



# CAMBRIDGE CARES ABOUT AIDS ANNUAL REPORT FISCAL YEAR 2007



Cambridge Cares About AIDS  
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*“Never doubt that a thoughtful, committed group of citizens can change the world.  
Indeed it is the only thing that ever has.”*  
Margaret Mead

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The mission of Cambridge Cares about AIDS (CCA) is to respond to the HIV/AIDS epidemic by serving those most impacted by social and economic inequality. CCA provides accessible prevention, education, advocacy, and support services in accordance with harm reduction principles to help people meet self-identified goals.

Dear Friends,

As I write this, the federal government is debating the “Stop AIDS in Prison Act” that would make HIV counseling and testing routine for all existing and new inmates in correctional facilities. While this represents progress in certain respects, the bill does not currently require informed consent. As such, inmates would not have the opportunity to opt out of the testing process if, for some reason, they thought it would be best for them to delay testing.

While both sides of the informed consent debate have merit, the debate itself illustrates the correlation between social and economic injustice and HIV. Once again people who are living with HIV or who are perceived to be at high risk face stigma and lack the ability to make critical decisions regarding their health and well-being. HIV risk and HIV infection continue to have a disproportionate impact upon marginalized populations, like those currently incarcerated.

If you have looked at CCA’s revised mission statement, you will see that we have articulated our commitment to working at the intersection of HIV and social/economic injustice.

Along with a revised mission statement, CCA has launched a new strategic plan intended to keep us true to this mission. The strategic plan focuses on many critical aspects of strengthening the agency’s infrastructure in order to utilize the agency’s resources in the most effective and efficient manner. Our new guiding principles call us to deliver high-quality, cost-effective, proven interventions while maintaining a non-judgmental, grassroots effort.

So as the debate about HIV, its risk groups, and prevention efforts rages on, each day we work to ensure that people living with HIV or at risk for can reach their own goals, regardless of what our society and government says about their rights.

Thank you for joining with us in these efforts. I am confident that you will be inspired as you read this report. We welcome your comments.

John Gatto  
Executive Director



# CLIENT SERVICES

*"This [Client Services] does a lot of things for me. It helped me from being homeless, put a roof over my head, and someone's there to talk to me. I came in here wobbling with a broken leg, and now I got my own place and am looking for a car. I got clean and got medical needs when my leg broke. They helped me from nothing within six months to almost everything."*

-Anthony

CCA's Client Services Department programs provide services to people living with HIV/AIDS. In keeping with the agency's mission, these programs are designed to support people with HIV/AIDS who are most impacted by economic and social inequality. Our services and programming are rooted in harm reduction, to be low threshold, non-judgmental, and easily accessible. These programs help people reach their self-identified goals and address their stated needs. This includes accessing basic resources such as food, shelter, medical care, mental health and substance-use counseling/treatment, financial assistance, clothing, immigration assistance, and other social supports. Services are available in English, Spanish, Portuguese, and Haitian Creole.

CCA's active Consumer Advisory Board (CAB) of 10 to 12 clients meets every month to discuss program planning, hiring committees, and feedback on policies and procedures.

Client Services programs are:

- Case Management
- The Peer Support Program
- Housing Services

In FY 2007, our clients were:

46% African-American  
31% Caucasian  
23% Hispanic  
44% Female  
2% Transgender

98% fell below federal poverty guidelines

The **Case Management** program advocates for and assists people living with HIV/AIDS to overcome barriers and become connected to needed community services and supports. We offer:

- Daily walk-in and on-call case management
- Information on and referrals to community-based services
- Food vouchers and nutrition resources
- Multicultural and multilingual services
- Home visits and appointment accompaniment
- Education and vocational assistance



CASE MANAGEMENT



PEER SUPPORT

The **Peer Support Program** offers people living with HIV/AIDS social support. Peer Leaders are available for individual conversation in the Drop-In Spot, connect people to case management services and community resources, and lead a variety of support groups.

