

Occupational Health & Safety Handbook

St. James Infirmary

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St. James
Infirmary



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& Cathryn Evans*

TABLE OF CONTENTS

PART A: ARTICLES ON SEX WORKER HEALTH & SAFETY

Section A.1: Introduction

About the St. James Infirmary	7
About The Term “Sex Work”	10

Section A.2: Physical health

Primary Healthcare	12
Integrative & Holistic Health	13
Stress Diseases	16
Medical Marijuana	16

Section A.3: Sexual health

Safer Sex Techniques for Optimal Protection	18
Communicable & Sexually Transmitted Infections A to Z	22
Health for Women or Men with Female Reproductive Organs	36
Health for Men or Women with Male Reproductive Organs	37
Trans Health	39

SECTION A.4: Transgender identity support

Medi-Cal and Gender Reassignment	47
Legalizing Your Gender Identity in California	50
Gender Identity Discrimination & Employment Law	53
Gender Identity Discrimination & Tenants’ Rights	58

Section A.5: Violence prevention

Only Rights Can Stop the Wrongs!	61
Violence in the Work Place	62
Family & Relationship Violence	63
Sexual Harassment & Stalking	63

Section A.6: Substance use & treatment services

Substance Use & Harm Reduction	68
Drugs: What They Are, What They Do	70
Recovery from Substance Use	82

Section A.7: Food & nutrition

Food Stamp Program	85
Tips on Good Nutrition	85
Foods For Liver Support	88

Section A.8: Occupational health and safety for Sex Workers

Safety & Security While You Are Working	89
Work Smarter, Not Harder!	94
Occupational Safety for Very Low-Contact Sex Workers: Webcam & Phone Sex Workers	97
Occupational Safety for Higher Contact Public Venues: Lingerie Modeling, Toy Shows & Lap-dance Venues	98
Occupational Safety for Adult Film Workers: Porn Stars & Other Bon Vivants of the Silver Screen	102
Occupational Safety for Higher Contact Sex Work: Escorting & Independents	109
Creating Your Ad for Better Business	114
How To Cure Sex Worker Burn-out (SWBO)	118
Transitioning Out of Sex Work	120

Section A.9: Sex work, the law & your civil rights

Explanation of Laws Relating to Sex Work	121
Questionss & Answers from the San Francisco District Attorney's Office.....	126
Notes From California & San Francisco Penal Codes.....	128
Trafficking Victims Protection Act	129
Handling Encounters with Law Enforcement	130
Laws Used Against Prostitutes, The Homeless & Other Vulnerable Populations ...	146
Sex Workers and Child Protective Services	148
History of Sex & Sex Work in the US & San Francisco—1900s to Present	150

Section A.10: Education, employment & financial assistance

Colleges, Financial Aid & Self-Employment	152
Employment Discrimination	155
Obtaining Financial Assistance	160
Licensing for Massage Establishments & Practitioners	161

PART B: AGENCY LISTINGS

Section B.1:	Children, Youth, and Family Services	169
Section B.2:	Dental Services	176
Section B.3:	Education and Skill-Building Services	178
Section B.4:	Employment Assistance	185
Section B.5:	Financial Assistance	189
Section B.6:	Food Assistance/Nutrition	190
Section B.7:	Healthcare Services	194
Section B.8:	HIV/AIDS, STI, and Hepatitis Services	203
Section B.9:	Housing Assistance	211
Section B.10:	Legal Assistance	217
Section B.11:	Mental Health Services	223
Section B.12:	Needle Exchange Sites (San Francisco)	227
Section B.13:	Police Information	228
Section B.14:	Queer Support Services	230
Section B.15:	Sex Worker Advocates & Organizations: Bay Area	234
Section B.16:	Sex Worker Advocates & Organizations: National	236
Section B.17:	Sex Worker Advocates & Organizations: International	242
Section B.18:	Social Support Services	254
Section B.19:	Substance-Use & Treatment Services	256
Section B.20:	Transgender Support Services	263
Section B.21:	Transportation Assistance	265
Section B.22:	Utilities Assistance	266
Section B.23:	Violence Prevention & Intervention Services	267
Section B.24:	Vision Services	271
Section B.25:	Index of Agencies	273



Occupational Health& Safety Handbook
Part A: Articles on Sex Worker Health & Safety



SECTION A.1: INTRODUCTION

ABOUT THE ST. JAMES INFIRMARY

The St. James Infirmary is an Occupational Safety & Health Clinic for Sex Workers founded by sex work activists from COYOTE (Call Off Your Old Tired Ethics) and the Exotic Dancers Alliance in collaboration with the STD Prevention and Control Section of the San Francisco Department of Public Health. We are a private non-profit, 501c3. Our mission is to provide non-judgmental and compassionate healthcare and social services for all Sex Workers while preventing occupational illnesses and injuries through a continuum of care. We provide services for current, former, and transitioning Street and Survival Sex Workers, Escorts, Sensual Massage workers, Erotic Performers and Entertainers, Exotic Dancers, Peep Show workers, Bondage/ Dominatrix/Sado-Masochism (BDSM) workers, Adult Film actors, Nude Models, Internet Pornography workers, Phone Sex operators, and their current sex partners.

A Revolution in Healthcare

We are the nations only full-spectrum health clinic run by Sex Workers for Sex Workers. Our approach is inspired by and grounded in principles of harm reduction because we understand that sex work in itself is not harmful, but is shaped and influenced by the political, legal and social context in which we live and engage in sex work. Each person's unique experience and choices are thus informed by these realities. Sex work in itself is not the harm; rather the harms from sex work are a result of our diminished social capital; labor rights violations; lack of legitimacy as an occupation; and criminalization of us, our work and our efforts to work collectively and organize.

We honor each Sex Worker's experience in the industry as their own. Our approach to sex work is rooted in labor rights, human rights and social justice. We promote a Sex Worker's right to self-agency and their right to engage in sex work as a form of labor. We encourage Sex Workers to make choices that improve their lives and make their work easier and safer, while supporting their choice to leave the industry if it is harmful to them or if they simply are experiencing burnout and looking for a change. For more information about our radical history, our amazing services and our groundbreaking research please see our website: www.stjamesinfirmary.org.

St. James Infirmary Location & Services

Office: 1372 Mission Street (between 9th & 10th Streets)

San Francisco, CA 94103

Main Phone: 415-554-8494

Appointment Phone: 415-554-9634

Fax: 415-554-8444

E-mail: admin@stjamesinfirmary.org

Website: www.stjamesinfirmary.org

Free, confidential, non-judgmental medical & social services for female, transgender & male Sex Workers and their current partners. Apprenticeships for current, former and transitioning sex workers. Approved internships for interested students from local educational institutions and universities (formal application required, see our website).

THE SERVICES LISTED BELOW ARE AS OF JULY 2010.

Services are subject to change due to funding restrictions and budget cuts. As always, please check our website or call our main number to determine what services we currently offer and when. Visit our calendar for updates: http://stjamesinfirmary.org/?page_id=31

TUESDAYS: 3:00 pm to 6:00 pm

(Drop-in; last NEW intake at 5:30 pm)

- Acupuncture, massage therapy and reiki.
- Confidential counseling and testing for HIV and STIs (treatments available).
- Food and clothing, condoms and lube.
- Individual peer-counseling sessions.
- Syringe access and distribution ("Needle Exchange").

WEDNESDAYS: 6:00 pm to 9:00 pm

(Appointments and drop-in; last NEW intake at 8:30 pm)

- Acupuncture, massage therapy and reiki.
- Confidential counseling and testing for HIV/TB/Hepatitis and STIs (treatments available).
- Food and clothing, condoms and lube.
- Individual peer-counseling sessions.
- Primary medical care, urological and gynecological care including immunizations for Hepatitis A & B
(Note: medical appointments fill up quickly—arrive early if you need medical care and do not have an appointment).

THURSDAYS: 1:00 pm to 4:00 pm

(Appointments only; call 415-554-9634)

- Confidential counseling and testing for HIV and STIs (treatments available).
- Immunizations for Hepatitis A & B.
- Individual peer-counseling sessions.
- STRIDE Transgender Healthcare (includes hormones).

Support Groups & Trainings: http://stjamesinfirmary.org/?page_id=17

ABOUT THE TERM “SEX WORK”

by SJI Staff

The sex industry, in varying forms and degrees, has been in existence throughout the centuries. Prostitution, in particular, has often been referred to as “the world’s oldest profession.” Attitudes about sex work may vary depending upon the political and economic climate, predominant religious beliefs, and law enforcement efforts in a particular culture. There are many ways the industry is practiced today as well as throughout history. The term “sex work” is used to position the activity as a form of labor and not as something immoral that should be punished through social stigma and incarceration. The general definition we use for sex work is the provision of sexual services or performances by one person (prostitute, escort, stripper: Sex Worker) for which a second person (client or observer) provides money or other markers of economic value. Like other forms of work or labor, it is only sex work if there is choice among those involved.

We encourage you to open your mind to alternative points of view, to possibly learn something new about yourself or someone you love or just to enjoy reading this book.

ATTITUDES ABOUT SEX WORK NEED TO CHANGE

From	To
Sex Workers are dirty	Sex Workers are equal members of society
Sex Workers are victims	Sex Workers are able to make choices
Sex Workers are submissive	Sex Workers are decision makers
Sex Workers are only Sex Workers	Sex Workers are recognized for everything they do
Sex Workers are lazy and stupid	Sex Workers are professionals
Sex work is not work	Sex work is work
Sex Workers give the country a bad image	Sex Workers contribute to the economy and the national culture
“Prostitute”	“Sex Worker”
Sex work is a moral and criminal issue	Sex work is an economic and social issue
Money from sex work is dirty	Our income is like the income of all workers

(From: Report on International Seminar of Sex Workers in Asia and Pacific, Bangkok, Thailand, Nov 14-19, 2000)

SECTION A.2: PHYSICAL HEALTH

PRIMARY HEALTHCARE

by SJI Staff

Primary care is a term used for the activity of a healthcare provider who acts as a first point of consultation for all patients. Continuity of care is also a key characteristic of primary care. Primary care is an important form of health access for patients. Primary care involves the widest scope of healthcare including all ages of patients, patients of all socioeconomic and geographic origins, patients seeking to maintain optimal health, and patients with multiple chronic diseases.

Primary care may be performed and managed by a personal physician, nurse or physician's assistant (PA), often collaborating with other health professionals, and utilizing consultation or referral as appropriate. Primary care is that care provided by providers specifically trained for and skilled in comprehensive first contact and continuing care for persons with any undiagnosed sign, symptom, or health concern not limited by problem origin (biological, behavioral, or social), organ system, or diagnosis.

Primary care includes health promotion, disease prevention, health maintenance, counseling, patient education, diagnosis and treatment of acute and chronic illnesses in a variety of healthcare settings (e.g., office, inpatient, critical care, long-term care, home care, day care, etc.). Primary care should promote effective communication with patients and encourages the role of the patient as a participant and partner in healthcare.

Tips on Hygiene & General Healthcare

- Brush and floss teeth daily, but not less than 1-2 hours prior to performing oral sex (it can increase risk of HIV transmission). Do not use an alcohol-based mouthwash less than 1-2 hours prior to performing oral sex.
- Change underwear daily (or turn inside out on alternate days or use unscented undergarment liners). The same applies for socks.
- Tight pants, nylon underwear, and pantyhose can cause vaginal infections. Wear natural fibers.
- Keep toenails short to reduce foot pain. Our feet swell when we do a lot of walking so shoes a bit larger are safer and more comfortable than shoes that are too small.

- If you wear tampons, change them frequently and use a size that matches your flow (too small is better than too big). Or use pads or other alternatives to tampons (sponge, cup, etc).
- Avoid dehydration. Drink lots of fluids and keep lips, teeth, and gums moist.
- Keep the vagina and anus well lubricated during sex to prevent irritation.
- Lube up before engaging in sexual activity whenever possible. Urinate before and after sex to avoid urinary tract infections.
- Avoid douching; it can force germs into your uterus. Use plain water enemas.

Because body fluids such as blood, vomit, urine, feces, saliva and semen may contain infectious organisms, protective gloves must always be worn when dealing with body fluids. Should any of these fluids come into contact with a person's skin, they should wash the area with warm water and soap. Please see Section A.3: Sexual Health, for some practical tips on avoiding these fluids.

You should not touch yourself, or anyone else, where there is a break in the skin (cuts, grazes, dermatitis, and so on) or touch any body openings (mouth, genitals, eyes, and so on) until they have washed their hands. Breaks in the skin—cuts, grazes, rashes, recent injection sites, recent piercings or tattoos, for example—should be kept covered by a dressing while working.

INTEGRATIVE & HOLISTIC HEALTH

by Tomi Knudson, Catherine Swanson & SJI Staff

St. James Infirmary offers diverse treatment modalities to our community members in the belief that every BODY has it's own healing journey. In addition to the more conventional Western health services available at the clinic, we offer a variety of integrative health services. Integrative medicine is a new term that emphasizes the combination of both conventional and alternative approaches to address the biological, psychological, social and spiritual aspects of health and illness. It emphasizes respect for the capacity of the human body for healing, the importance of the relationship between the practitioner and the patient, a collaborative approach to patient care among practitioners, and the practice of conventional, complementary, and alternative healthcare that is evidence-based.

Below is a description of some of these treatment modalities—those we offer at St. James Infirmary have a ★ next to the listing.

- *Acupuncture*. ★ Inserting very fine needles into points on channels (called Meridians), which flow throughout the body. Acupuncture is a widely used alternative treatment for substance use issues. Practitioners must have extensive education in Chinese Medicine from an accredited Acupuncture School to practice in California (in some States, they must also have an MD).
- *Acupressure*. ★ Finger pressure along the Meridian points mentioned above under Acupuncture. Sessions can range from gently holding a series of points for a minute or more to produce a profoundly relaxed state, which facilitates release of tensions, to more vigorous styles of Acupressure such as Shiatsu, Thai massage, and Tui Na.
- *Ayurvedic Medicine*. An ancient Indian system and the traditional medicine of India. Ayu (life) Veda (knowledge) essentially means the science of life; Ayurvedic medicine explains how each individual is a unique composition of physical and mental elements, and specifies the practices necessary for individuals to keep in harmony, internally and relative to the environment.
- *Biofeedback*. Using a machine the person become more aware of, and thus has more control over, body processes previously thought to be controlled automatically including withdrawal symptoms and cravings.
- *Body Work*. ★ Includes massage and other “hands on” approaches to healing, such as Reiki, Swedish massage, deep tissue massage, Zen Shiatsu, trigger-point therapy, and craniosacral work. Manipulation of muscles may increase blood flow, help relax you, and release endorphins.
- *Chinese Medicine*. Includes Acupuncture plus all the other traditional medical practices of China (e.g., moxibustion, herbs, etc.) and is based on the belief that health problems are the reflections of imbalances in the life-energy or chi.
- *Chiropractic Care*. A health profession that includes diagnoses and treatment of mechanical disorders of the spine and musculoskeletal system. It is based on the premise that a spinal joint dysfunction can interfere with the nervous system and result in myriad conditions of diminished health. Practitioners must have a doctoral degree (Doctor of Chiropractic or DC) to become licensed to practice in California.
- *Herbal Remedies*. A variety of herbs from a range of traditions have been used to treat withdrawal symptoms and cravings. Please consult an experienced, licensed practitioner before trying new herbs.

- *Homeopathy*. Homeopathy is a treatment method developed in the 19th century, which utilizes extremely dilute compounds of plants and mineral substances to stimulate our body’s natural healing processes and treat illness. Licensed homeopathic physicians have an MD degree.
- *Naturopathy*. A healthcare philosophy and practice that seeks to improve health and treat disease chiefly by assisting the body’s innate capacity to recover from illness and injury. Practitioners tend to emphasize a holistic approach to patient care. They also hold a doctoral degree in naturopathic medicine (Naturopathic Doctor or ND).
- *Nutrition Therapy*. A variety of diets have been developed to help people who are withdrawing or recovering from drug use, but be wary of any diet that calls for you to give up the basics like fruits, vegetables, whole grains and lean protein. It is best to consult a physician, naturopathic doctor (ND) or licensed nutritionist before making radical changes to your present diet.
- *Osteopathy*. An approach to healthcare that emphasizes the role of the musculoskeletal system in health and disease. Practitioners have a doctoral degree (Doctor of Osteopathy or DO).
- *Reiki*. ★ Japanese technique, which utilizes life-energy to restore balance to the recipient. The format is “laying-of-hands” in which the practitioner gently lays his/her hands on the recipient or even slightly off the body. No physical manipulation is involved since Reiki operates on the principles of energy work.
- *Yoga Therapy*. The use of specific series of yoga postures (asanas) to support optimum health of different body systems (e.g., digestive system, respiratory system, etc.).

