



InterCommunity Health Care Supports Black Communities

Update from InterCommunity Health Care's Racial/Ethnic Equity Initiative (REEI):

Message from Kim Beauregard, President and CEO

A big thank you to all staff who participated in the Racial/Ethnic Equity Initiative (REEI) Staff Survey. We had over 51% participation, which is a huge percentage. Usually surveys come in at about 10% return. It again shows us how invested staff are in all that they do. The REEI is excited about this response because it will allow the committee to set priorities for areas of improvement that we will undertake to improve the quality of care for all of our staff and clients/patients. We began this work in July and I know to some it feels like it has been a long time, but in reality we have accomplished much in this 4.5 months of work. We know we have much more to do.

This committee, along with ELT and the Board of Directors, will be meeting with the REEI consultants to analyze the data that we will then share with you. We will begin to set up Task Forces that others will become involved with so that each priority will be given the attention and resources it needs, as is available. BE assured, though, that this work is some of the most vital work that we will do and we will continue it until everyone experiences and demonstrates the dignity and respect that we stand for at InterCommunity Health Care.

Look for more to come. Best to all for peace and health!

COVID-19 Update

Currently InterCommunity is not conducting coronavirus testing at its community health centers in Hartford, East Hartford, and South Windsor, but is offering testing at various locations in Greater Hartford. We will post dates/locations as they become available.

With flu season upon us, it's more important than ever to take care of your health!

Now is the best time to get your Flu Shot

Protect yourself from the flu and stay healthy this winter!

Get your **flu shot** at **InterCommunity Health Care** offices in **Hartford, East Hartford** and **South Windsor**. Schedule your appointment today by calling **860-569-5900**.

HIV/AIDS and Mental Health

[World AIDS Day](#) is **December 1**, a global campaign to raise awareness of the virus, show support for people living with HIV, and to commemorate those who have died from AIDS-related illnesses. There are an estimated 38 million people worldwide who have the virus.

People with HIV/AIDS are at a higher risk for [mental health disorders](#) such as depression and anxiety. Stress can affect one's mental and physical health, and people living with the virus may experience stressors such as difficulties getting the services and medications they need, a lack of social support, loss of employment, and isolation. Living with a chronic illness is challenging, and stigma and discrimination are still a reality for many who have the virus.

WORLD AIDS DAY
**ROCK
THE RIBBON**
TUESDAY 1 DECEMBER 2020

Show your support
#RockTheRibbon
worldaidsday.org

Rock the Ribbon
End HIV stigma



Created by

 **NATIONAL
AIDS
TRUST**
Securing rights
Stopping HIV

The HIV virus itself also can contribute to mental health problems because it can enter the brain and lead to cognitive and behavioral changes.



HIV Treatment

Research shows that starting HIV treatment early results in better health outcomes. A combination of medicines called [antiretroviral therapy \(ART\)](#) can control the virus and enable the infected person to lead a full and productive life.

However, some antiretroviral medications can make some mental health issues worse and cause sleep disturbances and symptoms of depression and anxiety.

It's important for individuals getting treatment to let their healthcare providers know about changes in their mental health, as well as any alcohol or drug use. Some psychiatric medications may interact with ART also.

If you, or someone you know, is interested in [addiction recovery services](#), [primary care](#), or [mental health care](#) for children or adults, contact InterCommunity. To receive services at any of our Hartford, East Hartford, or South Windsor locations, **please call us at 860-569-5900.**