Founded in 1993 by CCA clients, the **Drop-In Spot** provides a safe and comfortable space for clients and serves as a gateway to other CCA services. Peer Leaders staff the DIS and coordinate movie nights, recreational outings, and community-building events. Approximately 20 to 40 people stop by every week.

Support groups include the **African Support Group**, **Expressions** (arts-and-crafts group), **Gay and Bi Men's Group**, **Haitian Group**, **Latino Group**, and **Women's Group**.

Since approximately 85% of the agency's clients are homeless, marginally housed, or at imminent risk of homelessness, CCA's **Housing Services** provides 70 units of transitional and permanent supportive housing for people living with HIV/AIDS.



HOUSING

**Scattered-Site:** 31 permanent housing vouchers for apartment subsidies in the Boston area are available for individuals and families.

**Single Room Occupancy (SRO):** 32 transitional and permanent single-room units are offered at the YMCA, YWCA, and St. Paul's Residence in Cambridge.

**Ruah House** (meaning "breath of life" in Hebrew) provides permanent housing to 7 homeless women with HIV/AIDS and in need of medical and mental health support. It was opened in 1994 by Sister Jeanette Normandin and became part of CCA in 2003.

Why people come to the Drop-In Spot:

*"I come for the resources which are provided to me for people living with HIV."*

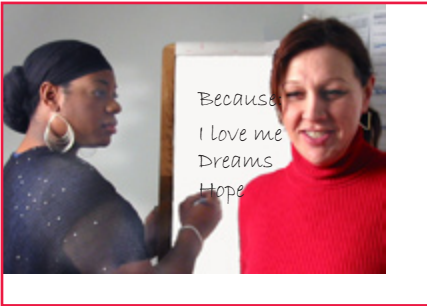
*"[It] provides me with support and offers different things to do on a weekly basis."*

*"To relax and reduce stress."*

*"To talk to others and get assistance."*

# PREVENTION & EDUCATION

The **Prevention and Education** program is based on a Harm Reduction Philosophy, which states that people change gradually and in stages, and that care should be delivered in a respectful, participatory manner. This method supports building relationships between staff and program members in order to promote positive behavior change.



The Prevention and Education programs work to prevent the spread of HIV/AIDS through:

- HIV Counseling and Testing
- Needle Exchange Program (NEP)
- TransCEND
- PUMP
- Youth On Fire

CCA created the **HIV Counseling and Testing** program to expand HIV testing among the thousands of people that our staff makes contact with each year, most of whom have limited access to health care and may be at risk of HIV infection. Testing is free, anonymous, and available on-site and at outreach programs.

The mission of the **Cambridge Needle Exchange Program** (NEP) isn't just to distribute clean needles, but also to encourage positive change.

The NEP, the state's only needle exchange drop-in center, offers a variety of services to injection drug users, including direct linkages to drug treatment, anonymous HIV counseling and testing, primary health care, and educational groups. All NEP services are based in a harm reduction philosophy that encourages personal responsibility in a non-judgmental manner. Approximately 100 people come through our doors each week to exchange syringes and access our services.

Since the Pharmacy Access Bill was passed in 2006, adults are allowed to purchase syringes over the counter and the NEP has been able to expand its focus from sheer numbers of needles exchanged to quality interactions that motivate people to reduce risky behaviors.

## Efficacy of Prevention

"As the nation continued to increase the funding of HIV prevention programs, HIV dropped substantially from 160,000 infections per year to about 40,000 infections per year."

-American Journal of Preventive Medicine, 2007



This year the Needle Exchange Program launched the **Overdose Prevention Program** in partnership with the Cambridge Public Health Department, in which the medication



Narcan (naloxone) is distributed weekly to narcotics users to prevent an overdose. This nasal spray works by blocking opioid receptors in the brain and countering the toxic

neurological and respiratory effects that occur during an overdose. Clients who come in can also get tested for HIV/AIDS and access our other services.