All massage therapists, body workers, and acupuncturists at St. James Infirmary are fully credentialed and licensed to practice in San Francisco. Free 30-minute bodywork sessions are available during our regular weekly clinics: Tuesday 3-6 pm, Wednesday 6-9 pm. Check our website calendar for the updated schedules: http://stjamesinfirmary.org/?page_id=31.

STRESS DISEASES

by billay tania & SJI Staff

Persistent stress, anxiety, anger and chronic tension may eventually manifest as physiological disturbances. Our highly intelligent bodies have remarkable ways of responding to stressful situations. In general these mechanisms are designed to protect us—and they work well. These mechanisms are controlled by hormones which, when released, have profound effects on all of our body's systems. In a very general sense, these hormonal mechanisms partially shut down certain parts of the body (like digestive organs and immune systems) to concentrate on those parts of the body that facilitate the “fight or flight” response (such as our muscles and sensory organs). Stress diseases may include gastrointestinal ulcers (painful infections or lesions along the digestive tract), indigestion, elimination disorders (such as irritable bowel syndrome and constipation), cardiovascular problems (like high blood pressure or some headaches), fatigue, insomnia, and hormonal imbalances.

Chronic stress can also cause immune suppression problems, which is a huge concern for anyone living with compromised immune systems. Many people would say this has to do with the ways that we are taught to “hold” tension and stress in our bodies instead of allowing ourselves to be aware of it, breathe freely, and dealing with whatever situation is causing the tension and stress. Social and family support, counseling, alternative medicine (e.g., acupuncture), and some of the body therapies described above are some excellent ways to reduce stress in our lives. Also consider yoga and meditation to clear your mind. Get some endorphins flowing by light to moderate activity. Laugh everyday to heal your heart and soul!

MEDICAL MARIJUANA

by SJI Staff

In 1996, California voters passed Proposition 215, also known as the Compassionate Use Act of 1996. Proposition 215 was passed to give seriously ill Californians the right to possess and use marijuana (also known as cannabis) for medical purposes, when they have a recommendation from a physician. Proposition 215 also gives the patient's primary caregiver the right to obtain and possess medical cannabis for the patient. Proposition 215 defines a “primary caregiver” as “the individual who has consistently assumed responsibility for the housing, health, or safety of the medical cannabis user.” Federal and other state laws still prohibit marijuana possession even if you qualify for immunity from California—use discretion on Federal property and outside of California.

It is important to talk about your health with your doctor when you are considering the use of any therapy, including medical marijuana and other prescription therapies, over-the-counter preparations, herbal remedies, etc. Questions you might ask your doctor include:

- What are the potential benefits to using medical cannabis to treat your illness and/or symptoms?
- Do the potential benefits vary by the way a person takes the cannabis (for example smoking it versus eating it in food)?
- What are the potential risks of using medical cannabis, including side-effects, interactions with your other medications, and the possible development of dependence?
- Do the potential risks vary depending upon the way a person takes the cannabis (for example smoking it versus eating it in food)?
- Do the potential benefits of using medical cannabis to treat your illness and/or symptoms outweigh the potential risks?
- Are there any other medications or therapies that could be used instead to treat your condition and/or symptoms? What are the benefits and risks of those therapies and how do they compare with the benefits and risks of medical cannabis?

The Medical Cannabis User ID Card was created to make it easier for patients to show law enforcement officers that they qualify as medical cannabis users under Proposition 215. You can pick up an application packet at The San Francisco Department of Public Health, 101 Grove Street, 1st floor (between Polk and Van Ness, across the street from City Hall).

Application packets are also made available to clinics, doctors offices, and medical cannabis organizations that request them, so you may want to check with your healthcare provider or local medical cannabis organization to see if they have application packets available at their locations. For precise instructions on the cost and paperwork needed to apply, go to the SF Department of Public Health website at www.sfdph.org/dph/comupg/oservices/medSvs/MCID/defaultInsert.asp.

SECTION A.3: SEXUAL HEALTH

SAFER SEX TECHNIQUES FOR OPTIMAL PROTECTION

by SJI Staff

Excerpts adapted from: HOOK OnLine & The Harm Reduction Coalition, *Male Sexwork Handbook*; Multnomah County Health Department, *Occupational Safety in Adult Entertainment for a Healthy Community*; Home Alive, *Sex Worker Resource Guide*; and L. Synn Stern, *Tricks of the Trade: Reducing Risks for Sex Workers*.

Sexual health involves more than just avoiding viruses, bacteria and such. Sexual health is also about feeling good about your sexuality and being empowered as a sexual being. While this article focuses largely on concerns specific to sexuality transmitted infections (STI), make sure to check out the chapters that follow as well. These deal with such important sexual health issues as gender-specific health concerns, sex work, violence prevention, and substance use. All these topics have an important impact on sexual health. Hopefully they will encourage you to see your sexual health in a holistic light, where you are much more than the sum of your various erotic parts, but rather a strong, healthy sexual powerhouse.

- Use condoms every time you have sex.
- Wash hands with soap and water before engaging in any sexual activity and after the disposal of condoms and dams, or handling of sex toys with another person's body fluids.
- Condoms, dams and gloves should *never be reused*.
- Sex toys should be covered with a new condom for each partner or when switching receptive holes (like switching from anal to vaginal, or anal to oral).
- The condom should be removed from the toy and discarded after each use and the equipment cleaned and disinfected.
- Use dental dams or plastic wrap for both oral-vaginal and oral-anal activity.
- Use latex gloves (ideally, elbow length) and lots of lube for fisting.
- If condoms or barriers are not available or an option, use lots of lube to provide a barrier.

In situations where more than one worker is providing services to a client—threesomes for example—it is necessary to ensure that vibrators, dildos and so on are not used by one person and then another without being cleaned, disinfected and/or having a new condom put on first. Ideally each worker should have his or her own toys and equipment, which are not used by other workers. In addition, each worker may choose to use a condom of a different color in order to identify who has used the dildo last. Latex or rubber sex toys may be cleaned using antibacterial soap and water. Plastic battery operated sex toys should not be soaked in water—use antibacterial wipes to clean. Sex Workers: try to always bring your own toys, latex gloves, lube and condoms on outcalls. If you have an in-call, have plenty of these items stored on site.

Condom breakage is most likely to occur for the following reasons:

- The condom has passed its expiration date or has been stored incorrectly. Please store in a dry, cool and dark area.
- The condom is torn or damaged by a fingernail or jewelry during application or use.
- Insufficient lubricant has been used—particularly in anal sex or just before menstruation when the vagina can be drier than usual. Lubricant should be reapplied on the outside of the condom as needed.
- Oil-based lubricant has been used. Only water-based lubricant should be used with latex condoms and dams.
- If the sexual act is of particularly long duration or with repeated sex acts throughout the day.

Condom slippage may occur:

- If the insertive partner does not have the condom rolled on all the way to the base of the penis.
- If the insertive partner fails to hold on to the end of the condom at the base of the penis while withdrawing.
- If the insertive partner's penis is only semi erect or flaccid.
- If the insertive partner's penis is small and/or thin, or flared.
- During sexual acts of particularly long duration.
- If the insertive partner has climaxed (cum) and continues to penetrate without changing the condom. Note: Customers have been known to do this. If this happens, and penetration continues, both his cum and the condom can get lodged pretty far up the vagina or anus, so be mindful.

To avoid condom breakage and slippage the sex-worker should:

- Apply a small amount of lube to the tip of the penis prior to rolling the condom on—it will feel better for the client and prevent breakage. It also can expedite orgasm.
- Make sure that the condom has been put on properly—squeeze the tip of the condom while unrolling it onto an erect penis or dildo, completely down to the base.
- Before starting a service ensure that a variety of sizes and types of condoms and water-based lubricant are close at hand.
- Regularly (every 5-10 minutes) check that the condom is still on, or that the insertive partner has not cum into the condom (re-lubrication is a good excuse to use to stop the service and check the condom).
- Watch your back! If performing “doggie-style” regularly reach around and manually feel that the condom is still on his penis.
- Become familiar with what a condom breaking and a broken condom feels like—possibly by discussing it with other workers who have experienced it.
- Alert the employer and other workers to any client who attempts to break or remove a condom during a service.

In the event of a condom breaking or slippage, regardless of whether the male has ejaculated, there is the potential for the exchange of body fluids in either direction between the two partners. If the worker or client realizes the condom broke or slipped, the worker should ensure the following steps are carried out:

Condom breakage during vaginal or anal sex:

- Stop the service immediately; the insertive partner should withdraw. He should then urinate to clear the urethra and wash the genital area thoroughly, particularly under the foreskin if present.
- The receptive partner should remove excess semen from the vagina by squatting and squeezing it out using vaginal muscle exertion. Fingers can be used to scoop out any remaining excess semen. However, care must be taken to avoid scratching the lining of the vagina with fingernails or jewelry. Remove excess semen from the anus by sitting down on the toilet and bearing down. Fingers should not be used in the anus.
- The Morning After pill, or other emergency contraception can be used to prevent pregnancy if necessary. Having extra doses on-hand is helpful. If not, seek care at a clinic or emergency room.

- Medication is available if you think you have been exposed to HIV or other STIs. Seek care at a clinic or emergency room ASAP. For an HIV exposure, antiretrovirals (anti-HIV meds, or PEP) are typically given for a month, **but must be started no later than 72 hours after exposure**. For an STI exposure many drugs can be prescribed for quick treatment.

Condom breakage during oral sex:

- The receptive partner should spit out any semen and rinse their mouth with a chlorhexidine-based mouthwash, a diluted tea-tree oil mixture, or Betadine. They should not brush or floss their teeth or eat for at least an hour afterwards. The insertive partner should urinate and wash their penis thoroughly particularly under the foreskin.

Trick Sex

“Trick sex” is having intercourse between the thighs, under the armpits or in a cupped hand held in the genital area. If a worker has shaved or waxed his/her body or public hair, s/he needs to be careful of cuts and scrapes. Any cuts, abrasions, rashes or grazes should be covered to prevent possible contact with body fluids. If a condom breaks or slips during trick sex, the insertive partner should wash the genital area thoroughly. Trick oral sex shows are when two female Sex Workers pretend to give each other oral sex. This can reduce your exposure to STIs. Most customers will not notice the difference, but some will. When doing doubles and providing a “show,” be sure to ask your co-worker if you believe the customer will not notice the difference.

The Dick Check

If you have the option, it is good practice to check your client's genitals for signs of infection or crabs. This is not a 100% guarantee that you won't catch something, but it can reduce your chances. Under ample light, run your fingers through the pubic hair and look for open soars, rashes or crabs at the base of each hair (crabs can look like freckles at first glance, but if you look closely, you will see a distinctive crab form.). Look up and down the entire shaft of the penis and the testicles for any signs of infections (see the description below on symptoms of STIs). If the client is uncircumcised, pull back the foreskin. Milk the shaft of the penis for a pre-cum drip. Place the drip between your index finger and thumb and check to make sure the drip is clear, tacky and somewhat odorless; not cloudy and smelly. If you think he has an STI, it is best to refuse the client.

A Good Way to Clean the Vagina

Unless prescribed by a doctor, don't douche with anything. (Douching is the process of rinsing out the vagina or anus with either plain water or a variety of store products, vinegar, baking soda and many other preparations.) The vagina does a great job of cleaning itself naturally with normal secretions (fluids). Recent studies show that women who douche seem to get more PID (infection of uterus, tubes, ovaries) or BV (*Bacterial Vaginosis*) infections.

Feminine hygiene sprays, powders and wipes are not necessary and can be harmful. Mild unscented soaps and warm water are the best cleaners for the outside lips of your vagina. Don't use very hot water or anti-bacterial/deodorant soap. Vaginal tissue is very sensitive. Remember, your vagina is amazing so treat it with love and kindness.

A Good Way to Clean the Anus

Washing the anal region before and after anal sex reduces the amount of bacteria that can be transmitted from partner to partner. Plain water enemas can be used to clean the anus for sex, but overuse can destroy the normal, healthy balance of bacteria in the lower intestine.

Spermicides

Spermicidal foams and creams are designed to prevent pregnancy by destroying the sperm with which they come in contact. Nonoxynol-9 is a major ingredient in many spermicides. There is now evidence that frequent use of nonoxynol-9 may lead to genital irritation, vaginal and cervical ulcers, recurring yeast infections and increased risk of acquiring HIV or STIs. Sex Workers should not use nonoxynol-9 for HIV/STI prevention. If other spermicides are used, you should monitor to ascertain whether any irritation is occurring.

COMMUNICABLE & SEXUALLY TRANSMITTED INFECTIONS A TO Z

by SJI Staff

Sources: San Francisco Department of Public Health STD Prevention and Control Section & the Harm Reduction Training Institute.

For optimal prevention of most sexually transmitted infections (STIs) and HIV, condoms and lube should be used for oral, vaginal and anal sex 100% of the time. Because "optimal" is not always an option, harm reduction strategies should be used, i.e., Sex Workers need to practice the "next best thing" or whatever option which is available to us at that particular time.

Community standards on oral sex and condom use vary. Since HIV risk with oral sex is negligible, in San Francisco condoms for oral sex are not essential for HIV prevention. *However, many other STIs can be transmitted through oral sex when condoms are not used.*

Many STI and HIV prevention experts advise people to talk about past and present STIs and HIV with your partners before engaging in sexual activity. In sex-work situations this may not be an option (because of financial considerations). Thus, always use condoms with clients for oral, vaginal and anal sex. Getting or giving an STI is also bad for business.

If you don't discuss STIs/HIV with your clients, consider having these discussions with your recreational sex partners and to use condoms and other barriers. Another option is to get tested with your primary partners at the St. James Infirmary or another health clinic.

Below is some information about many of the most common STIs and other communicable diseases. You can find much more in-depth information on the Internet or at a local health clinic. Remember, many STIs are avoidable—however if you find yourself with an STI, don't beat yourself up. It happens to the best of us. Get tested. Get treated. Get healthy sex back into your life.

DISCUSSED IN THIS SECTION

- HIV
- TB
- Chancroid
- Genital Warts
- Molluscum contagiosum
- Mucopurulent Cervicitis
- Syphilis
- Hepatitis A, B and C
- Herpes
- Bacterial Vaginosis (BV)
- Chlamydia
- Gonorrhea
- Non-gonococcal urethritis (NGU)
- Trichomonas

HIV, Hepatitis and TB are described first; thereafter STIs are presented in alphabetical order. We have also included information about pelvic inflammatory disease (PID), which, while not an STI, is a serious infection that can result from an STI.

Human Immunodeficiency Virus (HIV)

HIV is found in white blood cells and is present in the blood, semen and pre-cum, vaginal fluids, and breast milk of infected persons. HIV is an STI, and is often transmitted at the same time and in much the same ways as other STIs. Sexually transmitted infections, especially Gonorrhea and syphilis, may greatly increase the chance of HIV entering or exiting the body because HIV attacks immune-system cells that are present with other infections. HIV is not transmitted by “casual contact,” such as sharing eating utensils, hugging, touching or other close, nonsexual contact. Only sexual-fluid contact and blood-to-blood contact (or sharing needles) allows for transmission.

How is HIV transmitted?

HIV is transmitted through unprotected vaginal and anal sex, and contaminated needles, from an infected pregnant woman to her fetus during gestation or birth, and through breast milk of an infected woman to her newborn. HIV attacks and weakens the immune system, its natural defense against disease. HIV mainly lives inside cells of the immune system—T4 (lymphocytes and macrophages).

What are the symptoms of HIV?

