



## I Am Not a Risk Campaign

### About the Campaign

*I am not a Risk* is a statewide social media campaign funded by the Washington State Department of Health's Office of Infectious Disease. It is focused on people living with HIV (PLWH) to encourage behaviors that improve their health and eliminate the risk of transmitting HIV. The campaign also intends to broaden public education and awareness to reduce HIV-related stigma.

The advertisements for *I am not a Risk* will be primarily promoted through social media (e.g. Facebook, Instagram, Snapchat, YouTube), connection apps, and search engines. Additionally, promotional messages will play across the state over iHeart-Media stations and Spotify. There will be advertisements on buses (in Snohomish, King, and Pierce Counties) and billboards around Seattle.

### Campaign Development

The campaign theme was developed with input from an Advisory Group and tested through three focus groups across the state. The message will be promoted through four ads; each highlighting a local community member living with HIV. Input from the Advisory Group influenced the campaign concept, messaging, and placement. Learn more about the *I am not a Risk* campaign at [iamnotarisk.org](http://iamnotarisk.org) or [nosoyunriesgo.org](http://nosoyunriesgo.org).

Stopping HIV stigma is a big part of what the #IamNotARisk media campaign is about. People living with HIV should not have to be subjected to discrimination. Have a talk, learn more about how you can support friends/lovers/family/community members living with HIV. Visit [iamnotarisk.org](http://iamnotarisk.org).



Welcome to our first issue of the SAN Pulse. SAN will be publishing this newsletter quarterly with the help of SRHD HIV Medical Case Management, the HAAB and local community members. As with prior SAN publications like *The Networker* and *Well Informed*, the Pulse will keep you informed on what is happening in the HIV/AIDS community in Spokane and the surrounding areas.

Our initial issue is just a preview of what is to come. Want to keep getting this newsletter? Make sure you sign up via the QR Code above or our website at [sannw.org/newsletter](http://sannw.org/newsletter).

Would you like to submit a story for the newsletter or website? We would LOVE to hear from you! Send us an email at [support@san-nw.org](mailto:support@san-nw.org).

Thank you,  
Grant Ogren, Executive Director



**SRHD News:** The SRHD HIV Medical Case Management customer service survey is about to be available and we need your feedback. Click [HERE](#) to access the survey.

If you participated in medical case management at Spokane Regional in the past 12 months, please help us improve our program by answering some questions about our services you have received. If you have been a client less than 12 months, you may still participate - just answer relevant to the amount of time you have been receiving services. Additionally, we would like your input on other services you might need.



We are interested in your honest opinion about your experiences and would like to use your responses to help us better serve the community. With the pandemic this past year it is even more important for us to hear about how things are going so we can assist you better.

No identifying information is required, and all responses are kept confidential. You are not required to participate, but we would appreciate your feedback. The survey will be available online. You may request a printed survey from your case manager or peer support person. If you need help or need the survey in an alternative format, please contact your case manager or Linda Caviness at 509.324.1542.

## Letter to our HIV Community,

I hope this finds you all well, staying safe and enduring the Covid-19 situation as well as possible. The current environment is eerily familiar to the road traveled over the past many years; when HIV was the virus to be feared. I delivered food a few weeks ago and wore a mask to protect people living with HIV from Covid-19.

Most of you know that HIV has been my professional passion since 1998 when I first volunteered at Spokane AIDS Network (SAN). Fifteen years ago I earned my Physicians Assistance (PA) Certification with a specialization in HIV medicine. Twelve years ago I spear-headed the inclusion of people living with HIV into our clinic population at Providence Teaching Health Clinic. We have increased HIV specialty faculty and began rigorously training the residents doctors in HIV and Pre-Exposure Prophylaxis (PrEP) care. As I look back, I feel a great deal of satisfaction and heartfelt sense of pride about where we – the HIV community in Spokane – are today. With the commitment of resources and dedicated staff at Spokane Teaching Health Clinic and organizations like Spokane Regional Health District, SAN and others, the future continues to be even brighter as advances in HIV care continue. Please continue to have faith that clients/patients you entrust to us will be well-cared for.



It was with a strong sense of confidence in the resident and faculty doctors at Spokane Teaching Health Clinic and a certain amount of sadness that on July 1, 2020 I retired. The time has come for me to focus my energy and time on my family – and particularly my precious grandchildren!

My work in HIV has provided immense joy and satisfaction. The relationships that I have developed with patients over the past 20+ years are important to me and will stay in my heart forever.

Thank you for the honor of being your colleague.

Warmly, Debbie Stimpson, PA-C HIV Specialist

## Community Calendar

### Weekly Meetings

#### HAAB HIV/AIDS Advisory Board Meeting

SRHD/HAAB Service Planning Meeting – 3rd Tuesday month  
SAN/HAAB Community Planning Meeting – 1st, 2nd & 4th Tuesday  
4:00pm - 5:30pm

*Virtual meetings at this time*

All are welcome!

Contact for Access:

Dale Briese 509.324.1550, [dbriese@srhd.org](mailto:dbriese@srhd.org)

Mark Garrett 509.323.2826, [mgarrett@srhd.org](mailto:mgarrett@srhd.org)



#### SAN Support – Weekly Virtual Meetings

Wednesday Evening – 7pm – Peer support

Thursday afternoon – 2pm – Social hour

Saturday morning – 9am – Peer Support

*Virtual meetings at this time*

All are welcome & encouraged to attend.

Attend the full session or just pop in to say hi.

Contact [support@san-nw.org](mailto:support@san-nw.org) or 509.844.1758 for access

#### SAN Pantry

Weekly on Fridays during March & April

Pickup from 9am-11am or delivery between 9:30am & noon.

SAN - Spokane AIDS Network, 1121 S. Perry St. Garage/driveway access

SAN provides pantry during COVID for those that are in need in our community.

Contact SAN via text or phone, 509.844.1758 to be added to the list.

### Monthly Meetings

#### SAN Eat & Learn Presentations

3rd Wednesday of the month - 12pm-1pm

*Virtual meetings at this time*

Topics vary each month.

Contact [support@san-nw.org](mailto:support@san-nw.org) or 509.844.1758 for access

Looking for the COVID vaccine?  
go to [FindYourPhaseWA.org](http://FindYourPhaseWA.org)

### Follow Us



SpokaneAIDS



SpokaneAidsNetwork

The SAN Pulse brought to you by  
SAN - Spokane AIDS Network  
1121 S. Perry St, Spokane  
(509) 844-1758  
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[support@san-nw.org](mailto:support@san-nw.org)



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