**TransCEND** (Transgender Care and Education Needs Diversity) is a community-based HIV prevention and health education program that seeks to build a network of support, safety, and education to improve the health and well-being of transgender women. It works to address how all forms of discrimination impact HIV prevention and health education, such as unequal access to proper health care and health-related information, and the lack of recognition of the distinct needs of the transgender community. TransCEND also gives out safer sex supplies, hygiene products, complimentary cosmetics, and clothing to its members and holds frequent outreach nights at clubs in Boston. In addition, TransCEND plans to collaborate with individuals and organizations that advocate for social justice and non-discrimination for transgender and gender-variant people of all backgrounds.



**Peers Using More Prevention** (PUMP) is a peer-based outreach program that works with high-risk men who have sex with men (MSM), such as substance-users, MSM of color, MSM who exchange sex for drugs, money, or other goods, members of the transgender community, and their partners. The goal of the program is to offer pressure-free, non-judgmental education through outreach, workshops, trainings, public speaking at events, individual counseling on HIV/AIDS, STDs, substance use, and other factors that affect the livelihood, health, and safety of their communities. PUMP uses three primary methods to engage with priority population members: “mobile outreach interventions” (client recruitment); “individual level interventions” (one-on-one sessions); and “group level interventions” (group activities).



## Prevention and Education

**Youth On Fire (YOF)** is a drop-in center in Harvard Square serving homeless and street-involved youth between the ages of 14 and 24. YOF was conceived as a three-tier service delivery system to meet the basic needs of homeless youth and assist them with their goals. The first tier includes services that members can access without staff, such as meals, showers, laundry, lockers, voice-mail, P.O. boxes, phones, computers, and internet access.



The second tier includes the supports offered through case management: on-site weekly medical care, access to mental health counseling and substance use treatment, assistance in résumé building and job hunting, help obtaining affordable housing, enrollment in MassHealth insurance, HIV counseling and testing, referrals for education, legal assistance, pregnancy and parenting resources, and other member-identified needs.

The third tier offers opportunities for leadership, growth, development, and change. These include the newly launched **Phoenix Rising**, a multi-modal HIV/STD/Hepatitis intervention based around four core values:



The **Food and Nutrition Program** provides emergency food vouchers, nutritional supplements, and information on food assistance programs.

The **Pastoral Care** program meets clients wherever they are at, which may not be identified with religion or spiritual practice, but has everything to do with genuine caring.

**Transitional Intervention Project (TIP)** helped HIV-positive incarcerated women return successfully to the community. TIP strived to decrease recidivism by helping them find treatment programs, health care, affordable housing, and employment.

- *Reflection:* YOF members meet for several one-on-one comprehensive risk counseling sessions with a case manager.

- *Expression:* Members can participate in **On-Track**, in which they use our mobile recording studio to express themselves through music.

- *Change:* In the **Speaker's Bureau**, YOF members present their stories at university courses and to organizations. Members of the **Youth Advisory Board** participate in program development.

- *Community:* Members engage in peer outreach with other street-involved youth. They also participate in **Hiring Committees** for new staff.

At Youth on Fire, marginalized, runaway, and throwaway youth have the opportunity to leverage the support they receive into artistic and leadership development to their own benefit and to other disenfranchised young people.

## Rays of Hope Annual Benefit and Awards Event

On June 28, 2007, Cambridge Cares About AIDS presented the Sister Jeannette Normandin Award



- Deb Fournier from the AIDS Action Committee for her work to assure the passage of the Syringe Access bill.



- Ronnie Watson and the Cambridge Police Department for their needle exchange support.



- At this event, members of Youth On Fire provided the entertainment with music and spoken word.

A silent auction, along with a buffet and dessert, helped raise \$20,000 for CCA.

HIV College is an empowerment through learning program established in 2002 by Sheila Davis, ANP, Sara Dolan, ANP, and staff members at CCA. This program is a total of four, two-hour monthly sessions that

- Targets people with HIV/AIDS and those who are working in the Peer Leader, Case Management, or Social Services settings.
- Provides updated HIV/AIDS information in a casual environment.
- Accommodates all education levels and is open to anyone.