Most people will develop a positive HIV antibody test within 3-6 months after infection. It may be six months to several years after infection with HIV before symptoms appear, although HIV can be passed to others during this time. Early symptoms may be similar to the flu or other common illnesses, including prolonged fever, weight loss, severe tiredness, swollen glands, and severe diarrhea. But many people do not have, or recognize these early symptoms. Because the immune system does not work well, people with HIV can get severe pneumonia, unusual cancers, and other infections. During seroconversion or in cases of acute infection, transmission to others is greatly increased.

How is HIV treated?

There is presently no cure for HIV-disease itself, but there are now many medications, which can help prevent HIV from weakening the immune system. These medications have helped keep people alive and strong for many years. There are also medications for some of the infections and complications caused by HIV.

How can I prevent HIV?

Use latex condoms or other barriers and/or dental dams to avoid exposure to an infected partner’s blood, semen or vaginal fluids during anal, vaginal, or oral sex. *It’s safest to never share needles!* If you do choose to share

needles, be sure to clean the needle with bleach to prevent HIV. Using bleach to clean your works and equipment (including caps and cookers) for at least two minutes will kill HIV and Hepatitis A & B but may not kill Hepatitis C (See Section B.12: Needle Exchange Sites).

Post-Exposure Prophylaxis (PEP) means giving anti-HIV treatment drugs to a person following a high-risk potential exposure to HIV. Examples include a needle stick injury, rape by an infected attacker who doesn’t use a condom or, in the case of the sex industry, where a condom has broken during penetrative sex with a client or where a worker has been forced to have vaginal or anal sex with a client without a condom. There is no guarantee that PEP will be effective in preventing HIV seroconversion. All relevant factors should be discussed with an experienced HIV counselor or doctor. It is extremely important to note that PEP is not and should never be a substitute for safe sex.

Hepatitis A, B & C

Hepatitis means “inflammation of the liver.” In the US, viral hepatitis is usually caused by one of three viruses: A, B, or C. The effects of each virus are different, but in some cases viral Hepatitis can lead to cirrhosis (scarring) of the liver, eventually causing serious, life-threatening disease, and even liver cancer. Although less common, Hepatitis can also be caused by heavy long-term alcohol use, some medicines, and illnesses passed down from your parents.

The liver keeps your body functioning smoothly. It helps digest food and get rid of toxins and other things foreign to your body (like drugs and alcohol!). When the liver gets so damaged that it can’t work properly, a transplant may be your only medical option. Liver transplants are difficult, expensive and hard to get. Even after a transplant, Hepatitis C may sometimes re-appear in your new liver. This is why preventing Hepatitis, and, early detection is so important! If you are infected, there are steps you can take to keep your liver from being seriously damaged. (For more information, contact the National Hepatitis Hotline, 800-465-4837 or 800-GO-LIVER.)

Hepatitis A (HAV) is caused by a virus found in feces (shit). You can get Hepatitis A if you have contact with infected feces. The most common way this happens is through swallowing contaminated food or water but you can also get it through sexual acts like rimming (licking someone’s anus) or sucking a guy off immediately after he’s had anal sex. In either case, the virus can be transmitted by tiny amounts of feces that you can’t see. Almost everyone infected with Hepatitis A recovers completely in about 4-8 weeks. You may have no symptoms, or you may suffer from nausea,

vomiting, jaundice (yellow skin and/or eyes), diarrhea, and/or an extreme lack of energy. Hepatitis A is rarely dangerous, unless you also have Hepatitis C. When you have active Hepatitis A, you can pass the virus on to another person—even if you have no symptoms. Once you recover, you can't spread Hepatitis A and you're immune to getting it again.

To prevent Hepatitis A:

- Get vaccinated (2 shots over 6 months).
- Be as careful as possible to only eat food prepared under clean conditions.
- Wash your hands thoroughly after using the bathroom, and before cooking or eating.
- Always use protection when having sex (with condoms, dental dams, latex gloves), especially when practicing anal sex, combinations of anal and oral sex, or rimming.

Hepatitis B (HBV) is caused by a virus found in blood, semen (cum), vaginal fluids, breast milk, and saliva (spit). It is spread by sharing syringes or infected water when injecting. It can also be spread by sharing other injection equipment (like cottons and cookers) and, perhaps, snorting or smoking devices (like straws or crack pipes). Hepatitis B is transmitted sexually too—through unprotected vaginal, anal, or oral sex with a person infected with HBV. Hepatitis B can be transmitted from a pregnant woman to her fetus in the womb, or to her infant during or after birth. Since it is so easily transmitted through body fluids, HBV is sometimes spread through sharing things such as toothbrushes and razors. When you are infected with HBV the sickness may start gradually, usually lasting a month or two. Sometimes you may not know you're infected because you don't look or feel sick: the virus can remain active within your system, and you can still infect others. Only about 1% of people who get HBV die, and most people recover completely from HBV within about six months. These people are said to have had acute HBV. However, about 5-10% of people who get Hepatitis B remain capable of spreading the virus for the rest of their lives and can develop chronic liver disease.

To prevent Hepatitis B:

- Get vaccinated (3 shots over 5-6 months).
- Use protection when having sex (with condoms, dental dams, latex gloves).
- Use the safer injection guidelines outlined here.

- Use less risky methods if you take drugs, like snorting and smoking with your own straws and pipes.

Hepatitis C (HCV) is another virus found in blood and mostly transmitted through blood-to-blood contact. In certain environments, like syringes or toothbrushes, the Hepatitis C virus can live outside of the body for up to two weeks. It is usually spread by sharing syringes or infected injection equipment (for example: cookers, cottons, water, etc). Non-sterile tattooing and body piercing equipment can transmit the virus, too. Sometimes HCV can be transmitted from a pregnant woman to her fetus in the womb. It may also be possible to get it from razors and toothbrushes shared with someone who has the virus. HCV may be transmitted through sexual contact when blood is present (for example: with some BDSM activities, or with fisting). Only a very few people with HCV develop the usual symptoms of jaundice, fever, and flu-like symptoms that can last up to six weeks, right after getting infected. Others only discover they're infected several years later when they get sick and testing confirms they have the virus. Most people with HCV will not clear the virus without treatment, while a small portion will clear the virus. Most studies have reported that cirrhosis develops in 10-20% of the people who are chronically infected with HCV over a period of 20-30 years after the initial infection, and liver cancer in 1-5% of these people.

To prevent Hepatitis C:

- There is currently no vaccine for Hepatitis C.
- Use protection when having sex (even though Hepatitis C is not commonly spread sexually, many people choose to practice safer sex to reduce the risk).
- Use less risky methods to take your drugs, like snorting/smoking with your own straws and pipes.
- Don't share needles or injection equipment! If you can't get a new syringe, think about discussing Hepatitis with your injection partners and try to inject first to reduce exposure.
- Remember, using bleach to clean your works and equipment (including caps and cookers) for at least two minutes will kill HIV and Hepatitis A & B but may not kill Hepatitis C.
- Use sterile water if possible. Otherwise, always use the cleanest water you can find for mixing and injecting drugs and rinsing injection equipment. Shoot your own drugs, if possible.

- If you are chronically infected with Hepatitis C, you may be at an increased risk to die from a Hepatitis A infection. If you have the Hepatitis C virus, vaccination against Hepatitis A is medically necessary.

Tuberculosis (TB)

TB is a bacterial infection; treatments include a variety of antibiotics prescribed by a doctor. If you have TB, it's probably because you were in an enclosed space with someone who had active TB, breathing their air. Your friends aren't at risk for getting it from you through casual contact like drinking from the same bottle, hanging out, or even having sex with you.

If you test positive for TB, do your best to get the treatment you need and take all your meds, because TB is dangerous and miserable if you don't get treatment. These medicines, like other antibiotics, need to be taken regularly and to completion—you must take every dose until it's all gone, or the medication won't work and your infection will become resistant. Most of these meds have side effects, such as nausea or upset stomach, vision problems (Ethambutol), hearing loss (Kanamycin), skin rashes (Thiacetazone), or liver injury. Not everyone gets these side effects, and not all the meds cause them, but you should have pretty regular contact with your physician so that s/he can run tests for changes in liver enzymes, hearing, vision, and other functions.

Interactions between TB medications and street drugs can be very serious. Please talk to your doctor about all the drugs (legal and illegal) that you are using. If you do not feel safe talking about your drug use with your primary doctor, GET ANOTHER DOCTOR! If you can't get another doctor, make sure you can do your own research about street drug interactions with TB meds before you party—or call/come see us at St. James Infirmary.

SEXUALLY TRANSMITTED INFECTIONS

Bacterial Vaginosis (BV)—also called Gardnerella—is an infection in the vagina caused by an overgrowth of normal vaginal bacteria (germs). It is uncertain whether BV is contracted during male-female sexual relations but it can pass between two women who engage in vaginal contact. Untreated, BV can lead to PID and post-abortion/post-delivery infection.

- *Signs and symptoms include:* Gray, yellow or white smelly discharge from the vagina or on your underwear; itching around the vagina. BV may also be asymptomatic (no symptoms) but your doctor may find BV while looking at your vaginal fluid under the microscope.

- *Treatment:* A medicine called Flagyl (metronidazole) is used to kill the BV germs. You may be using a vaginal cream or taking pills for one week, or you may be given several pills to take at one time. Do not drink any alcohol drinks for 24 hours (one full day) before you start taking Flagyl, and for a full day after you take it.

Chancroid is an STI caused by a type of bacteria. It can infect men and women and can be transmitted during anal, oral, or vaginal sex with an infected person. If chancroid is left untreated, the painful sores can grow and spread to other parts of the body. The open sores produced by chancroid make it easier to catch other STIs and even HIV.

- *Signs and symptoms include:* Painful sores on the vagina, penis, or around the groin or anus; pain or swelling in the groin area; pain when urinating or having bowel movements. Sometimes sores can be found on the breast, fingers, thighs, or in the mouth.
- *Treatment:* Certain antibiotics (pills or shots) will kill the germ that causes chancroid. Take all of your pills, even if you feel better. If you may be pregnant, tell your doctor.

Chlamydia is an STI caused by a type of bacteria and can infect men, women, and children. It is passed during vaginal, anal and oral sex. Chlamydia can also be passed from an infected mother to her baby during birth, causing serious eye infections and lung disease. If not treated quickly, sterility can result, as can PID.

- *Signs and symptoms include:* Pain and itching of the vulva or vagina; pain or itching of the head of the penis; pain or swelling around the groin.; discharge (drip) from the vagina, head of the penis, or the anus; unusual bleeding from the vagina, or the anus; pain when peeing; and (for women) pain when having sex. Both men and women can have Chlamydia and not know it! Even without symptoms, Chlamydia can cause serious health problems. See your doctor regularly to be tested for Chlamydia and other STIs.
- *Treatment:* Your doctor will give you medicine to kill the germ in your body. Take all of the pills you are given, even if you feel better. If you may be pregnant, be sure to tell your doctor.

Fungal Infections are caused by a group of organisms that normally live on the skin, but multiply to cause problems under certain conditions. Fungal infections usually are *not* sexually transmitted. Fungus can infect the skin in and around the sex organs of both men and women. Sometimes fungi increase in number and become a bother, especially in areas of the body that are warm and moist, such as between the legs in men and women, and under the breasts in women. Fungal infections are made worse by sweat, friction, tight underwear or wearing spandex and bike shorts, and wearing multi-layers of clothes covering moist body areas. They may be worse in hot weather.

- *Signs and symptoms include:* patches between the legs and on the testicles; red spots, itching, or white patches on the head of the penis, between the legs and on the butt, caused by yeast; white cottage-cheese-like vaginal discharge, and itchiness; itchy spots on the skin of the chest, back, trunk of the body and in the groin; brown, tan, or red scaly patches that may have crusting or bumpy edges. Don't try to diagnose yourself. These infections can occasionally look very much like syphilis (another more serious sexually transmitted infection).
- *Treatment:* Get plenty of air to the rash. Dry your body well after bathing; use a blow dryer between your legs while foreskin of penis is pulled back or vagina lips are slightly spread apart. Men may try wearing boxer shorts instead of briefs. Medications in creams or powders, called "anti-fungals" can be purchased at a drugstore: Tinactin, Micatin, Lotrimin. Use them twice a day and continue using them for two weeks after the rash has gone away. If these medicines are not helping, return to the clinic for another exam. Women can buy over-the-counter vaginal cream to insert into the vagina. Try to use them before sleeping to prevent leakage. They may not work if you have sex after inserting the cream. There is now also a one-day pill, which must be prescribed by a medical provider.

Genital warts are caused by the human papilloma virus (HPV), which is transmitted by skin-to-skin contact, such as the vaginal lips to the testicles; this disease does not require the exchange of semen or vaginal fluid. Condom use may reduce the risk somewhat but is not a 100% protection from the wart virus.

- *Signs and symptoms include:* You may have painless wart-like growths on or in your sex organs or around your anus (butt). The warts may vary in size and be bumpy or flat. Not everyone with the genital wart virus will have signs of disease; often an STI expert is required to identify genital warts.
- *Treatment:* A clinician puts a cold liquid chemical on the warts to remove them. A prescription cream called Imiquimod may also be effective when applied to the infected area three times a week until the warts disappear. Warts may return, even after treatment because the virus stays on your skin once you are infected. Even when you don't have warts you can see, the virus can be transmitted to your sex partners during vaginal or anal sex.

Gonorrhea is a bacterial STI that can infect men, women, and children. It is passed during vaginal, anal and oral sex, and can be passed from an infected mother to her baby during birth. Both men and women can have gonorrhea and not know it! Even without symptoms, gonorrhea can cause serious health problems. If not treated quickly, gonorrhea can cause sterility in both men and women. PID, a dangerous pelvic infection in women, is a common result of untreated gonorrhea infection. Gonorrhea infections increase your chance of HIV infection if you are exposed to it.

- *Signs and symptoms include:* discharge from the vagina, head of the penis, or the anus; pain or swelling around the groin; pain or itching of the head of the penis; swelling of the penis; pain when urinating; sore throat; and in women: unusual bleeding from the vagina, or the anus; lower abdominal pain; and/or pain when having sex.
- *Treatment:* Your doctor will prescribe appropriate medicine; take all of the pills you are given, even if you feel better. If you may be pregnant, be sure to tell your doctor. Avoid having sex until you and your partner(s) have completed treatment.

Herpes is a virus that can be passed during anal, oral, or vaginal sex. This usually happens when the infected person has sores. Transmission only requires skin-to-skin genital contact and thus can be passed without exposure to semen or vaginal fluid; it may also be passed when sores are not present/visible. Sometimes, a pregnant mother may give the virus to her baby during birth, but this is rare.

For most people, herpes is an annoyance and, by itself, not a serious disease. However, having herpes sores can increase your chances of getting HIV, as the sores make it easier for HIV to enter the bloodstream if you're exposed to HIV during sex. In both men and woman, once infected with the herpes virus, it stays in your body for life. Sores may or may not return (they may return when you are sick or under stress). Outbreaks often decrease in severity and frequency over time. When sores are present on lips or genitals, avoid having sex, because the sores can get irritated and spread. Condoms are helpful, but will not guarantee 100% protection from herpes, since sores can be in places the condom doesn't cover.

- *Signs and symptoms:* Most people with herpes do not show any symptoms, but the first time you get herpes, you may get painful sores or blisters at the site of infection—usually either on the mouth, penis, vagina, or anus. You may also feel tired or sick, and get headaches or a fever. In women, sores or blisters may occur inside the vagina where they can't be easily seen.
- *Treatment:* There is no cure for herpes at this time, but treatment is available. Ask your doctor about a medicine that may make the sores go away more quickly or help prevent outbreaks. Treatment is recommended mostly for the first episode, or for people who have HIV. Keep the sores clean and dry so they will heal more quickly. Wash your hands often to prevent spreading herpes to other people and other parts of your body. Avoid tight underwear or pants.

Molluscum Contagiosum is caused by a virus related to chickenpox and can be passed during sex as well as by skin-to-skin, nonsexual contact. Molluscum may also be passed by objects, such as sharing towels or in swimming pools used by people with the Molluscum virus. Condoms are not 100% effective, but they will help if there are bumps on or near the sex organs.

