

Facing Tomorrow's Challenges



NAESM, INC.

www.naesmonline.org

(404) 691-8880

Mission Statement

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The mission of NAESM is to educate communities of color (primarily African Americans) on the facts about HIV/AIDS (Education/Prevention) and to make health care and social services available to people of color with early or advanced stages of HIV/AIDS regardless of their sexual orientation.

Vision Statement

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The vision of NAESM is to provide awareness, education and counseling on the prevention of HIV/AIDS to communities of color, particularly African Americans; to provide assistance in accessing health care and social services for clients with HIV to better manage health issues; to provide direct services, referrals, counseling and testing, and effective prevention messages to communities at risk for the transmission of HIV/AIDS.



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Message from the Executive Director

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Greetings!

On behalf of our Board of Directors, staff, clients, volunteers, and supporters, thank you for your interest in NAESM!

In this brochure, you will learn more about the organization and its programs. From street and community outreach to capacity building assistance, there are many services you can receive from NAESM to reduce your risk of HIV infection, increase your knowledge about the disease, learn your HIV status, or help you strengthen HIV prevention efforts in your community.

As you read on, remember that you can always visit us online at www.naesmonline.org to receive even more recent information like our Insight newsletter, workshop schedules, and fundraising events!

Again, thank you for your interest and we look forward to serving you. Remember, “we love you, love yourself, BE SAFE!”

Sincerely,

Rudolph H. Carn
Executive Director / CEO



HIV/AIDS: History and Facts

HIV/AIDS: History and Facts

In the early 1980s, HIV/AIDS was a new disease that doctors, scientists, and other health professionals knew little about. All they knew was that people were dying from infection – and fast.

Although, in time, more information was known about the disease, African Americans were still getting infected and dying at alarming rates. So in 1990, Rudolph H. Carn, Mae Reed, and Madam Edna Brown founded AIDS Education & Services for Minorities (later changed to National AIDS Education & Services for Minorities) in Atlanta, GA to help African Americans learn about the disease and how to protect themselves from infection.

What first started as an outreach program operating from a living room has developed into a multi-program community-based organization known throughout the United States!

Under the leadership of Rudolph Carn, NAESM provides services based on a simple, but motivating motto, “We Love You, Love Yourself, BE SAFE...”

This means that NAESM will continue promoting self-empowerment, providing service for healthier living, and raising the community’s awareness about the HIV epidemic and its adverse impact on communities of color.

The first and most important thing to do to stop the spread of HIV infection is learn about the disease. Here are a few basic things about HIV/AIDS that everyone should know...

- HIV (Human Immunodeficiency Virus) is the virus that causes AIDS (Acquired Immunodeficiency Syndrome). AIDS is a result of HIV infection.
- An HIV-infected person can spread the virus through certain body fluids: blood, semen, vaginal fluid, or breast milk.
- An HIV-infected person CANNOT spread the virus through casual activities such as hugging, playing, swimming, sharing eating utensils, sneezing, or sharing clothes.

- HIV does not discriminate. This means *anyone* can be infected by the virus.
- Things to prevent the spread of HIV include not having unprotected sex or sharing needles or syringes (for medicine, tattoos, piercing, drugs, etc.).
- An HIV test is the only way to know if someone is HIV-infected.
- **HIV is PREVENTABLE!!!**



Health Education & Prevention

Health Education & Prevention

The *Department of Health Education & Prevention* (DHEP) is NAESM's longest existing program. It offers a wide range of services including outreach and HIV testing. Remember, all services are FREE!

Risk-Reduction Workshops

NAESM offers many workshops. *Which one is best for you?*

Many Men, Many Voices (3MV) is a multi-week, 6-session workshop that helps African American men who have sex with men (MSM) identify and change behaviors that put them at risk for HIV transmission. Topics include

understanding the culture of MSM, completing a self risk assessment, discussing relationships, and getting involved with support networks.



On the Real, or OTR, is a workshop that targets African American MSM between the ages of 18 and 35 years. This interactive, three-session

Race and ethnicity are not, themselves, risk factors for HIV infection. However, African Americans are more likely to face challenges associated with risk for HIV infection, including poverty, denial, partners-at-risk, substance abuse, and sexually transmitted disease connection.



workshop gives participants the opportunity to openly and honestly talk about sex, relationships, and health. The three-session workshops are hosted in the home of a volunteer participant.



HIV/AIDS 101 is a one-session workshop that teaches participants the basics about HIV/AIDS. This workshop is best men, women, and young adults who have limited understanding about the virus or how to protect themselves. This workshop is usually conducted at schools, churches, health fairs, offices, or other places.

