



# HEALTH CENTERED



THE QUARTERLY NEWSLETTER OF HOWARD BROWN HEALTH

Winter 2019/2020

## South Side Expansion

As Howard Brown Health has expanded its care network to include three clinic locations on the South Side, our patients and staff have dreamed of a new South Side facility to house all of our integrated medical, behavioral health, research and social services under one roof. A new custom-built facility would itself be a beacon of hope for people seeking both affirming and high-quality healthcare experience unrivaled anywhere in the city. Dreams are poised to become a reality thanks to leadership from State Rep. Lamont Robinson, Majority Leader Greg Harris, and Governor JB Pritzker, who championed a \$15 million appropriation in the state’s capital infrastructure bill, approved this summer, for Howard Brown Health to build a new South Side healthcare and social services facility.

The future development will include healthcare and other essential services affirming the lives of LGBTQ people and allies. The project envisions a facility Howard Brown shares with partner agencies to make our offerings comprehensive and integrated.

The project envisions a facility that is grounded in and celebrating the Black LGBTQ experience and integrated into the local community. Howard Brown will share the facility

with partner agencies to make our offerings comprehensive and relevant to all who will seek assistance at the center.

Working in close coordination with Rep. Robinson, Howard Brown has developed a four-year quarterly work plan to guide efforts to bring the new South Side clinic and community center to life. The first phase of development will be devoted to collecting and analyzing community input, a project that will be led by Pride Action Tank, an initiative of the AIDS Foundation of Chicago.

Regional Medical Director Maya Green, MD and Manager of Strategic Partnerships Channyn Parker will be assisting me with the planning and community engagement aspects of this multi-year project.



David Ernesto Munar, Howard Brown Health President and CEO

## Upcoming Events

12/25

### Holiday Closures

All Howard Brown Health clinic locations, Brown Elephant Stores and the Broadway Youth Center will be closed on December 25, 2019, and January 1, 2020.

01/20

### Martin Luther King Jr. Day

In honor of Dr. Martin Luther King Jr. and his work toward civil rights, all Howard Brown Health clinic locations, Brown Elephant stores, and the Broadway Youth Center will be closed on January 20, 2020.

02/01

### Black History Month

We’ll be celebrating the lives and legacies of Black folks who have transformed healthcare. We are committed to creating better healthcare for the community of our patients.



## Walk-In Clinics: Sexual Health on Your Schedule

Howard Brown Health is committed to offering confidential and comprehensive sexual health walk-in services that make you feel accepted, truly cared for, and valued just as you are. Services such as STI screening, PEP, PrEP, and pregnancy testing are available on a walk-in basis, no appointment is needed.

The average time of the visit can range from 45 – 60 minutes, depending on the services you receive that day. Clients are seen on a first-come, first-served basis. Find a Howard Brown walk-in clinic near you in Rogers Park, Edgewater, or Uptown!


Visit [howardbrown.com/walk-in](http://howardbrown.com/walk-in) for more information.


## Site Information


<b>Howard Brown Health Clark</b> 6500 N. Clark St. Chicago, IL 60626	<b>Howard Brown Health 55<sup>th</sup> St.</b> 1525 E. 55 <sup>th</sup> St. Chicago, IL 60615	<b>Howard Brown Health Counseling Center</b> 3948 N. Sheridan Rd. Chicago, IL 60613	<b>Broadway Youth Center Broadway</b> 4009 N. Broadway Chicago, IL 60613
<b>Howard Brown Health Halsted</b> 3245 N. Halsted St. Chicago, IL 60657	<b>Howard Brown Health 63<sup>rd</sup> St.</b> 641 W. 63 <sup>rd</sup> St. Chicago, IL 60621	<b>Howard Brown Health at Thresholds South</b> 734 W. 47 <sup>th</sup> St. Chicago, IL 60609	<b>Howard Brown Health Diversey</b> 2800 N. Sheridan Rd., Suite 211 Chicago, IL 60657
<b>Howard Brown Health Sheridan</b> 4025 N. Sheridan Rd. Chicago, IL 60613	<b>Howard Brown Health at La Casa Norte</b> 3257 W. North Avenue Chicago, IL 60647	<b>Howard Brown Health at TPAN</b> 5537 N. Broadway Chicago, IL 60640	<b>Howard Brown Health Dental at 63<sup>rd</sup> St.</b> 641 W. 63 <sup>rd</sup> St. Chicago, IL 60621

For more information, visit [howardbrown.org/health-centers](http://howardbrown.org/health-centers) or call us at **773.388.1600**

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## Meet the New [howardbrown.org](http://howardbrown.org)

At Howard Brown Health, we want to provide a healthcare experience that’s centered on you — both online and off. That’s why we’ve been working to make our website more user-friendly and better equipped to serve the diverse needs of our amazing community.