- *Signs and symptoms include:* Several smooth, firm, rounded bumps with a dip in the center, that appear on the thighs, sex organs, butt, navel, and below the waist. Bumps may be tan, yellow, gray or pink in color. In children and some persons with HIV, the bumps may appear on the face.

- *Treatment:* Liquid nitrogen (a very cold gas) that is put on the bumps to destroy them; you may need to come back to the clinic more than once to get rid of the infection.

Mucopurulent Cervicitis, or MPC, is pus on the cervix (the opening to the womb), caused by infection with STI bacteria (mostly Chlamydia and gonorrhea germs). These bacteria are spread from one person to another during vaginal sex. MPC can lead to PID and infertility. If you are pregnant and have MPC—and are not treated—you may lose the baby.

- *Signs and symptoms include:* A woman often will have no signs of a problem, but a yellow or green vaginal discharge may be present. MPC can be observed by the clinician during your pelvic exam (your cervix looks irritated and red). Pus (a sign of infection) is seen when the clinician looks at your vaginal discharge under the microscope.
- *Treatment:* Your doctor will give you an oral or injectable medicine to kill the bacteria that cause MPC; these medicines are also effective for killing the chlamydia and gonorrhea bacteria.

Non-gonococcal urethritis (NGU), also called non-gonococcal arthritis and non-specific urethritis, is caused by bacteria such as chlamydia, mycoplasma, urea plasma or trichomonas. NGU is transmitted during vaginal, anal, and possibly oral sex. It can lead to the dangerous infection PID as well as infection of the testicles in men; NGU can also cause sterility in men and infertility in women.

- *Signs and symptoms include:* Women usually do not have symptoms so NGU must be detected by your doctor during a regular gynecological examination. Men also may be asymptomatic but common symptoms in men include: pain or swelling around the groin; discharge from the head of the penis, or the anus; pain or itching of the head of the penis; and pain when urinating.
- *Treatment:* Your physician must prescribe medication(s) to kill the bacteria that caused the NGU; it's important to finish your medication so the disease doesn't come back.

Syphilis is a bacterial STI that can infect men, women, and children and can be transmitted during anal, oral, or vaginal sex. It can also be passed from a mother to her baby during pregnancy. Syphilis can be transmitted through skin-to-skin contact and does not require exposure to semen or vaginal fluids. Syphilis infections increase your chance of HIV infection if you are exposed to it. If not treated, syphilis can cause brain damage, heart disease, and other long-term health problems. It is best to avoid sexual contact until syphilis has been cured; condoms may help reduce transmission but will not provide 100% protection, since the disease can be transmitted via skin-to-skin contact.

- *Signs and symptoms include:* There are four stages of infection and the disease can be spread at any phase.
 - Stage 1: Incubation. When you first get infected; you have no symptoms at this stage. It may take as long as 90 days for a blood test to show you have the disease.
 - Stage 2: Primary Syphilis. A painless sore on your penis, vagina, mouth or anus, which you may not notice. This sore will go away without treatment, but the bacteria will still be in your body. You may also have swollen glands in your groin. A blood test will show you are infected. You can spread syphilis easily during this stage of the disease.
 - Stage 3: Secondary Syphilis. More sores or skin rashes, especially on the hands and feet. Without treatment, these symptoms will also go away, but you will still have the disease. Again, a blood test will show you are infected. You can spread syphilis easily during this stage of the disease, also.
 - Stage 4: Latent Syphilis. You will not have any symptoms at this stage, but a blood test for syphilis will show you have the disease. The syphilis bacteria will still be in your body and can cause many serious health problems.
- *Treatment:* Your doctor will give you a shot to kill the germ in your body. You may need three separate injections, each one week apart—and you will need a repeat blood test one week after treatment, and then every month until you are cured.

Trichomonas (also called “trick”) is an STI caused by protozoan. It infects both men and women, but causes more symptoms in women. “Trick” is passed from one person to another during vaginal sex. Use condoms every time you have sex to avoid passing this infection to your partner(s).

- *Signs and symptoms include:* Men often don’t have symptoms but may have a discharge from the penis or, rarely, pain when urinating. Women may have a yellow-green or gray bubbly fluid from the vagina that may be smelly; itching or burning on or around sex organs; pain in the lower part of the abdomen; and pain or burning when peeing.
- *Treatment:* The prescription drug Flagyl (metronidazole) will kill the protozoans that cause Trichomonas. Take all of the pills, even if you feel fine and be sure to tell your doctor if you may be pregnant. DO NOT drink any alcoholic drinks for 24 hours (one full day) before taking Flagyl, and for one day after you have finished it. It could make you sick. Avoid having sex until you and your sex partners finish sex treatment; if you do have sex, always use a condom.

Pelvic Inflammatory Disease (PID) is a serious, dangerous infection usually caused by gonorrhea, chlamydia or other bacteria passed during vaginal sex, and go from the vagina through the cervix (opening to the womb), into the uterus (womb), tubes or ovaries. These bacteria cause infection, pain and scar tissue. PID is the leading cause of infertility (loss of the ability to have children) in women. Men can be carriers of bacteria and not know it because they may not have any symptoms (discharge or burning on urination). A woman can also have bacteria on her cervix without knowing it. There are also cases of people getting PID from sharing sex-toys, keeping a tampon in too long, or having anal to vaginal sex without changing the condom or washing the penis or sex toy. Each time a woman has PID she lowers her chance of a normal pregnancy by 15-30%. *If left untreated, PID can lead to several serious complications, including:*

- Pus in the tubes or an abscess inside the pelvis/lower abdomen.
 - Blocks in the tubes (so you can’t get pregnant).
 - Scar tissue in the pelvic organs.
 - Pregnancy in the tube, instead of the uterus (called “ectopic” or “tubal” pregnancy).
 - Life-long pain in the abdomen, especially during sex.
 - Surgery to remove the uterus, tubes and ovaries is needed (“complete hysterectomy”).
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- *Signs and symptoms include:* Pain in the abdomen during vaginal sex, mild or severe pain in the lower abdomen (stomach); pain in the lower back; fever, chills or vomiting; unusual bleeding or discharge from the vagina. Keep in mind that there may be *no signs* of PID until it has progressed to a dangerous level.

- *Treatment:* You will be given a shot in the arm and some pills to kill the bacteria that cause PID. You may need to stay in the hospital for treatment. Be sure to return to the clinic or hospital for all your follow-up appointments, to make sure the infection is getting better! Do not have sexual intercourse for at least two weeks, to allow your body and sex organs to heal. Take hot baths several times a day to speed up your healing. Finish all your medications, even if you feel better.

HEALTH FOR WOMEN OR MEN WITH FEMALE REPRODUCTIVE ORGANS

by Dr. Pratima Gupta & SJI Staff

A reproductive health check for women or persons with female reproductive organs should include: pap smear, vaginal exam, cervical exam, breast exam and STI testing if you are sexually active.

The Pelvic Exam and Pap Smear

The pelvic examination is a “check-up” of your vagina (inside and outside), cervix (opening of the uterus) and uterus (womb). Your clinician will look inside the vagina with a speculum (plastic or metal instrument that lets the clinician see inside the vagina), and may also take tests at that time such as a “pap smear” and tests for gonorrhea and Chlamydia.

- *What happens during the pelvic exam?*
Part 1: During the pelvic exam, drops of discharge from the vagina may be looked at under the microscope to check for yeast, trichomonas, bacterial vaginosis and irritation or infection of the cervix. A check for genital warts, herpes, or syphilis sores is done by looking carefully at the outside and inside of the vagina. Part 2: The second part of a pelvic examination is when the clinician puts two fingers inside the vagina and checks the uterus, fallopian tubes and ovaries for normal development, infection (such as PID), tubal pregnancy or ovarian cysts.
- *What is a pap smear?*
A pap smear is not the same thing as a pelvic exam, and is not done every time you have a pelvic exam. It is a gentle scraping of the loose cells at the opening of the cervix. The cervix is located at the back of the vagina. The cells are put on a glass slide and examined under a microscope for any changes or abnormalities. The purpose of doing “Paps” is to find early changes in the cells that may need treatment so that cancer never gets a chance to develop.
- *When should I get a pap smear?*
A Pap smear should be done three years after the loss of virginity or age 21— whichever comes FIRST. Then a Pap smear needs to be done

every 12 months until age 30. After age 30, you can switch to Pap smears every three years, but you still need regular STI screenings. If you have ever had an abnormal Pap, or if you have a history of genital warts, you may need to get repeat Paps every 3-6 months, until the cells return to normal.

- *What are the results of a Pap smear?*
Normal (satisfactory, without signs of cancer); unsatisfactory (not a good specimen, test needs to be repeated); inflammation (irritation of the cells, maybe from a vaginal infection or STI such as trichomonas); atypical (mildly abnormal cell changes); abnormal changes in the cells, or dysplasia which suggest wart virus (HPV infection) or sometimes, pre-cancer types of changes in the cells. Please remember you cannot get a pap smear during your period. For best results, don’t douche, use any medication in your vagina, or have sexual intercourse for 24 hours before your pap is done. As stated before, douching the vagina, unless proscribed by a doctor, is NOT advised.

HEALTH FOR MEN OR WOMEN WITH MALE REPRODUCTIVE ORGANS

by billay tania & SJI Staff

In this section, the term “men” will refer to people with non-trans male bodies (XY guys). Maybe you’re here but you’re not completely “male” identified, which is great, just keep in mind that the terminology used in this section is very specific to the author’s experience. Names that are used for certain body parts and the ideas attached to them may not concur with your own. If you identify as female but still have male reproductive organs, please consider getting regular prostate examinations by your doctor.

Testicular Cancer

Check your testicles. Approximately 1 in 250 people with testicles develop a form of testicular cancer sometime in their life and it is most common in people aged 15-34. Some research suggests that this is something that happens more to white people than people of color. This problem can be treated and has a high survival rate. The best thing you can do is give yourself a self-check once every month. So when you’re in the bath or shower, soap up your balls and roll them around between your fingers to check for small pea-sized lumps or hardening of a testicle. Testicles already have some texture, especially around the area where they are connected to seminal vesicles, so don’t trip on every little thing you feel. If you find a lump, definitely have it checked out by a doctor, but just remember also that not every lump is cancerous. If you’re doing monthly checks, you’re probably detecting an early lump that is treatable.

Prostate Health

One body part you should thank every day is the walnut-sized, donut-shaped gland at the base of your urethra called the prostate. Every time you ejaculate, it contracts to squeeze out fluid that comprises the bulk of semen. These contractions are partially responsible for the feeling you get when you cum. Some people can even make themselves cum just by “milking” their prostate, a reason it’s been deemed the “male g-spot,” or as I like to call it, the “p-spot.” If you bend over, you can feel your p-spot really easily by putting your thumb in your butt and feeling a few inches in on the rectal wall on the side towards your penis. You’ll feel a lump and a special sensation when you get there.

Symptoms to be aware of include pain between your scrotum and rectum, fever, blood or pus in your piss, and frequent pissing. If you experience any of these, please see a doctor.

Regarding preventative measures you can take, be mindful of bacteria that can get inside your anus. Good ways to do this are to be sure you’re using condoms for anal sex. More exciting is that regularly expelling prostatic fluid by ejaculating as well as the regular stimulation of the prostate can significantly reduce your chance of experiencing prostate disorders. So anal sex helps stimulate the prostate!

Erectile Dysfunction (ED)

If you are not using your penis, this section might not apply to you, but may be useful to someone you know who does. Most of us have experienced a time when we didn’t get hard when we wanted to. Erections usually wax and wane over the course of a single encounter. Even if it sounds silly, boners can be connected in our brains to our sense of strength, “potency” and success, which gives ED an added emotional dimension. Occasional lack of boner is not something to worry about. Prolonged erectile dysfunction is something you can work with.

ED rates climb with age. A good number of ED cases are psychological in nature, and some are physiological in nature. The difference will determine what appropriate treatment is for you. Physiologically speaking, erections rely on blood and blood-flow. Things that affect your blood flow (like high blood pressure, stress, diabetes and high cholesterol), can also affect your ability to get and keep an erection. Other culprits can be hormonal imbalances due to HIV or other health issues as well as certain medications used for depression (SSRIs like Zoloft, Prozac, and others).

If you use boner pills like Viagra, Levitra or Cialis, you should be aware of their side effects, especially if your taking other drugs that mess with your heart-rate. Boner pills can cause heart and circulation irregularities

like palpitations and can have some nasty interactions with things like poppers, coke or crystal. Viagra and other ED drugs can also cause something called priapism, which is an erection that doesn’t go away and is extremely painful. Sometimes people who use these pills end up having more difficulty staying hard without them. To get rid of the headache and sinus pressure that sometimes accompanies boner pills, try drinking a lot of water.

Breast Cancer in Men

Breast cancer in XY men is very rare. Symptoms include a lump (often painless) in the breast area or under the arms, a discharge from the nipple, or a sore in the skin of the breast. The recovery rates for breast cancer are pretty high if the cancer is caught early enough, so you might as well go ahead and check your breasts for lumps at the same time as you check your nuts for testicular cancer. If you are on female hormones, or have had breast implants, please get regular breast exams with your doctor.

TRANS HEALTH

by blake nemec, Chuck Cloniger, NP, Tomi Knutson & SJI Staff

Basic health for transgender people becomes task-ridden, with laundry lists of things that need signatures, approvals, and prior authorization because we are transgender people. Our attempt here is to explain some trans-health issues and reduce the anxiety related to them. There are many ways that transgender people have sex, and because those scenarios have such a wide spectrum, we are not able to explore those here.

Getting Tested

As the main parts that make the sex happen, knowing their condition is a vital part in maintaining good sexual health. As Sex Workers, where the body parts go can conflict with our gender identity, so be extremely kind to yourself and know that when you are getting tested or asking questions about STIs or HIV, it’s your business, not anyone else’s, and if you’re not getting your questions answered because the counselor is not client centered or educated, leave. Or if you have patience, let them know what test you want, that you don’t want to talk anymore, and get the test you need.

Mental Health Tips for Transgenders

Self-care: There are myriad ways that we can take care of our minds and bodies (your mind will be weak if your body is neglected). Eating well and

getting the nutrients our minds and bodies need to think clearly and feel balanced (or try to), is one option.

Creative outlets: Writing, photography, video, etc. have proved to be very clarifying (even clarifying struggles) and affirming to people, and it's good to be open to what works best for you or the person going through gender transitions. Basically, express yourself, even if it feels daunting to express a present that is not what you want in terms of gender identity. Most of the greatest works throughout history come out of times of struggle!

Finding allies/friends: Holding oppression in is taxing and stressful to the body, so if you find a good listener who validates and supports you, appreciate them and take advantage and share yourself. It won't take away your problems, but can help put them into perspective and help you breathe through them.

Keep your records: We are the professionals of our body, and we should keep track of things personally and for the medical establishment. Dealing with the bureaucracies of health-care can be confusing and disorienting, so if you have physical tracking of your healthcare it can help you see what works or doesn't as well as help you advocate for yourself.

Coming Out: This process is unique to everyone, but most agree that it relates to telling family, friends and the workplace that you are a transgender person. It is good to meditate on who you come out to in order to not experience violence, hate or consequences that could hurt your physical or financial livelihood. Good first steps are to come out to people that you trust, see how that goes, and decide how or when to open that door to others or not.

Taking space or losing unsupportive people: Family members, friends or lovers who are not supporting you in the way that you need, is beyond your control, and may mean that you need to take space from them in order to honor yourself and your transition. If there is abuse and great ignorance, you don't deserve that! It is responsible and smart for you to move on. If you really care about someone who doesn't have your back because you're a transgender person, buy them a trans-positive book or video, inscribe that you love them and will see them on the other side. Hopefully, they will be smart enough to get there on their own and you can be in each other's lives again. But, remember, it's not your responsibility to educate the world on trans issues.

Disclosing: This is complex. It is not "more ethical" to disclose that you're trans, and in some circumstances it may be safer for you *not* to disclose. When turning a trick, it's your call. There is a market for transgender people. There are also strong gender and body "boxes" in the sex work

industry, so do what is most safe and fruitful for you. If it's risky, please use security! Disclosing in our personal lives is also complicated, but similarly, it is up to you how, when and with whom.

