ARE ANY OF THESE STATEMENTS TRUE FOR YOU?

- I have had unprotected anal or vaginal sex in the last 6 months, either giving or receiving.
- I have been diagnosed with HIV and/or another STD in the last 6 months.
- I have shared works for injection drugs, or I have had sex with someone who uses injection drugs, in the last 6 months.
- I use alcohol or other drugs and sometimes have sex while drunk or high, and sometimes this leads to unprotected sex.
- I am experiencing symptoms of a mental or emotional health problem and I think my mental health problem leads to unprotected sex.
- I am motivated and ready to make a change to lower my personal risk for passing on or getting HIV or other STDs.

HOW THE PATH PROGRAM WORKS

The Path Program is a free service of AIDS Services of Austin. Its purpose is to slow down the spread of HIV by helping people to change risky behaviors.

It begins with a phone call to a Path Program Counselor. You can make this phone call on your own, or with the assistance of your doctor, nurse, or case manager. The counselor will ask you a few questions and, if the Path Program seems right for you, the counselor will schedule a visit with you at the Path Program offices. In some cases, the first visit can happen at another location such as your doctor's office or another agency. If the Path Program does not seem right for you, the counselor will refer you to other programs better suited to your needs.

Beginning with the first office visit, you will meet one-on-one with a Path Program Counselor. Your counselor will ask you to talk openly about any of your behaviors that increase the risk for spread of HIV. Talking about your behaviors will help your counselor to assess your situation and where you might want to focus on changes. You and your counselor will decide what changes you want to make. Together, you and your counselor will make your plan to change or reduce behaviors.

Once you have a plan in place, you and your counselor will meet to discuss how you are doing. Your counselor will give you feedback and support. You and your counselor will look at any problems or challenges you are having in meeting your goals and you will work together to address those problems or challenges. You will also look at your successes and build on your strengths.

The length of time you're in the Path Program and how often you meet with your counselor will depend on your needs and your pace. You might need six counseling sessions over a period of a few months, or you might need to meet with your counselor for up to a year. The program is flexible. Besides making healthier choices and feeling better, there are other incentives for Path Program clients. When you meet certain requirements, you will receive a grocery card worth $10.00.

DID YOU KNOW?

HIV can increase your chances of getting other STD's, and other STD's can increase your chances of getting or passing HIV.

If you already have HIV, you can still be re-infected with other strains of the virus.

Even if your viral load is undetectable, it is still possible for you to pass HIV to sexual partners.

LEARN HOW TO PROTECT YOURSELF AND YOUR PARTNERS

The Path Program can help you:

Know the risks and how to reduce them.

Get regular medical care for HIV to improve your overall health.

Figure out the right way for you to decide when and how to disclose your HIV status.

Feel better about yourself as you make healthier choices.

For more information or to ask about enrolling, call a Path Program Counselor

At AIDS Services of Austin

(512) 458-2437

AIDS SERVICES OF AUSTIN

PATH

Comprehensive Risk Counseling & Services

To reduce the transmission of HIV

PROGRAM