With the new [howardbrown.org](http://howardbrown.org) you can:

- Access the patient portal from the top of the homepage
- Browse quickly on your phone with user-friendly streamlined navigation
- Search for care providers by name, location, or service
- Learn more about providers on individual profile pages
- Find out about clinics, workshops, and special programming through our improved events calendar
- Toggle easily between English and Spanish versions of the site

We hope you find that the new [howardbrown.org](http://howardbrown.org) makes it easy to find the care you need — and the support you deserve.



## Join the Community Advisory Board in 2020!

Howard Brown Health has multiple Community Advisory Boards (CABs) to support the breadth of services we provide across our clinic locations. The CABs provide community feedback on Howard Brown's programs and services and helps Howard Brown staff stay connected to Chicago's communities. The North and South Side CABs are currently accepting applications.

Learn more about how to join at [howardbrown.org/get-involved/volunteer](https://howardbrown.org/get-involved/volunteer)

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## Pharmacy Now Open in Englewood



Meet Camisha and Shameka, from the Howard Brown Health Pharmacy Team!

The first Howard Brown branded pharmacy opened at 641 W. 63rd Street in October 2019. The team is thrilled to be serving the Englewood community and further Howard Brown's mission for affirming, LGBTQ-inclusive care in a pharmacy setting.

Camisha Tanner, PharmD, Director of Pharmacy at 63rd St., says that she feels like she's truly serving her community. Living roughly 10 minutes away from the clinic, Camisha gets excited every time she sees a patient she recognizes. Being a pharmacist at 63rd St. allows for closer and longer consultations with patients which in turn creates deeper and lasting relationships.

Shameka Jeffries, Senior CPhT, was a pharmacy technician at a chain pharmacy for 10 years before she transitioned to specialty care and arrived at Howard Brown Health Pharmacy. Camisha says that Shameka is "loved by patients and is an excellent problem solver."

Stop by Howard Brown Health Pharmacy at 641 W. 63rd Street today for all your pharmacy needs.

In addition to providing all your pharmacy needs, Howard Brown Health Pharmacy offers:

- Copay card assistance
- Delivery services
- Medication therapy management
- Customized dose packaging

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## Cervical Health Awareness in January

January is Cervical Health Awareness month. For people who have a cervix, it's important to take necessary precautions for your health and wellness.

Take this month to get screened for cervical cancer.

Taking care of cervical health can be scary for a variety of reasons, including previous trauma, gender dysphoria, and lack of trust in traditional healthcare. It's okay and normal to be anxious.

Building a relationship with your medical provider over time is a great way to help establish trust. This could mean just seeing your provider before your screening so you can get acquainted with them. Beforehand you can work with your provider to create a plan or timeline. You can also discuss any hesitations or concerns you may have to ensure that you are on the same page.

We're here to support you on your healthcare journey. We offer cervical screenings across Chicago.

Contact us at **773.388.1600** to schedule your appointment at any of our locations across Chicago.





## March Webinar

Register for the final installment of the Gender Affirming Learning Series on Tuesday, March 24, 2020. Presented by Dr. Justine Defreyne, and Professor Zil Garner Goldstein, this webinar will share recent findings supportive of hormone replacement therapy for trans and gender nonconforming people.



About the Presenters:

**Justine Defreyne, MD, PhD**, is a Researcher, in the Department of Internal Medicine, Endocrinology, Ghent University Hospital, and co-author of *Effects of Gender-Affirming Hormones on Lipid, Metabolic, and Cardiac Surrogate Blood Markers in Transgender Persons*

**Zil Garner Goldstein, FNP-BC**, is an Assistant Professor of Medical Education, Program Director, Center for Transgender Medicine and Surgery at Mount Sinai Hospital, and co-author of *Venous Thrombotic Risk in Transgender Women Undergoing Estrogen Therapy: A Systematic Review and Metaanalysis*.

This webinar is meant to further educate medical professionals, but it is open to the public.

Register for the webinar at [howardbrown.org/GenderAffirmingLearningSeries](http://howardbrown.org/GenderAffirmingLearningSeries)

## Donor Spotlight



Live in Fierce (LIF) is a fund of Howard Brown Health that provides financial resources to allow dancers to receive behavioral health support. It was started by Alberto Arias and Tony Suhadolnik following the suicide of their beloved friend and colleague Kyle Hadenfeldt at the age of 29.

“After we lost Kyle, we began to realize how many of us had friends who lost a struggle with untreated depression, social isolation, or mental illness,” they wrote. “The goal of LIF is to ensure that we don’t lose another friend who didn’t know where to turn.”

Depression and mental illness are problems that often go

unaddressed within the artistic community, as many artists lack the resources to get the help they need. The goal of LIF is to give artists the support they need without financial burden. Alberto and Tony state that LIF “stands for destigmatized mental illness and allows us to act as advocates within our community. With education and fundraising, we can create a community that supports not only the outside but from within, giving everyone the opportunity to live in fierce.”

To learn more about Live in Fierce or to donate, visit [liveinfierce.com](http://liveinfierce.com)