Bathrooms: Gender binary public bathrooms can be uncomfortable, stressful and violent, and we still have to choose most of the times, between male or female bathrooms. Some options if you're not comfortable in either male or female and there isn't a gender-neutral bathroom in the building: Take a friend for security; Pee before you leave your house; Use the stalls.

If you're someone using a bathroom and getting asked to leave, getting screamed at, or experiencing any violence, you **DON'T** deserve this treatment and have the same bathroom rights as any non-transgender person! If you choose to file a complaint, you have that option. Check out the Law Section for assistance.

Sharing Hormone/Intramuscular Needles: A Possible Risk for HIV/Hepatitis

Many transgender people take hormones through injection. This means inserting a needle into your butt cheek, thigh, or arm, and injecting the testosterone or estrogen directly into the muscle. Sometimes we will decide to share our needles with other transmen/women. There are lots of reasons why this might happen- however, sharing needles is a high risk for HIV and Hepatitis B and C infections. The best way to reduce your risk is to avoid sharing needles. Sometimes, people choose to clean their works when sharing because they don't have access to their own. Using bleach to clean your works and equipment (including caps and cookers) for at least two minutes will kill HIV and Hepatitis A & B but may not kill Hepatitis C. It's best not to share needles. Many will provide you with hormone syringes. (See Section B.12: Needle Exchange Sites)

Silicone/Pumping Parties: A Health Risk found within Transgender Communities

Make no mistake, injected silicone can and does kill several transgendered women each year and disfigures many more. While we know this is practiced by some people, we advise to only do *tiny amounts at a time*. The most common causes of death immediately following a silicone injection are from an immune response that causes the lungs to fill with fluid, or from a pulmonary embolism. Both an immune response and an embolism can cause rapid and certain death unless immediate emergency medical attention is sought at the first sign of itchiness, dizziness or difficulty breathing.

Finding A Doctor for Care & Hormone Therapy

It's a standard medical practice to ask extensive questions of a new client's health history. It is our same right as clients to inquire about the cultural and medical knowledge of our potential healthcare providers. Here are questions your provider should have answers to:

1. What is my Bill of Rights at this facility?
2. How long have you worked with transgender people?
3. What is your transgender health protocol? Can I see it?

Standard knowledge of transgender hormone therapy protocols is information the provider should know. Referrals, information and resources to aid you in the care you need should be provided to you.

Find a healthcare provider you trust and can be honest with. To get the most from hormone therapy, you need to be able to talk openly about what you want, concerns you have, and any problems you are experiencing. You also need to be able to talk openly with your healthcare provider about your health history, smoking, alcohol, street drugs, dietary supplements, herbs, and any other medication you are taking. Hormone therapy can be affected by all of these things, and being honest about them will help create a plan that is maintainable by you.

Information on Estrogen for MTFs

Estrogens are strong and serious medicines. They work by putting the female hormones directly in your body. Most people's bodies will respond by looking and feeling more womanly. Estrogens often work really well, but they can also have some dangerous side effects.

Some people are more likely to have bad effects than others, these include people:

- Who smoke.
- Have diseases like diabetes and high blood pressure or problems with their heart, hepatitis or other liver problems or kidney problems.
- Have close relatives who have had breast cancer, like a mother or sister.
- Are taking HIV medicine.

It's important to tell your physician if you have any other problems in this list. This does not mean you won't be given estrogen. Some of the effects of estrogens that most people think are good/positive are: growing breasts; changing the shape of your body to be more womanly or "pear" like; softening of skin; growing less body and face hair; making your penis and testicles smaller.

Estrogens come as an injection, as pills that you take everyday, or as a patch that you put on your skin once a week. Some people like the shots better because they get more medicine faster, but then it drops off. Other people like the pills better because you get a steady amount of medicine all the time.

Remember that it takes many months to get the full effect of hormones. These changes don't happen all at once, and taking more of your medicines won't make them happen any faster, it will just make you more likely to get sick and more likely that one of the negative things listed below will happen to you. Some of the negative (or dangerous) effects include:

- Blood clots in you legs or lungs, which are painful, scary and life-threatening.
- High blood pressure.
- Diabetes.
- Tumors in your brain (prolactinoma).
- Feeling sick to your stomach or throwing up.
- Getting headaches including migraines.
- Gallbladder disease.
- Problems with your liver.
- Loss of sex drive.
- Feeling moody or depressed.
- Acne.
- Inability to have an erection or get someone pregnant (these could also be seen as positive outcomes).

However, some people never get any of these side effects, and people who do usually experience very few—not the whole list.

Most people taking estrogens take them in combination with another drug to block the effects of the male hormone testosterone. Spironolactone is often used; its effects are similar to those of estrogens. Most people have less body hair and grow bigger breasts while taking spironolactone, however, it cannot change the shape of your body and face the way estrogens can.

Information on Testosterone for FTMs

Many FTMs decide that they are able to look on the outside the way they feel on the inside without taking hormones. However others feel that they cannot do this without hormones.

Testosterone comes in two basic forms. Most commonly it is taken as a shot once every 2-4 weeks. There is also a patch form. Some people like the patch better because it releases a constant amount of testosterone every day, instead of having a lot right after getting the shot, and then less over the time before the next shot is due.

Testosterone can affect bodies of people born female in powerful ways. Many of these effects are good, like growing more face and body hair, deepening your voice etc, but others can be very dangerous. People who already have certain health problems or conditions can make those problems much worse by taking testosterone, or can develop new problems because of taking testosterone. If you have any of the problems or conditions listed below, and you want to take testosterone, it's very important to talk to your provider so you can work together to keep you safe and healthy. These conditions include:

- If you are pregnant.
- If you have heart problems, especially coronary artery disease, or if one of your close relatives has coronary artery disease.
- High lipids.
- Liver disease- like Hepatitis B or C.
- If you smoke cigarettes.
- If you or close members of you family have had breast cancer.
- If you've had blood clots in your arms or legs (DVT or Deep Venous Thrombosis).
- If you are obese.

Even if you were very healthy before you started taking testosterone you could still have many problems as a result of taking testosterone. Some of the side effects of testosterone include:

- Gaining weight- especially in a more "male" way, like getting a big belly.
- Your arms and legs swelling (peripheral edema.)
- Your skin breaking out.
- Erythrocytosis (an imbalance in your blood cells).
- Problems with your liver.
- Your "good cholesterol" going down and "bad cholesterol" going up, which puts you at risk for heart problems and heart attack.
- Headaches.
- Your skin becoming less smooth.
- Being more moody and especially more aggressive.
- Going bald.
- Not being able to get pregnant.

Because of the seriousness of some of these side effects, you must get blood tests every three months for the entire time you are taking testosterone to be sure that you are staying healthy. Some of the effects that most people consider good are:

- Your period stopping.
- Your voice deepening to a more traditionally male range.
- Growing more hair on your face, chest, arms and legs.
- Your muscles getting bigger and becoming stronger.
- Your clitoris getting bigger.
- Making it less likely that you will get osteoporosis (brittle bones).
- Wanting to have sex more.
- Having more energy in general.

Remember that not everyone gets all of these effects, and some people will get some more than others and some sooner than others. The process can take years to complete; though many people will have notice major changes within just a couple months.

One of the most important things to know about taking testosterone is that many of the changes to your body, like your voice deepening, your head and body hair changing and your clitoris getting larger are sometimes permanent. This means that if you ever decide to stop taking testosterone your body may never go back to the way it was before.

What Won't Change with Hormone Therapy

Hormone therapy won't solve all body image problems, nor will it make you into somebody else. Hormone therapy will not provide you with a perfect community and it will not remove all of the gender characteristics that you had pre-hormone therapy.

In addition to having an experienced provider, having friends and allies for emotional support during this process is very helpful. Sometimes peer counseling or therapy can help you process your feelings. However you find support, know yourself and your process.

SECTION A.4: TRANSGENDER IDENTITY SUPPORT

MEDI-CAL AND GENDER REASSIGNMENT

*by The Community Health Advocacy Project &
The Transgender Law Center (TLC)*

Does Medi-Cal cover gender reassignment?

Yes! Despite what many Medi-Cal recipients have heard, Medi-Cal will cover some procedures. It is true that Medi-Cal still sometimes tries to deny coverage for gender reassignment procedures but California courts have, on several occasions, overruled these denials and ordered Medi-Cal to pay for the requested treatment. Because Medi-Cal may continue to automatically deny some requests for treatment, applicants should prepare their requests with that in mind. We offer some information about filing an effective request and getting help in filing an appeal if your request is denied by Medi-Cal. All Medi-Cal participants have the right to file an appeal when a procedure has been denied.

What types of procedures might be covered?

Medi-Cal should cover hormone treatment, some gender reassignment surgery, and other necessary procedures. Medi-Cal is required by law to evaluate requests on a case-by-case basis. They must approve those requests that they find to be medically necessary so long as the procedure is not considered to be "experimental." Gender reassignment surgery is not included in Medi-Cal's definition of experimental procedures.

What steps must I take to get Medi-Cal to cover gender reassignment procedures?

The first step is find a healthcare provider who is registered with Medi-Cal. Anyone providing health services related to your transition should be able to become a Medi-Cal provider.

If getting gender reassignment surgery (GRS) is a part of your prescribed or desired medical treatment, it will be difficult to identify an experienced surgeon who accepts Medi-Cal. To begin the process, your surgeon must submit a Treatment Authorization Request (TAR) to Medi-Cal. The TAR explains why the services you are requesting are medically necessary and should be paid for by Medi-Cal. Your TAR is crucial in getting your request approved, so you need to work with your provider to insure that the best possible request is submitted. The TAR should include letters from: your therapist(s), your primary physician, and you. Each of these letters should explain why the requested procedure is medically necessary for you.

How long does it take to get a decision?

Medi-Cal has 30 days to take action on the TAR and is required by law to send letters to you and your provider regarding their decision.

What should I do if Medi-Cal denies coverage?

If Medi-Cal denies your request, you will receive a “Notice of Action.” Use the form on the back of this notice to request a State “Fair Hearing.” You have 90 days from the date you received your Notice of Action letter to file your request. Once your request is processed, you will be given a date for a hearing. We strongly advise you to seek legal help or representation for the hearing (See Section B.10: Legal Assistance). If you choose not to use an attorney, or one is not available in your area, ask a friend, relative or community advocate to help prepare your case. This person should also go with you to your hearing. *Medical necessity* is the primary criterion upon which Medi-Cal decisions are based; thus you should provide as much evidence as you can to prove medical necessity. In addition to letters from your treating physician, this can include letters from other healthcare providers, updated medical reports, letters from friends and family, and/or social science reports that discuss gender identity disorder.

What happens after the hearing?

The judge looks at all of the evidence from both sides and renders a decision. The law says that you must receive a decision within 90 days of filing your request for a hearing (unless you waive that right in writing).

What can I do if I lose at the State hearing?

If the judge rules to deny you coverage, you have the right to a rehearing. If you lose the rehearing, you have the right to appeal the decision in California Superior Court. You should also be aware of something called an “alternate decision.” If the judge grants you coverage, the Director of Medi-Cal has the power to over-rule the decision; in such cases, you must appeal the Director’s decision in the California Superior Court. At this point, we strongly advise you to obtain legal assistance.

The Harry Benjamin Standards of Care

The Harry Benjamin International Gender Dysphoria Association has created guidelines for providing health services to people with Gender Identity Disorder (GID). Not all transgender people have GID. Of those who do, some choose to utilize these guidelines as a way to plan the healthcare they will receive. Some successful Medi-Cal applicants and healthcare advocates believe that the best way to apply for Medi-Cal coverage is by following these guidelines. While we are not affirming that these guidelines are the *only* healthcare plan that Medi-Cal will find “medically necessary,” we believe that applications that follow them may have a greater chance of being approved. Guidelines are at www.hbgda.org.

What if I have chosen to be part of an HMO as my Medi-Cal service provider?

Some HMOs deny gender reassignment to their members. If your HMO does not cover gender reassignment, Medi-Cal should still cover the cost. Your provider must first send the treatment request to the HMO; your provider will receive a denial of payment, which he or she must then send, along with a TAR, to Medi-Cal for payment. If Medi-Cal denies the TAR, you may request a state “Fair Hearing.” (See above section: “What should I do if Medi-Cal denies coverage?”)

Medicare Plus Medi-Cal

If you are a recipient of both Medicare and Medi-Cal, you may be ineligible for some gender reassignment procedures. Medicare explicitly excludes gender reassignment surgery. Due to the way the two-benefit systems operate, this exclusion may block you from receiving coverage from both Medicare and Medi-Cal. If you are in this situation and are denied coverage, we advise you to explore your legal options with an attorney.

LEGALIZING YOUR GENDER IDENTITY IN CALIFORNIA

by *The Employment Law Center & TLC*

Your birth name is a legal name because it is on your birth certificate and is used on all of your legal documents; it is the name by which you are officially known. If you wish to change that name, you have two options, a “common law” name change and a “court-ordered” name change.

Common Law Name Change

Some people who change their name never get formal recognition of the change—they simply adopt a new name and use it over time. If the new name is used consistently for business and personal affairs, it can become your legal name through what is called a “common law” name change. This is a free method of changing your name. However, it does not create the kind of solid paper trail that a court ordered name change will and is more and more difficult to use for many purposes (such as financial institutions).

Court-Ordered Name Change

A court-ordered name change is one where a judge approves your request to change your name. You begin the process by completing the proper forms and submitting them at the county court house. Once you pay a fee (about \$350), or submit a fee waiver, you will be given a court date within six weeks, during which period you must place a small ad (legal notice) in the classified section of any local paper stating that you are changing your name. Judges may waive this requirement for people who need to protect their identity (e.g., survivors of DV) or who are unable to pay for the classified ad (can range from \$50-120 in SF). On your court date, you appear before a judge with proof that you have taken out the ad. If your paperwork is in order and no one objects to your request for a name change, the judge will approve your request.

What makes your gender legal?

California allows you to change the gender on your California birth certificate. Legal experts believe that this change will legally change your gender. However, as far as we know, this theory has not been tested in court. The reason you might want to try to “legalize” your gender is that some laws (marriage and child custody, mostly) might require you to be a certain gender in order to utilize them. The process for getting your California birth certificate changed is similar to the one used to get a name change. The primary difference is that you’ll need a letter from your healthcare provider declaring that you have undergone “surgical treatment for the purpose of altering [your] sexual characteristics to

those of the opposite sex.” (CA HSC 103425.) The judge is allowed to ask specific questions about your treatment and can deny your request if your treatment does not include genital surgery; however, we have found that denial on this ground is rare. It is more probable that the judge will grant your request and ask the state to issue you a new birth certificate. (Remember that this is only true if you have a California birth certificate. If you have a birth certificate from another state, you will need to ask the court to exercise a power called “equitable jurisdiction.”)

If you are under 18 years of age and are not an emancipated minor, you must take some extra steps to do either of the above. Because you are a minority, a parent or legal guardian will need to apply for your name or gender change. When you pick up the forms at the courthouse be sure to pick up the additional paperwork necessary for applicants under 18 (form DL 44).

Changing Legal Documents and Records

Birth Certificate: After completing the above court procedures for changing your birth certificate, you must file an “Affidavit to Amend Record” with the California Department of Vital Records (VR). If you are changing only your name on your birth certificate, you will use a different form (VS-23) than if you are changing your gender marker or your name and gender marker at the same time (VS-24). These forms can be obtained from your county Recorder’s office, your local health department, or by calling VR at (916) 558-1784 (press 2). There is a fee for getting your birth certificate changed, (includes one certified copy of new certificate); then fees for additional certified copies.

Social Security: To change your name with the Social Security Administration, you need proof of your old identity and proof of your new identity (usually your temporary drivers license or State ID). Take these materials to a social security office; fill out an SS-5 form (online at www.ssa.gov); provide legal documentation of your name change (e.g. a court order), documentation of your identity (e.g. an expired ID/DL with your old name); and request that they change your name. To change your gender on your social security records, the SSA now requires you to present a surgeon or doctor’s affidavit verifying that your “sex change surgery has been completed.”