### HIV College

#### Session 1

“HIV Prevention: Update”

#### Session 2

“Hepatitis C and HIV”

#### Session 3

“Opportunistic Infections and other HIV Related Illnesses”

#### Session 4

“Substance Abuse and Harm Reduction”

*At the Cambridge Public Library,  
Central Square (45 Pearl Street)  
Sessions are **FREE** and lunch is  
provided*

## *Achievements of Cambridge Cares About AIDS Fiscal Year 2007*

*CCA:* Provided direct service to over 3,500 adults and youth from cities and towns throughout eastern Massachusetts; one of three finalists for Cambridge Chamber of Commerce's Nonprofit of the Year Award; named as a beneficiary for Coldwell Banker Residential Brokerage Annual "Spirit of Home" event.

*Case Management:* Served 506 clients, an increase of 8% over FY 2006.

*Food and Nutrition Program:* Distributed over \$60,000 in food vouchers to 375 clients; gave out 8,300 nutritional supplements (Ensure); provided hot meals to 30 Youth on Fire members 4 days a week.

*HIV Counseling & Testing:* Tested more than 240 individuals for HIV/AIDS.

*Housing Services:* Provided housing for 112 CCA participants and their families.

*Needle Exchange Program:* Enrolled nearly 500 individuals; provided services to 1,600 injection drug users; had more than 8,800 exchange encounters; started Narcan Program.

*Peer Support Program:* Served over 350 clients; organized monthly luncheons that were attended by 570 people.

*PUMP:* Connected with more than 500 men; tested 250 men for HIV/AIDS; organized Mobile Outreach Interventions; provided weekly HIV/AIDS testing and information.

*TransCEND:* Served over 130 transwomen; opened a community space; conducted 65 mobile outreach sessions; hosted over 20 "Cultural Competency" lectures on their health care needs.

*Youth On Fire (YOF):* Enrolled 120 young people; had over 2,800 visits throughout the year; created Phoenix Rising; performed at Rays of Hope; began monthly hepatitis C testing.

*Civic/Community Involvement:* Massachusetts Prevention Planning Group (MPPG); Service Coordination Collaborative (SCC); Massachusetts Department of Public Health, Safe Spaces for GLBT Youth Program; National Association of Social Workers; National Alliance of State and Territorial AIDS Directors (NASTAD) Focus on Youth; Cambridge Prevention Coalition (CPC); MSM Advisory Task Force; Hepatitis Advisory Committee; Adolescent Wellness Workgroup; Homeless Service Planning Committee.

## Statement of Financial Activities for FY 07\*

	Unrestricted	Temporarily Restricted	Total
<b><u>Support and Revenue</u></b>			
Contributions and grants	\$ 83,456	\$ 39,820	\$ 123,276
Events	16,735		16,735
In kind contributions			
Released from restrictions	75,416	(75,416)	
Service fees	2,938,524		2,938,524
Rent	69,356		69,356
Other	154		154
Total support and revenue	<u>3,183,641</u>	<u>(35,596)</u>	<u>3,148,045</u>
<b><u>Expenses</u></b>			
Program services	2,774,022		2,774,022
Fundraising	42,534		42,534
General and administrative	<u>346,912</u>		<u>346,912</u>
Total operating expenses	<u>3,163,468</u>		<u>3,163,468</u>
<b><u>Change in Net Assets</u></b>	20,173	(35,596)	(15,423)
<b><u>Net Assets - Beginning of Year</u></b>	<u>997,039</u>	<u>58,332</u>	<u>1,055,371</u>
<b><u>Net Assets - End of Year</u></b>	<u>\$ 1,017,212</u>	<u>\$ 22,736</u>	<u>\$ 1,039,948</u>

