They also act as the primary contact person for the agency, linking clients with services and providing general support and referrals. AOC's Case Managers come from culturally and racially diverse backgrounds and speak English, Spanish and French, allowing us to serve a greater number of clients.



Mental Health Services and Psychosocial Support



AIDS Outreach Center is the only AIDS Service Organization (ASO) in Tarrant County that has licensed mental health counselors on staff. Our counselors have extensive professional experience in working specifically with persons who are HIV+. AOC provides a full range of psychological counseling services including individual and group sessions with licensed counselors for clients with diagnosed mental illnesses such as clinical depression, anxiety and adjustment disorders, bi-polar disorder, and psychosis. We also provide services for clients who suffer from a dual diagnosis of mental health illness and substance abuse. Clients who have suffered from personal traumatic experiences including sexual, physical and mental abuse, rape, and the effects

of war are provided with mental health counseling services.

Through counseling sessions, clients are equipped to address their illnesses and learn vital coping skills allowing them to focus on their health and, specifically, treatment of their HIV infection. Poor mental health has been directly linked to nonadherence to medical treatment. AOC's Mental Health Services are designed to meet the mental health needs of our clients and improve treatment adherence.

Sandy Lanier Nutrition Center

AIDS Outreach Center is the home of the only free in-house food pantry in Tarrant County devoted solely to serving the needs of individuals living with HIV and emphasizing the link between HIV and good nutritional habits. Good nutrition coupled with strict adherence to medications and physical fitness is an essential defense against the progression of HIV - prolonging a clients' wellness and independence.

Clients must recently for Nutrition Center services by meeting with AOC's Registered Dietician for nutritional counseling as well as with our Eligibility Specialist to determine financial need. This allows the Nutrition Center to receive updated information about a client's current health status, address any underlying problems, and evaluate any concerns connected with other health issues including diabetes, high cholesterol, high blood pressure, etc. Clients are provided with an HIV Health Nutrition Manual, available in both English and Spanish, written by AOC in collaboration with Texas Christian University's Dietetic Department. Clients are also given a Recipe Booklet, prepared for AOC by a Licensed and Registered Dietician in collaboration with area HIV medical professionals. The Recipe Booklets are tailored for a variety of specific dietary needs including Regular, Diabetic, High-Protein/High-Calorie, Low-Sodium, and Low-Fat/Low Cholesterol. Recipes are designed using the food products normally found on the shelves in the Nutrition Center food pantry. For ease of shopping, food items, shopping lists, client eligibility cards, and recipe booklets are color-coded representing specific diet programs.



Additional Client Services and Programs

Emergency Assistance

AOC provides emergency assistance through its Medical Care and Treatment department for individuals who have extraordinary financial needs that must be met in order to maintain minimum living conditions and prevent homelessness. Emergency assistance funding covers expenses such as rent and utility bills that cannot otherwise be paid by the client or through other funding sources. Clients who are in need of emergency assistance are referred to the Eligibility Specialist for an assessment of need, including a review of the household budget and a review of recent financial history to allow a clear picture of the presenting need.

Medical Insurance and Co-Pay Assistance

This innovative program allows AOC to pay clients' insurance premiums to keep individuals and families enrolled in a private insurance program. AOC also pays prescription medicine co-payments to assure that clients are able to get their medications and maintain continuous treatment. This avoids a lapse in medical care by allowing clients to continue treatment through their private physician and avoid any disruption in medication adherence.

Legal Services

AIDS Outreach Center works with the Legal Hospice of Texas as its legal service advocate. In doing so, AOC has been able to offer its clients access to a legal team whose primary focus is addressing the issues confronting individuals with HIV/AIDS. As a legal counselor and advocate, an attorney provides clients with assistance in accessing social services to which they are entitled. These programs include income assistance programs such as SSI/SSDI, estate planning, intervening with landlords and creditores and insuring that employees, medical insurers, medical personnel and other providers comply with all antidiscrimination and confidentiality laws and regulations applying to HIV/AIDS. Criminal cases are disallowed.