Driver's License and California ID: As of May 2009, the California Department of Motor Vehicles (DMV) has made changes to the procedures of name and gender changes on your driver's license (DL) or CA ID. You must now use form DL 329 for requesting a change to your gender, and form DL 44 to change your name. You may obtain these forms at any DMV location (usually at the information desk), or by calling DMV's automated line and requesting they be mailed to you (800-777-0133), or by going on-line (form DL 329 only). Before you can change your name with the DMV, you must *first* change your name with the Social Security Administration (SSA). You do not need a court order to change your gender on your DL or ID but you do need a licensed California physician to document the fact that you are transgender by signing the DL 329 form. You will need to provide additional identification or documentation to change your name and you may, at this point, find a court order for a name change very helpful. Once you have these forms completed, take them back to the DMV and pay the fee (about \$22); you will then receive a temporary license with your new information. Your permanent license or ID will be mailed to you in approximately two weeks.

Passport: When an applicant presents a certification from an attending medical physician that the applicant has undergone appropriate clinical treatment for gender transition, the passport will reflect the new gender. It is also possible to obtain a limited-validity passport if the physician's statement shows the applicant is in the process of gender transition. No additional medical records are required. Sexual reassignment surgery is no longer a prerequisite for passport issuance. A Consular Report of Birth Abroad can also be amended with the new gender.

Selective Service: If you are FTM and applying for federal benefits (including educational loans), you will likely need to show proof that you were never required to register with the Selective Service. You may obtain this by submitting a "Request for Status Information Letter." (Download the form from www.sss.gov/FSmen.htm.) When submitting the form, you must include certified copy of your original birth certificate (with female designation).

GENDER IDENTITY DISCRIMINATION & EMPLOYMENT LAW

by The Employment Law Center & TLC

What is gender identity discrimination?

Gender identity discrimination occurs when you are denied services, opportunities, equal access, or subjected to a hostile work environment because you are transgender, intersex, and/or genderqueer. It can occur on its own or in combination with discrimination based on other characteristics (e.g., race, sex, sexual orientation, disability).

How can it affect my employment?

Discrimination occurs when an employer fires, fails to hire, fails to promote, or takes other negative employment action against you because of your gender identity and/or expression. An employer who discriminates against you in compensation or in terms, conditions, or privileges of employment on this basis is likewise acting in a discriminatory manner.

On-the-job harassment is a prohibited form of discrimination that occurs when you are subjected to hostile, offensive, or intimidating behavior by a supervisor or co-worker because of your gender identity and/or expression. To be illegal, this kind of behavior has to be either very serious or happen on a regular basis over a period of time. Prohibited conduct can include, but is not limited to, repeated failure to address you by the proper name and pronoun, homophobic and/or trans-phobic comments and epithets, or invasive inquiries about your medical history or genitalia. It is also likely discriminatory for your employer to deny you access to the restroom that corresponds to your gender identity. Some employers believe that a person must undergo "sex reassignment surgery" before they can use the restroom that corresponds to their gender identity. We do not believe that this type of policy is legal under California law.

If you are transitioning on the job, you should be able to access the appropriate restroom as soon as you inform your employer that you are transitioning. If you transitioned prior to beginning a job, you should never be restricted from using the appropriate restroom even if you disclose your transgender status, or it is disclosed for you. If you feel unsafe or uncomfortable using either the men's or women's restroom you should ask your employer to provide you access to a gender neutral option. However, no employer may force an employee to use a gender neutral bathroom.

The other area in which employers often treat transgender employees in a discriminatory manner is in style of dress. If your employer has different dress codes and/or uniforms for men and women, you should be able to dress in accordance with the code or uniform appropriate for your gender identity. And employers should not scrutinize your compliance with the dress code any more closely than they would the compliance of any other employee.

Retaliation

Federal, State, and San Francisco employment laws also prohibit an employer from retaliating against an employee who complains about employment discrimination or participates in the investigation of someone else's complaint. Retaliation may include being fired, disciplined, harassed, or given undesirable work assignments. Retaliation, like discrimination or harassment, can be the basis for a claim or lawsuit.

Local Employment Laws

In California, San Francisco, Santa Cruz (city and county) and West Hollywood explicitly protect transgenders from certain forms of discrimination. Your ability to protect yourself with these laws varies from city (or county) to city. For instance, in San Francisco, the San Francisco Human Rights Commission (SFHRC) will investigate and mediate claims of gender identity discrimination. If you are discriminated against in San Francisco you can find out more by calling 415-252-2500. If you face discrimination in one of the other jurisdictions, contact that jurisdiction's local government body.

California Employment Law

The Fair Employment and Housing Act (FEHA) is the main protection for employees under California State Law. As of January 1, 2004 FEHA explicitly prohibits gender identity based discrimination in employment and housing. As amended, FEHA defines sex to include: a person's "identity, appearance, or behavior, whether or not that identity, appearance, or behavior is different from that traditionally associated with the individual's] sex at birth." Under FEHA, employees cannot be discriminated against: because they are transgender (regardless of whether they have undergone or intend to undergo any medical procedure); because their identity, appearance, or behavior does or does not conform to gender stereotypes (regardless of whether the person identifies as transgender); or for any other reason based on the person's gender-related identity, appearance, or behavior.

Federal Employment Law

Title VII of the Civil Rights Act protects employees from discrimination on the basis of sex. While it does not explicitly prohibit gender identity discrimination, Federal courts have recognized discrimination based on gender non-conformity as discrimination based on sex. Unfortunately, sexual *orientation* is not explicitly a protected category under Title VII. Additionally, the Americans with Disabilities Act (the Federal disability rights law) explicitly excludes transsexualism and gender identity disorder from conditions protected against discrimination. Therefore, a claim for gender identity discrimination under Federal law may only be brought as a sex discrimination claim.

STEPS FOR FIGHTING GENDER IDENTITY DISCRIMINATION

Step 1: Document the discrimination

Write down the dates, times, and individuals involved in suspected incidents, as well as witnesses to the discrimination. It is best to keep these notes away from your work site.

Step 2: Attempt an informal resolution

For all cases, you should try to address instances of harassment or discrimination by speaking with your supervisor (unless that person is the harasser) or your employer's human resources or personnel office. Follow-up the conversation by filing a written complaint (keep a copy for yourself). If the situation is not resolved informally, you should follow your employer's or union's internal grievance process.

Carefully review any document your employer asks you to sign in relation to this situation. If you are unsure what a document says (especially if it contains language about "arbitration," "release of claims," or "waiving the right to sue or to bring a complaint"), get legal advice before signing.

Step 3: Seek legal advice

While it is sometimes difficult to get full legal representation for a claim of this type, even an informal "advice and counsel" meeting with an employment attorney can often help you better prepare your case. Contact the Employment Law Center or the Transgender Law Center.

Step 4: File a complaint

If you are not able to resolve your situation through your employer, you may consider taking legal action. In the employment discrimination context, this always means filing a complaint with the appropriate local, state and/or federal agency(ies). The Department of Fair Employment and Housing (DFEH-State) handles all complaints under FEHA. You can make an appointment with the DFEH by calling 800-884-1684. Filing a complaint is free and you can do so without the help of an attorney. You must file your complaint within one year of the date of the last incident of discrimination. The department will then investigate the claim and, if sufficient evidence is found, will try to reach a settlement between you and your employer. The Equal Employment Opportunity Commission (EEOC-Federal) handles all complaints filed under Title VII. To find the office nearest you, contact the agency at 800-669-4000. You must file your complaint within 300 days of the date of the last incident of discrimination (federal employees must file with their Equal Employment office within 45 days).

Step 5: "Right to Sue" Letter

If your situation is not resolved by filing a complaint with either the DFEH or the EEOC in a timely manner, you will be issued a "right to sue" letter, which allows you to file a lawsuit against your employer in the proper court. This letter also may be obtained at any point after filing a complaint with the DFEH or EEOC, if you want to terminate the investigation and file a civil lawsuit.

GENDER IDENTITY DISCRIMINATION & TENANTS' RIGHTS

by The Community Health Advocacy Project & TLC

Following is information about your rights under San Francisco and California Law.

What is gender identity discrimination?

Gender identity discrimination occurs when we are denied services, opportunities, or equal access based either on our lack of conformity with traditional gender norms or because of the perception that we don't conform to those norms.

How can it affect me as a tenant?

Leases: A discriminatory landlord may try to deny you the opportunity to apply for a lease or tell you an apartment has been rented when it has not. Some landlords will try to require that you sign a lease with terms that differ from those offered to a non-trans person. Others have signed a lease and taken a deposit, but then tried to deny access to the apartment or begin eviction proceedings upon finding out that their new tenant is transgender.

Repairs: Some landlords will discriminate by failing to make repairs in a timely and professional manner or refusing to make them at all.

Sex-segregated Facilities: A transgender tenant has the right to equal access of sex-segregated facilities. While it is not common to have public restrooms in a landlord/tenant context, when they do exist and are sex segregated, transgender tenants have the right to access the restroom that corresponds to their gender identity. Some landlords believe that a person must undergo "sex reassignment surgery" before they can use the restroom that corresponds to their gender identity. We do not believe that this type of policy is legal under California law.

Harassment: Finally, a discriminatory landlord will often try to verbally harass you and/or will fail to take action against an employee or other tenant who harasses you.

Retaliation: Retaliation is when your landlord takes further discriminatory action because you stood up for your rights or for the rights of someone else in your building. The above organizations can give you information on how to defend against retaliatory actions.

All of these actions, and any other differential treatment that disadvantages you, may be violations of San Francisco City and California State laws. To effectively enforce your rights, it is best to understand the different ways that the two sets of laws protect you.

Housing Law in San Francisco

Landlords: The San Francisco Municipal Police Code (Article 33 sect. 3304) prohibits housing discrimination based on a number of factors, including gender identity. Complaints about discrimination can be filed with the San Francisco Human Rights Commission (HRC). Verbal harassment by your landlord, an employee of the landlord, or another tenant in your building can also be the basis for filing a discrimination complaint with the HRC. If you have complained to your landlord about the harassment (preferably in writing), they are required to take steps to prevent further harassment.

Roommates: In addition to landlords, roommates or housemates can sometimes be a source of discrimination. If a roommate or housemate attempts to evict you or engages in harassment based on your gender identity, the HRC will accept and investigate your complaint.

California State Law

As stated earlier in this section, under FEHA, a tenant cannot be discriminated against for gender identity.

Fighting Housing Discrimination

- *Keep detailed notes*

It is important to jot down a note whenever your landlord does something that might be discriminatory. Also, when possible, give your landlord complaints in writing and keep a copy for yourself. If you give the complaint to someone other than your landlord, make a note of her or his name and their relationship to your landlord (e.g., family, employee).

- *Get legal advice*

Even if you cannot afford a private attorney, you can still get help in understanding and enforcing your rights. San Francisco has a number of non-profit organizations and government agencies that can help you prepare your case whether or not you want to go to court. Even if you can afford an attorney, these organizations can give you information to help you decide if litigation is the best route for you.

The SF Rent Board offers easy to understand information about your rights under the SF Rent Control Ordinance; call 415-252-4600 or go to www.ci.sf.ca.us/rentbd.

Informal Mediation: Community Boards is a SF volunteer organization that helps resolve disputes and is especially good for disputes with your roommates or neighbors; call 415-252-4600.

Litigation: If your complaint is not resolved via mediation or if you chose to by-pass mediation altogether, you can sue under state law in civil court. If you can afford a private attorney, the Bar Association of San Francisco can provide you with attorney referrals at 415-989-1616.

Special Procedures for Evictions: If you are at risk for an eviction, whether it is based on a discriminatory motive or not, you should seek legal assistance. If you have received a notice (usually 30 or 3 days), you should call one of the previously listed community organizations as soon as possible. If you have received a court summons (5 days) you should immediately contact the San Francisco Rent Board (415-252-4600), the SF Tenants Union, or the Eviction Defense Collaborative (See Section B.9: Housing Assistance).

SECTION A.5: VIOLENCE PREVENTION

ONLY RIGHTS CAN STOP THE WRONGS!

by SJI Staff

Sex Workers are often victims of violence. Not because sex work is inherently violent but because social stigma, criminalization, unjust working conditions, decreased social status/social capital and systematic abuse of powers by police, judges and institutions make it easier and more tolerable for violent perpetrators and predators to inflict violence against us without consequences.

We are mothers, daughters, sons, brothers, sisters, aunts, uncles, fathers, husbands, wives, friends and lovers. We are people who deserve equal protection under the law. However, we rarely get justice. Even though there are situations in which certain authorities take seriously abuses against Sex Workers and pursue our perpetrators with force, there are hundreds (if not thousands) of other situations in which Sex Workers are treated as less-than-human by those who are meant to protect us. No Humans Involved (“NHI”) has been a term used by law enforcement officers and institutions to describe victims of violence and murder who are also identified as Sex Workers. This is totally unacceptable and further confounds the problem of violence against Sex Workers.

In 2005, sex-worker activist Dr. Annie Sprinkle and SWOP-USA established *December 17th, International Day to End Violence Against Sex Workers* as a memorial and vigil to the victims of the Green River Killer. Sex workers from around the globe have adopted this event as an opportunity for us to come together and heal some of the trauma, pain and isolation we experience as a result of the overwhelming violence perpetrated against us. The Red Umbrella is our symbol of our unity; we use it as a beacon of hope and protection.

Because sex work is currently classified as illegal in most of the US—thus making us criminals—we are forced with a difficult decision when we are victims of violence: Go to the police and maybe go to jail, and be treated like crap? Or, do nothing. In most cases, Sex Workers will not report abuse or violence. The reality of police in the role as enforcers of prostitution laws as well as our jailers makes it difficult, if not impossible, for us to trust them and reach out to them for protection. This has to change. Thus we advocate for decriminalization of sex work.

Since we are often tasked with protecting ourselves, prevention is the preferred strategy. There are numerous steps Sex Workers can take to reduce the chance that we might fall victim to a perpetrator or predator.

Since many predators pose as customers, carefully screening clients is the first and best line of defense. Please see Section A.8: Occupational Health and Safety for Sex Workers and/or Section B.23: Violence Prevention & Intervention Services for some excellent information to keep yourself safe while working or to find referrals for assistance. Other things that can help are to utilize a bad-date list in your area or to join one of the national, web-based, bad-date lists created exclusively for Sex Workers. If you are a Sex Worker and would like more information about bad-date lists, talk to one of us at the St. James Infirmary or contact the Sex Workers Outreach Project at 877-776-2004.

VIOLENCE IN THE WORK PLACE

by SJI Staff

Violence and/or harassment in any workplace is never acceptable. Violence can take many forms, e.g., abusive communication, intimidation or bullying, physical abuse, sexual abuse or harassment, and stalking. Abusive or violent situations in sex work settings may arise through working with clients and, in some cases, from co-workers, management, or police. Being on the receiving end of any form of abuse affects different people in different ways. Physical and emotional reactions to violence or abuse may appear some time after the actual event. Additionally, other employees may be adversely affected by the abuse of one of their co-workers.

If you think you are in immediate danger, call 911!

If you or someone you know is being or has been abused or assaulted, or if you have any questions about assault or violence and what to do about it, you can call the District Attorney's Victim's Services Division at 415-553-9044. All information shared with an advocate is confidential unless specifically required by law to be disclosed. The victim-witness advocate's job is to help end assault or violence in your life, not to obtain information that could be used against you in favor of the case.

Other resources you may want to use for information and support are crisis hotlines with expertise in violence prevention, such as DV shelters, or rape crisis hotlines.

FAMILY & RELATIONSHIP VIOLENCE

by SJI Staff

Like workplace violence, family and relationship violence (also called domestic violence) is never acceptable. In San Francisco we have a number of safe houses and shelters for women (bio and trans) who are in a violent relationship and need to leave. We encourage you to call a hotline to speak to someone about your situation (See Section B.1: Children, Youth, and Family Services and See Section B.18: Social Support Services). Having someone to talk to or receiving counseling can make the situation easier to address. Remember, you don't have to be alone.

Sometimes the police can be allies in helping protect you from a partner or family member who is violent towards you. This is not always the case, so consider your personal and immediate situation. The courts can also award you restraining, stay-away and protection orders that might help you. We encourage you to talk to a trained DV counselor about your options to use these methods. If you or someone you know could use some advice, referrals or a safety plan, call Woman Inc. at 877-384-3578 (24-hour crisis hotline).