Prevention Case Management (PCM)

PCM is an individual-centered HIV prevention activity that encourages high-risk participants to practice HIV risk-reduction behaviors. NAESM's PCM program is designed to:

- help initiate and continue risk-reduction behaviors by starting an individual plan-of-action;



- help individuals prioritize competing needs (e.g. housing, substance abuse, mental health counseling, or physical health); and
- provide monitoring and re-assessment of the clients' needs, risks, and progress.

HIV Counseling, Testing, and Referral (CTR) Services

If you don't know your HIV status, NAESM can help. NAESM offers HIV CTR services to anyone interested in having an HIV test. And like all services, IT'S FREE!

With an HIV test, you will receive a risk assessment, one-on-one counseling, access to HIV prevention activities, and information on how to protect yourself from sexually transmitted diseases.

NAESM offers the OraQuick Advance Rapid HIV-1/2 test. Instead of using a needle, the test uses a pad that is swabbed around the inside of the mouth. Results are ready in twenty to forty minutes. It's free, it's painless, it's fast, and it's accurate.



OraQuick Advance Rapid HIV-1/2 Test Device

Client Support Services

Client Support Services

NAESM continues to provide support services to clients who are HIV-positive through its *Client Support Services Department*. Support services include case management, emergency financial assistance, food pantry, clothing closet, transportation assistance, counseling services, and housing.

Mae Gratis Reed Food Pantry

The Mae Gratis Reed Food Pantry is one of NAESM's primary support services. The pantry offers food that clients can prepare on their own. Clients select foods based on their preferences and needs.

Emergency Financial Assistance (EFA)

Sometimes, clients fall behind in paying rent or utility bills due to illness. In such cases, NAESM can help. EFA is available to clients who need assistance to avoid service interruptions or evictions.



Transportation Assistance

Clients often times need assistance with getting to and from medical appointments or primary care services. For clients who live in the metro-Atlanta area, tokens are available for use on Atlanta's MARTA rail and bus transportation systems.

Clothing Closet

NAESM's clothing closet distributes clothes to persons living with HIV. Through the generosity of concerned individuals, we are usually able to provide "recycled or "gently used clothing" to individuals who lack the financial resources to purchase new clothes.

Gerald's House

Gerald's House is private, long-term housing facility located in Atlanta's beautiful and historic Grant Park community. With state-of-the-art appliances and a generous amount of living space, residents of Gerald's House live independently and comfortably with their house mates.



Capacity Building Assistance

Capacity Building Assistance

Capacity Building Assistance (CBA) imparts knowledge, skills, and technologies that enhance the abilities of individuals, organizations, and communities to develop and sustain effective HIV prevention programs.

NAESM's *CBA program* works with community planning groups (CPGs) and health departments across the nation to provide CBA that helps improve African American *parity*, *inclusion*, and *representation* on their CPGs.

Topic areas for NAESM's CBA services include:

- Orientation to the Community Planning Process,
- Leadership Development,
- Public Speaking and Persuasion Skills,
- Group and Meeting Facilitation Skills and much more

For more information, talk to your CDC project officer, contact NAESM, or visit www.naesmonline.org.

Parity...

...is the ability of members to *equally participate* and carry-out planning.

Inclusion...

...is *meaningful involvement* of members in the process with an active voice in decision-making.

Representation...

...is the act of serving as an *official member* reflecting the perspectives of a specific community.



Volunteers

Each year dozens of men, women, and families serve as NAESM volunteers serving local community needs – making safer sex kits, sorting clothes and food items, teaching others safer sex practices, answering and routing telephone calls, helping organize health fairs...

NAESM volunteers are students, neighbors, community leaders, professionals, and other Americans who believe our mission is worthwhile. Become an NAESM volunteer! Helping others feel good, and helps you feel good about yourself.

If you are interested in volunteering as an individual or as a group, please call (404) 691-8880 or email info@naesmonline.org.



Fundraising and Donor Opportunities

NAESM cannot survive without support from businesses and individuals. Your donations help us to continue delivering life-changing and life-saving services. Contact us to support any of NAESM's programs or make your donation online at www.naesmonline.org.

In addition to donations, NAESM hosts two major fundraisers each year.

Our signature fund raiser is our Annual Art Auction. Since 1995 the auction has raised money for NAESM's services through an evening of dinner, art, and fun. Our second fundraiser each year is our Labor Day Pool Party. The celebration draws attendees from across the country during Atlanta's Black Pride.

Details about our fundraisers are posted throughout the year at www.naesmonline.org.

NAESM is registered with the IRS as a 501(c)(3) organization; your financial support is tax deductible as allowable by law.



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