

CHNews - Darrell Vigil, Chief Executive Officer



Dear CHN clients, donors, volunteers and friends:

As a mission based human services organization serving clients and patients, our staff, as well as clients, patients and community members often feel pressure to please everyone all of the time – an impossible task! Whether we're talking about pleasing co-workers, those we serve, community members, service providers, neighbors or people in general, the negativity that we often put on ourselves for failing to please everyone we encounter is not good for our health and wellbeing.

With all that is going on in our world today, it is more important than ever that we take care of ourselves and others. Self-care should not be ignored and caring for those who we're close to is also important. CHN has partnered with Envision:You to provide virtual behavioral health sessions to those in the LGBTQ+ community, at no cost. For more information, please visit the Envision:You web site at: <https://envision-you.wixsite.com/envision-you/virtual-behavioral-health> Please also see the CHN web site for more information about behavioral health services options <https://coloradohealthnetwork.org/health-care-services/behavioral-health/>

Individuals can find additional behavioral health resources at the Colorado Department of Human Services: <https://www.colorado.gov/pacific/cdhs/article/covid-19-behavioral-health-info>.

Especially during times of crisis, I'm grateful for our clients, patients, staff, friends and donors! Without our partnerships with people like you, we wouldn't be able to provide services to clients and patients. Please hang in there as we navigate these challenging times together.

Thank you for your continued support – it is greatly appreciated!

Sincerely,

Darrell J. Vigil, MBA
Chief Executive Officer

Youth programs continue to be an area of focus for CHN



Our "Sexperts" (as they have named themselves) receive training on sexual health education basics with an emphasis on HIV prevention and PrEP, then lead peer education discussions on what they've learned.

Recognizing the need for HIV/STI prevention services tailored for youth/young adult populations, CHN established the #unfiltered program in 2018. Various youth programs have been launched to engage youth ages 15-24 years-old in HIV prevention, education, and leadership as well as fill in identified HIV service gaps. Current youth programs include #unfiltered Ambassadors (CHN's Youth Advisory Board), Influencers (social media partners), Sylvie's Spot (weekly drop-in sexual health services and social spot), and you&blue (a PrEP Peer Educator Network).

You&blue was launched in Denver last year. CHN's you&blue aims to increase awareness and access to PrEP (pre-exposure prophylaxis) and related HIV prevention tools for youth populations statewide.

PrEP is a once-daily antiretroviral medication that when taken consistently is 99% effective at preventing HIV. Since over 25% of all new HIV diagnoses in the US occur in youth 13-24 years old, PrEP can be an extremely powerful prevention tool among sexually active youth. To create the program, CHN worked with three youth leaders to develop an entire peer education PrEP curriculum, learning assessments and evaluations, marketing and recruitment materials, and strategies for how peer education sessions should be implemented. This year, we are excited to be expanding this extremely successful program across the state.

Bright Mountain Foundation continues their long history of support

Colorado Health Network is pleased to recognize The Bright Mountain Foundation which has been funding CHN's programs since 2001! This year, Colorado Health Network received \$12,500 to provide behavioral health sessions via telehealth technology for LGBTQ+ individuals impacted by the COVID-19 pandemic. During these uncertain and stressful times, Colorado Health Network is able to provide much needed mental health support to our clients. We are extremely grateful for the continued support from The Bright Mountain Foundation!

Quilt Display traditions continues



We are grateful to the City of Denver for allowing CHN the opportunity to display panels from the National AIDS Memorial Quilt in the Cheesman Park Pavilion. This year's display included panels from friends and family members from Denver, Colorado Springs, the San Luis Valley and Black and White Men Together.

SCHN Case Manager serves as the only trained SEPA facilitator in Colorado

Guadalupe UribeJoyner, Latinx Program Manager in Colorado Springs is the only individual in the state of Colorado who is certified to facilitate HIV & STI outreach and education to heterosexually active Hispanic Women/Latinas. The program is referred to as SEPA (Salud/Health, Educación/Education, Promoción/Promotion, y/ and Autocuidado/Self-care).



Graduates from one of Lupe's programs proudly display their graduation certificates!

SEPA is an evidence-based, culturally tailored HIV/AIDS behavior change intervention for heterosexually active Hispanic women/Latinas between the ages of 16 and 45 at risk for HIV and STD infection due to unprotected sex with male partners.

The intervention consists of three classes of three hours each week covering STI and HIV prevention: communication, condom negotiation and condom use; and violence prevention – along with free HIV and Hep C testing. Lupe has presented the program in Trinidad, Center, Alamosa, Rocky Ford and La Mar Colorado.