SEXUAL HARASSMENT & STALKING

by Arielle McKee & SJI Staff

Sexual Harassment

Sexual harassment can occur in a variety of circumstances. The harasser can be anyone, such as a supervisor, a client, a co-worker, a teacher or professor, a student, a friend, or a stranger. The victim does not have to be the person directly harassed but can be anyone who finds the behavior offensive and is affected by it. While adverse effects on the victim are common, this does not have to be the case for the behavior to be unlawful.

Both the harasser and the victim can be of any gender identity. And the dynamic of harassment can take place between individuals regardless of sexual orientation. The harasser may be completely unaware that his or her behavior is offensive or constitutes sexual harassment, or may be completely unaware that his or her actions could be unlawful.

Stalking

Stalking statutes vary between jurisdictions, but may include such acts as:

- Repeated physical following or unwanted contact (by letter or other means of communication).
- Observing a person's actions closely for an extended period of time.
- Contacting family members, friends, or associates of a target inappropriately.
- Cyberstalking.

California was the first state to pass an anti-stalking law in 1990.

Now, all states have anti-stalking laws (see www.ncsl.org/programs/lis/CIP/stalk99.htm).

Cyberstalking

In recent years stalkers have seized on the anonymity of the Internet to commit their crimes. This has added a new dimension because many victims of cyberstalking don't know the identity of the stalkers. That can make the fear more palpable and prosecution more unlikely. The fact that cyberstalking doesn't involve physical contact doesn't mean it is any less dangerous than physical stalking. It's not difficult for an experienced Internet user to find enough of the victim's personal information (e.g., phone number or place of business) to establish his or her physical location. The reality is that any type of stalking can lead to a physical attack if the situation is not properly dealt with as soon as possible.

California Law

In California, both criminal and civil laws address stalking. According to the criminal laws, a stalker is someone who willfully, maliciously and repeatedly follows or harasses another person (victim) and who makes a credible threat with the intent to place the victim or victim's immediate family in fear for their safety. The victim does not have to prove that the stalker had the intent to carry out the threat. (California Penal Code 646.9, www.leginfo.ca.gov)

A victim of stalking may bring a civil lawsuit against the stalker and recover monetary damages. (Civil Code 1708.7) Victims may also request that the California Department of Motor Vehicles (DMV) suppress their automobile registration and driver's license records from being released to persons other than court and law enforcement officials, other governmental agencies or specified financial institutions, insurers and attorneys. (California Vehicle Code 1808.21, 1808.22) When stalking

occurs in the workplace, an employer can request a temporary restraining order or an injunction on behalf of the employee who is a victim of stalking. (California Code of Civil Procedure 527.8)

Federal Law

Currently, there are few federal laws that deal directly with stalking. The Interstate Stalking Punishment and Prevention Act of 1996 punishes persons with a fine and/or imprisonment for crossing state lines "with the intent to injure or harass another person . . . or place that person in reasonable fear of death or serious bodily injury" (18 USC § 2261A, 2261, 2262)

Originally passed in 2004, a 2006 expansion of the Violence Against Women Act (VAWA) adds a cyberstalking provision to protect women from domestic violence, sexual assault, and stalking. The new version creates criminal penalties for anonymous emails and VOIP (voice over the Internet) calls sent with the intent to "annoy, abuse, threaten or harass any person."

TIPS TO SAFEGUARD YOUR IDENTITY

- Use a private post office box. Residential addresses of post office box holders are generally confidential. However, the US Postal Service will release a residential address to any government agency, or to persons serving court papers. This information is easily counterfeited. Private companies, such as Mail Boxes Etc., are generally stricter and will require that the person making the request have an original copy of a subpoena. Put your post office box, not your residence, on your driver's license.
- Do not file a change of address with the US Postal Service. Send personal letters to friends, relatives and businesses giving them the new private mailbox address. Let people know that information about you should be held in confidence.
- Sign up for your state's address confidentiality program. Nearly half the states offer a no-cost mail-forwarding program. For a list, visit: www.sos.state.ok.us/acp/confidentiality_programs.htm
- Obtain an unpublished and unlisted phone number. Do not print your phone number (or residential address) on your checks. Give out a work number or use an alternate number. If your state has Caller ID, order Complete Blocking (called "Per Line" Blocking in other states).
- Avoid calling toll-free 800-, 866-, 888-, 877- and 900-number services. Your phone number could be "captured" by a service called Automatic Number Identification. It will also appear on the called party's bill at the end of the month. If you do call toll-free 800-numbers, use a pay phone.
- Avoid using your middle initial as this makes it easier for someone to narrow down your identity. Consider using your first initial and last name only in as many situations as you can.
- Know that certain government agency records are public (e.g. those held by a county assessor, county recorder, registrar of voters, or business licenses). Be protective of your Social Security number.
- Have your name removed from any "reverse directories." Contact the major directories and request that you be removed from their listings:
 - Haines Criss+Cross Directory. Attn: Director of Data Processing, 8050 Freedom Ave NW, North Canton, OH 44720. By phone: 800-843-8452 extension 312.
 - Equifax Direct Marketing Solutions. Attn: List Suppression File, 26955 Northwestern Hwy, South Field, MI 48034. Include your name, address, ZIP code and phone number. By phone: 888-567-8688.

- Don't put your name on the list of tenants on the front of your apartment building. Use a variation of your name that only your friends and family would recognize.
- Take potential threats seriously. Very clearly tell that person to stop, saying something like, "Do not contact me in any way in the future." Sometimes it is helpful to copy your "stop" email message to the abuse department of the harasser's Internet service provider. (If you have trouble determining that ISP, contact www.Cyberangels.org or www.Haltabuse.org)
- Do not respond to any further messages from the harasser nor have anyone else contact the harasser on your behalf.
- Keep a log of every incident. Building such a paper trail can help make a successful prosecution more likely. Evidence that may help build a case includes: Caller ID records, logs of phone calls, saved recording of harassing calls, copies of threatening letters, items sent to you in the mail, pictures of injuries, or even photos of the stalker outside your home. Maintain a list of names, dates and times of your contacts with law enforcement.
- Make a police report. Consider getting a restraining order if you have been physically threatened or feel that you are in danger. If a restraining order becomes necessary you should contact an attorney or legal aid office. Note: Some security experts warn that restraining orders sometimes lead to violence. Before obtaining a restraining order, consider your options carefully.
- Be cautious about applying for a domain name. Ask a friend to register your domain name, or make sure your information is set at private and not public. Change your e-mail address if necessary. Do not put your real name with your email address.
- Develop a safety plan. Remember, even restraining orders do not always prevent stalking from escalating into violence. Make sure friends, neighbors, and co-workers know about your situation. Show them photos of the stalker. Keep handy the phone numbers of assisting agencies. Set up easy access to money, credit cards, medication, important papers, keys, and other valuables in case you need to leave quickly. Have a safe place in mind that you can go in an emergency. Try not to travel alone. Always vary your routes. Carry a cell phone that has a camera. You are not responsible for the bad behavior of others, but you do have choices on how you respond to those bad behaviors! Consider getting professional counseling and/or seeking help from a victims support group. You don't have to go through it alone.

SECTION A.6: SUBSTANCE USE & TREATMENT SERVICES

SUBSTANCE USE & HARM REDUCTION

by SJI Staff

At St. James Infirmary our approach, especially to recreational drug use, is largely based on the philosophy of “harm reduction.” (Note: for the rest of this article the phrase “drug use” will refer to “recreational drug use”.) Harm reduction affirms and respects individual choice and accepts that our choices have consequence. Harm reduction is a set of practical strategies that attempt to reduce the negative consequences of behavior choices that have associated health risks, especially drug use, without necessarily eliminating that behavior all together. “Nothing About Us Without Us” is a common slogan used in the movement to convey the fundamental principle of inclusion and meaningful participation of active users. Because harm reduction demands that interventions and policies designed to serve drug users reflect specific individual and community needs, there is no universal definition of harm reduction. However the principles discussed below are central to harm reduction practices.

Harm Reduction Principles

Source: Harm Reduction Coalition.

- Accepts, for better and for worse, that licit and illicit drug use is part of our world and chooses to work to minimize its harmful effects rather than simply ignore or condemn them.
- Understands drug use as a complex, multi-faceted phenomenon that encompasses a continuum of behaviors from severe abuse to total abstinence, and acknowledges that some ways of using drugs are clearly safer than others.
- Establishes quality of individual and community life and well being—not necessarily cessation of all drug use—as the criteria for successful interventions and policies.
- Calls for non-judgmental, non-coercive provision of services and resources to people who use drugs and the communities in which they live in—in order to assist them in reducing harm.
- Ensures that drug users and those with a history of drug use routinely have a real voice in the creation of programs and policies designed to serve them.

- Affirms that drugs users are the primary agents of reducing the harms of their drug use, and seeks to empower users to share information and support each other in strategies that meet their actual conditions of use.
- Recognizes that the realities of poverty, class, racism, social isolation, past trauma, sex-based discrimination and other social inequalities affect both people’s vulnerability to and capacity for effectively dealing with drug-related harm.
- Does not attempt to minimize or ignore the real and tragic harm and danger associated with licit and illicit drug use.

Quick Safety & Prevention Tips While Working

Excerpts adapted from: L. Synn Stern. Tricks of the Trade: Reducing Risks for Sex Workers.

- Try not to let customers know that you are actively using or they may be tempted to play money and power games.
- Insist on getting paid cash, not drugs. You’ll look more professional and in control.
- Don’t get so pinned you can’t see at night. It’s hard to work safe when you’re very high drugs so consider mild to moderate use if you have to work.
- If you can help it, never let customers know that you’re in withdrawal.
- Keep mouth moist by chewing gum or sucking sweets, lozenges or cough drops.
- Drink a lot of water to prevent constipation, dry mouth and dry itchy skin.
- Hydrate with other liquids like sports drinks and juices.
- Urinate frequently, even if you think you don’t have to.
- If you can’t get your shit out, get off the toilet. Straining causes hemorrhoids.
- Prevent sniffing with antihistamines and mentholated salve in nostrils.

DRUGS: WHAT THEY ARE, WHAT THEY DO

by Tomi Knudson, Catherine Swanson & SJI Staff

One of the most important things you can do to minimize the harm from drugs is to learn about them. There are literally hundreds of substances that humans ingest to get high. One of the risks of drug use is that for some people, the drugs, or things we do to get more drugs, might impair our judgment. For example, we may be less likely to use a condom with sex when we are high. As with other things, the more you practice it sober, the better you will be at it when you are high. So, while you are sober, practice having sex with condoms. If you find yourself not using condoms when you are high, get yourself tested.

We feel it is important to state that many of us use drugs because they are fun and they feel good. Drug use can be a way to relax, have fun, socialize with our friends, enhance certain experiences, alter our feelings when our feelings need altering, or just because we like doing them. These, and many others, are reasons we as a society use substances. Most people will likely have mild to moderate consequences from drug use. That is, for most, our drug use won't be a significant problem in our lives. For another portion of us, we might find that our drug use causes problems in our lives, leads to risk-taking behaviors, can add to or create health problems or just makes our lives miserable and "unmanageable." Either camp you relate to, this section is meant to provide information on how to use drugs safer as well as options on how to stop drug using altogether if necessary.

One message we hear and read a lot is "Don't Drink and Drive." Here, we might go a step further to this maxim with all the drugs listed below by adding this amendment: "Avoid drinking/using and driving, biking, operating mechanical equipment and swimming." This will reduce the chance you will badly or fatally hurt yourself or others, or wind up in jail.

A word on *detoxing*: later in this section we will discuss different options ("modalities") of substance use treatment. There are certain drugs in which physical dependence warrants special considerations, like medically supervised detox. Alcohol and benzodiazepines are drugs that fall under this category because detoxing can cause seizures and death.

Healing

Whether you explore therapy, acupuncture, a new living situation, eating a little healthier, taking more walks, getting regular exercise, doing yoga, allowing yourself to rest, getting (or trading) massage, taking hot baths, or whatever is available to you so you can make a healthy change in your life, try to see that as part of your active role in your detox, recovery and/

or healing your depression. Laughter has an amazing healing aspect and provides us with endorphins and joy. So watch a funny video, movie or a comedy show. It takes time, but if you can do something that's healthy for yourself, no matter how small, you can check in with yourself in a couple of weeks or a month, and maybe find you're in a better space. Remember: *laugh every day and breath!*

Risks and Preventing Them

Just as drugs themselves vary, so do the ways in which people take them. The most common are ingesting (by mouth), snorting, smoking and injecting. Some of the safety tips on method of use are the same or similar no matter what type of drug one uses. Before we discuss the drugs themselves, we will cover method of use and how to reduce risk.

Injection or Shooting Up

Injecting has specific risks. Injecting with anything other than sterile equipment increases your risks of HIV, hepatitis B/C and other infections. Injecting in the same spot increases the risk of abscesses and collapsed veins. Skin-popping or muscling drugs increases your risk for abscesses because the cut in the drug is not absorbed into the bloodstream (mainlining) and can sit under your skin for long periods of time. This may also happen if you miss a shot.

Bacterial infections, blood poisoning, and endocarditis (an infection of the heart lining) can result if bacteria are injected along with the shot.

Abscesses, cellulites (skin infection), and other injection-related injuries can result from the cuts in street heroin, especially for skin and muscle-poppers; and after repeated use, a mainliner's veins can collapse and become unusable.

Hitting a nerve while injecting can result in paralysis, and hitting an artery can lead to a large loss of blood or the loss of a limb.

- Injecting repeatedly in the same place can lead to infections and abscesses and can also cause vein, nerve, and cartilage damage.
- Try to find a place to get off where there's lots of light. Plan ahead.
- Use a new needle every time you possibly can! A sharp point saves lots of wear and tear on veins.
- To avoid transmitting HIV, Hepatitis, TB, and other diseases do not share paraphernalia.

- If you do share, clean your syringes and your cooker with bleach. This will kill the HIV, Hep A & B but may NOT KILL HEP C.
- Use alcohol pads on the injection site before fixing.
- Rotate injection sites.
- Take your time and make sure you are in the vein before you inject.
- Save the “easy” spots for when you KNOW you don’t have time. The veins in your hand look tempting, but if you’re not in a hurry, save them for when you need them. They are delicate and you can lose them fast.
- Rotate your spot! Its best to alternate veins. A vein takes at least a couple days to heal. More time is better.
- If you can, tie off (use a tourniquet). This makes finding a vein a lot easier. But once the needle is in the vein, take the tie off before you hit. Leaving the tie while you hit on puts too much pressure on the vein, and you could lose the vein.
- If you skin pop, then immediately apply hot water with a washcloth to prevent an abscess and infection.
- Apply Arnica cream to bruised veins and tissue. Vitamin E also may help with scarring.

Smoking

Smoking can lead to throat and lung damage, stroke, abnormal heart rhythms, and extremely high blood pressure. It can result in cut lips, which in turn can increase you susceptibility to infectious diseases like HIV and hepatitis. Sharing pipes and stems can transmit herpes and TB as well.

- If you smoke, cover the mouthpiece of the stem with tape or a rubber cover to avoid cuts and burns. When smoking with other people, take your rubber cover off the pipe before you pass it so that other people won’t put their mouth directly on your rubber cover.
- Use of a clean Choy or copper wire, pipe screens is best.
- If possible use a glass pipe made for smoking that wont shatter or get too hot. Wipe mouth holes before using.
- Don’t let your lips get cut. Cuts caused by sharp or hot pipes can expose you and others to infectious diseases, especially when you have oral sex without a condom, dental dam or a latex barrier.
- If there is blood or saliva on your pipe or stem, thoroughly wipe it off, immediately!

Snorting

Snorting causes nasal damage by destroying the mucus membrane of the septum (the tissue between your two nostrils). Long-term use can eat a hole through your septum.

- Use your own straw or snorting device.

SUBSTANCES

Alcohol—AKA: Booze, Liquor, Wine, Beer, Whiskey, etc.