## STATEMENT OF FINANCIAL POSITION\*

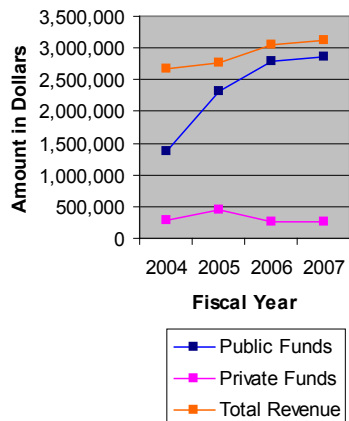
June 30, 2007

(with comparative totals for 2006)

	2007	2006
<b><u>ASSETS</u></b>		
<b><u>Current Assets</u></b>		
Total current assets	755,194	621,436
<b><u>Property and Equipment</u></b>		
Total fixed assets	829,370	825,596
<b><u>Other Assets</u></b>		
Total other assets	<u>36,936</u>	<u>28,000</u>
<b><u>Total Assets</u></b>	<u>\$ 1,621,500</u>	<u>\$ 1,475,032</u>
<b><u>LIABILITIES AND NET ASSETS</u></b>		
<b><u>Current Liabilities</u></b>		
Total current liabilities	258,751	304,173
<b><u>Long-term Liabilities</u></b>		
Total long-term liabilities	322,801	115,488
<b><u>Net Assets</u></b>		
Total net assets	<u>1,039,948</u>	<u>1,055,371</u>
<b><u>Total Liabilities</u></b>		
<b><u>and Net Assets</u></b>	<u>\$ 1,621,500</u>	<u>\$ 1,475,032</u>

\*unaudited

*CCA's strategic plan includes a goal of increasing funds from private sources to keep pace with the growth in publicly funded programs.*



## Board of Directors

Kevin D. Batt, **President;** *Attorney, Anderson & Krieger*

Louise Rice, **Vice President;** *Chief Public Health Nurse, Cambridge Hospital*

Peggy Lynch, **Clerk;** *Nurse Practitioner, Zinberg Clinic*

Tina Miller, **Treasurer;** *Cambridge Housing Alliance*

Dr. David H. Bor, *Chief of Medicine, Cambridge Hospital*

Margaret Cerullo, *Faculty, Hampshire College*

Maria M. Coviello, *Owner, Events with Distinction*

Margot Doering, *Owner, Martin Hill Inn*

Lee Ellenberg, *Boston Medical Center*

Joe Ianelli, *Massachusetts General Hospital*

Lester Payne, *Consumer Advisory Board*

Margaret Williams, *Consultant*

CCA is grateful to our many generous private donors. We are also honored to have the support of the following foundations:

Amelia Peabody Charitable Fund

Avrum Katz Foundation

Boston Foundation

Cambridge Arts Council

Cambridge Community Foundation

Cambridge Savings Bank

Campbell & Hall Charity Fund

Clipper Ship Foundation

Draper Laboratory, Inc.

Frederick E. Weber Charities

Inavale Foundation

Janey Fund

Lenny Zakim Fund

Levison Family Fund

MAC AIDS Fund

Massachusetts Community

AIDS Partnership

Memorial Church at Harvard

Philanthropic Management

Project Bread

Solvay Pharmaceuticals

Sovereign Bank Foundation

State Street Corporation

Syringe Access Fund

## In Memoriam

Mary Anne (Weld) Bodecker, a valued friend of CCA, died on August 6, 2007 at the age of 78.

An advocate for people facing poverty, abuse, addiction, illness, and incarceration, Mary Anne helped found CCA's Ruah House, a home for women with HIV/AIDS. She was also the supervisor for the Pastoral Care Program.



Darlene R. Greene, cherished Peer Leader, died on September 12, 2007, at 48 years old.

Darlene Greene worked as a Peer Leader for CCA for 12 years and was instrumental



in opening the Drop-In Spot. She was a vivacious and loving person who valued family and was always building connections between people.