Alcohol increases circulation, dilutes your blood, decreases muscle coordination, causes dehydration and occasionally causes insomnia. Effects on mood vary and range from increasing sociability and happiness or euphoria to decreasing attention span and, in some folks, making them more volatile or short-tempered. At very high doses, alcohol can cause alcohol poisoning, symptoms of which include vomiting, passing out, blacking-out and, in very large doses, coma and death. Over time alcohol can cause severe physical dependence, intense brain and organ damage.

- *Reducing Harm:* Make sure to eat a few hours before drinking; this will help you avoid getting piss-drunk and/or blacking-out. Avoid mixing alcohol with other downers like benzos, GHB or opiates. Avoid mixing different kinds of alcohol.
- *Coming Down:* The biggest thing to know about coming down from alcohol is how to avoid hangovers. Hangovers are partially caused by dehydration and can be avoided by dinking water when you drink alcohol. Keep track of what you were drinking when and if you get a hangover—sometimes these can be exacerbated by an allergic reaction to a particular drink (watch for red wines, lots of people are allergic to the tannins in reds, and very sweet or sugary drinks). Taking ibuprofen when you go to bed can help make a hangover less likely.

Benzodiazepines—AKA: Valium, Klonopin, Xanax, etc.

The benzodiazepine family includes more than 30 drugs. Benzodiazepines are often divided into three groups: short-acting (6 hours or fewer, e.g., lorazepam/Ativan); intermediate-acting (6-10 hours, e.g., clonazepam/Klonopin, diazepam/Valium); and long-acting (11-20 hours, e.g., flunitrazepam/Rohypnol).

As a group the benzodiazepines have three primary actions: they reduce anxiety, relax muscles, and reduce convulsions or seizures. Some of the stronger or longer acting benzodiazepines may also result in memory impairment or memory loss.

- *Reducing Harm:* Avoid mixing benzos (especially the longer-acting ones) with other downers like opiates, alcohol or GHB. Because of their effects on memory, use caution about who, where and how you choose to try a new benzo or a larger dose. Some benzos—most notably flunitrazepam/Rohypnol—have been used in the commission of sexual assault.

Cocaine—AKA: blow, snow, powder, coke, cola, nose-candy, yayo, uptown

Cocaine is a stimulant. This means that it gets you up. Unlike speed it is a natural stimulant extracted from the leaf of the coca bush. You can't get pure cocaine on the street here; it is often cut with lactose (which makes you go to the bathroom), Procaine (an anesthetic) and sometimes heroin or other drugs. Cocaine in the US is usually snorted, injected or smoked. How you use it will determine how quickly you get high. Smoking and injection are the quickest, and snorting takes as long as three minutes. Cocaine is a short-lived, intense high. Cravings for more (the "mores") are a common side effect of cocaine use.

- *Effects, Tolerance and Addiction:* Cocaine moves quickly through the bloodstream to the central nervous system where it effects the reward/pleasure centers of your brain. Cocaine can initially increase the parts of your brain that effect thought organization, concentration, fine motor control, sex drive and energy. Your body responds to cocaine use in other ways too, e.g. increased heart rate, blood pressure and breathing. It can increase alertness and stamina, reduce fatigue and a desire for food or sleep.

Eventually though your brain loses the ability to produce dopamine and other pleasure chemicals. This can cause feelings of depression or "the Crash." The damage is not permanent and you will start functioning normally again, though it may take a while. Regular heavy use can result in anxiety, depression, nausea, agitation, insomnia, weight loss, loss of sex drive, and compulsive behavior. Some users become psychologically dependent on the effects of the drug and form a habit. Cocaine can also have harmful effects on the heart and is very dangerous during pregnancy. For people with mental health conditions cocaine may cause the conditions to be worse.

- *Crashing:* Symptoms include physical exhaustion, cold-like symptoms, and depression or anxiety. Acupuncture – especially the five-point detox modality – can help stabilize damaged neurotransmitter production sites. Valium, Valerian or Skullcap tincture can soothe a crash.

Eat, sleep, and drink plenty of water and juice even if you are not hungry, especially if you have been on a binge.

Crack/Freebase—AKA: rock, hubba, dubs, base

Crack is a form of cocaine that is in a hard rock, non-water soluble form. See the piece above on cocaine and it's effects as most of it applies with some exceptions. Since crack/rock is usually smoked (and injected by using ascorbic acid to make it a liquid), it is much faster acting and moves through the body quicker. This means "the mores" or "jonesing" for more crack can be way more intense. Another big difference is that crack cocaine carries longer jail/prison sentences for possession and distribution than powder cocaine. In addition to the tips below, please see the previous section on safer smoking tips.

- Try not to binge! Take time between hits.
- Drink water as often as possible and try to eat something regularly.
- Get rest.
- If it tastes wrong, don't smoke it! Everything that looks like crack, isn't!
- If you smoke indoors, make sure it is ventilated.
- If you have problems breathing or are coughing up dark stuff, slow down or stop smoking for a while. See a doctor if this continues.
- *Overdose.* Like powder cocaine, crack can be taxing on the heart (as well as lungs). This can lead to increased risk of heart attacks and strokes. If you are experiencing chest pains, shortness of breath, numbness in the limbs, or any other painful or abnormal symptom please call 911 or go to the closest Emergency Room or hospital.

GHB, Ketamine & Ecstasy—AKA: Club Drugs

These three drugs are a pharmacologically heterogeneous group of psychoactive compounds that are frequently used to enhance dancing and clubbing. These three drugs are placed together for expediency, although they are all quite different in their effects. Things to know is that these drugs can be very risky when mixed with other drugs, especially alcohol.

Ecstasy (MDMA), or "E" is a mood-elevator, however street-level ecstasy is often cut with other drugs like speed, PCP. Side effects are depression and heatstroke. Make sure to drink plenty of fluids. GHB, or "G" in low doses causes euphoria. Do not mix G with alcohol as many deaths have occurred. Ketamine, "Special K," at low doses has a mild, dreamy feeling. At higher doses, K produces a hallucinogenic effect, and may cause the

user to feel very far away from their body (entering a “K-hole”). Many users find the experience enjoyable, while others find it frightening. Try lying down or staying seated during this experience. It will eventually subside.

Heroin—AKA: junk, smack, dope, brown, chiva, H, horse, hop, tar, downtown

Heroin is a drug made from the opium poppy, and belongs to a class of drugs called opiates. Some opiates are natural (morphine, opium, and codeine) and some are synthetic, i.e. manufactured in a lab without using the poppy (Demerol, methadone, fentanyl). Heroin is “semi-synthetic;” it is produced from morphine through a chemical process that makes it about three times stronger than morphine and gives the user a “rush” when injected because it easily gets to the brain. Heroin breaks down into morphine inside the human body. Heroin bought on the street often contains “cuts” that can be harmful to the user. Heroin can come in the form of a white powder (“China white”), a brown, sometimes grainy substance (“Persian”), or a sticky, dark brown gum (“black tar”).

- *Effects, Tolerance:* If you use heroin on a regular basis, you will develop tolerance to it, meaning that you need to use more to get the same high. One way to avoid building up tolerance is to use only once or twice a week or by “taking time off.” A person is physically dependent on heroin (has a “habit”) when they must have regular doses in order to feel normal. Dependent users experience withdrawal (“jones” or “dope sick”) if they stop using heroin. Although you might feel like you’re going to die, withdrawal will not kill you and is not harmful to a generally healthy person; it can be quite harmful, however, to an unborn baby (fetus) in a pregnant woman who is detoxing or to people with advanced HIV-disease or other serious health conditions. Withdrawal symptoms can include diarrhea, nausea, stomach cramps, body aches, sweating, clammy skin, hot and cold flashes, a runny nose, inability to sleep, irritability, depression, restlessness, and a profound lack of energy. Withdrawal starts about 8 hours after last use and is usually most severe on the second and third days after last use.
- *To avoid overdose:*
 - Do a tester shot—or a small amount—every time you get a new supply of drugs so that you can find out how potent they are. If you haven’t used for a while, you no longer have the same tolerance to heroin, so a dose that would have been fine in the past may now kill you.

- Don’t mix heroin and other drugs that depress the body such as alcohol, or barbiturates (Seconal, Tuinal), and benzodiazepines (Valium, Ativan).
- Mixing a shot of heroin with cocaine (“speedball”) or amphetamine is also more dangerous than using either by itself.
- Always use with a responsible and caring friend so that if something happens, hopefully your friend can see you through it.

A person who has overdosed on heroin will usually stop breathing, have no pulse, may vomit and turn bluish, and have cold skin. If this happens, *call 911 immediately and tell them your friend is not breathing!* In SF, you should not be arrested.

Try to keep the person propped up, moving around, and breathing. If this isn’t possible, at least keep their airways clear, lean their body forward so the lungs don’t fill with fluid, and apply CPR (only if properly trained). If you have a prescription, inject the person with Naloxone.

Do not leave a person who has, or may have, overdosed alone!

- *Treatment.* Many people stop using heroin on their own, although some may seek drug treatment. You can detox all at once (go “cold turkey”) by simply stopping your use of all opiates, or detox more slowly by cutting down your dose or using methadone, buprenorphine, clonidine, or Darvon to help you through (these drugs must be prescribed by a doctor or clinic). Drink lots of liquids (especially juices) to prevent dehydration and electrolyte depletion.

Another emerging detox option for heroin users is Ibogaine, which is a naturally occurring, plant-based substance with psychoactive effects. While Ibogaine is prohibited in the US (like many other drugs, heroin for example) and is not government or clinically approved for detox, many people and groups offer Ibogaine detox. As well, this option is legal in other countries, like Mexico. As with other forms of detox, please consult a professional, or someone with experience in the treatment for more information.

Speed—AKA: methamphetamine, amphetamine, crank, crystal, tweek, meth, tina, crystina

Like many drugs, speed has the ability to make you feel good. You can have intense feelings of pleasure and well-being and be able to function at top speed, getting lots of work or studying done or dancing all night. Of course, with the up, comes the down. Like other drugs, the more you use speed, the more your body needs. This is called tolerance. Tolerance occurs more rapidly when speed is injected or smoked. Speed tells your body that you don't need food or sleep, so you are extremely tired and depleted when you take a break. Depression, nightmares, and insomnia are also side effects of using speed. Then there is the crash. To avoid crashing, people often take more speed. Warning: this just intensifies the negative effects of the crash when it does come, and the crash always comes.

- *Physical Effects.* The physiologic effects of speed include:
 - Increase in breathing or heart rate.
 - Constipation or diarrhea.
 - Rise in blood pressure.
 - Dry mouth.
 - Dehydration.
 - Sweating.
 - Loss of appetite and Malnutrition.
 - Headaches.
 - Enlarged pupils.
 - Teeth grinding and jaw clenching.
 - Decreased circulation in arms, legs, hands and feet.
 - Acute mood swings.
 - Amphetamine psychosis, i.e., excessive mood swings, agitation, irritability, and confusion can occur with low doses, but with regular use of high doses the condition can become serious. It goes away when you stop using and the speed has left your body (usually in a few days). However, with heavy use, amphetamine psychosis has been known to last up to a year.

- *Risks and Preventing Them:* Speed tends to make you believe that your body doesn't need sleep or food. But this is not the case. Your body has the same needs when you are high as when you are not, you still need to eat, sleep and drink. Because your body needs fuel to continue moving, and speed needs your body's fuel to continue the high, make sure to always eat when using speed. If you just can't eat while you are high, try eating just before you get high. Hydrate! Drink lots of water and healthy juices. Stay away from alcohol because it dehydrates you and can make a crash much worse.

To avoid extreme exhaustion take a break from using. Allow your body to recover. The best break is one that allows your regular sleep pattern to return, enables you to lose the fatigue and depression and go back to eating regularly. This will also reduce your tolerance and not force you to do so much just to get high.

Speed is cut with many different chemicals and often it is those chemicals that are most harmful. Sample the speed first, particularly if you plan to inject it.

- *Crashing:* The more you use speed the harder the comedown. While the experience is different for everyone, the following symptoms are common: fatigue, vivid and unpleasant dreams, insomnia, increased appetite, paranoia, involuntary muscular activity, decreased concentration/attention and severe depression. Acupuncture—especially the five-point detox modality—can help balance and restabilize damaged dopamine production sites. Valium, Valerian or Skullcap tincture can soothe a crash.
- *Overdose:* A speed overdose is the result of the heart speeding up too fast and causing a heart attack or stroke. Use caution when mixing speed and opiates (speed balling)—it is like telling your body to speed up and slowdown at the same time. A person who is overdosing may turn blue in the face and may also look very pale, be very limp, can breathe and look at you, but not talk. Breathing and pulse (heart rate) may be slow and shallow and may stop altogether. The person may foam at the mouth, vomit, shake, or have a seizure, complain of chest pain, pressure, tightness or shortness of breath, or suddenly collapse.
- Overdoses are serious but do not have to be fatal. Your actions matter. **If you see someone suffering from these symptoms call 911!**

Do not leave a person who has, or may have, overdosed alone!

Nicotine

Cigarette smoking has been identified as the leading preventable cause of death in the US, responsible for more than 430,000 deaths annually. Each year, approximately 20 million of the 50 million smokers in the United States try to quit smoking, but only 6% of those who try succeed in quitting in the long term.

Anti-depressants

Source: Needle Exchange Emergency Distribution, *Drug Interactions... Between Prescription Drugs and Street Drugs*. Berkeley, CA.

Anti-depressants are not magic pills: they don't fix your life automatically; they don't get you high; and you may have a lot of side effects along with the benefits, especially at first. Depression, both "minor" and clinically "major," is a serious reality for a lot of people, and drug use is some people's way of dealing with it. But doing drugs (like heroin, speed, alcohol, coke, or ecstasy) are probably just going to make your depression worse—especially over the long term. There are other "disorders" that anti-depressants are prescribed for, i.e., obsessive-compulsive disorder, eating disorders, social anxiety disorder, insomnia, panic disorder, post-traumatic stress disorder, bi-polar disorder (manic depression).

Generally, you may be advised to stay on antidepressants for at least six months. You always have a choice, though. If you decide to stop taking your anti-depressant(s), it's better to take a half-dose for a week or two instead of going cold-turkey all of a sudden (this varies from medication to medication—check with your physician).

Anti-depressants & Interactions With Other Drugs

MAOIs (monoamine oxidase inhibitors) cause bad drug interactions, and interact with almost everything. Any psychiatrist who has a clue about your drug use won't prescribe them to you anyway, but it never hurts to check to make sure you're not getting one of these uncompromising chemicals. MAOIs take forever to leave your body, too, so if you've been on them, wait at least two weeks before you start on a different anti-depressant med, or delve into your stash.

Tricyclic anti-depressants also come with a laundry list of don'ts and mustn'ts. Tricyclics are a risky mix with speed or other amphetamines (and remember that X is amphetamine-like). Tricyclics also increase your risk of overdosing on heroin. They're known to cause bad acid trips, and it's generally pretty complicated to be using while on tricyclics, so it's probably better to stay away from them. Tetracyclics have similar drug-interaction risks.

Paxil, Prozac, Zoloft, Luvox, and Celexa are all **SSRIs** (selective serotonin reuptake inhibitors), which means they help regulate the serotonin (a chemical that enhances your feeling of well-being) available in your body. Ecstasy also works on the serotonin in your body, but in a much more intensive way; instead of gradually boosting your overall serotonin level (as SSRIs do), X floods your body with all its available serotonin at once, leaving you with none for the next day or two (which accounts for post-X depression). This is why you should avoid taking ecstasy while on an SSRI. Either the X won't get you off at all, or it will override the serotonin control you had going with your anti-depressant med, flicking up your response to that med for at least a week or two.

SSRIs are notorious for interfering with your sex life. They tend to make it difficult to orgasm, and lower your sex-drive. Although these difficulties can resolve almost completely after you're on the med for a while (3-6 months), you might not want to wait that long. Since dope, speed, coke, etc. all tend to mess with your sex-drive/orgasmic ability, it may be tricky trying to figure out what's causing what. It's important to be aware of all the things you're taking and how they affect your impulses.

A lot of anti-depressant meds say on the insert not to drink alcohol while you're taking them. The truth is, you'll probably be able to handle some alcohol (see the Exceptions, below), but your alcohol tolerance will probably be lowered. This is especially true during your initial period on the meds—what you used to drink comfortably might cause you to puke or black out all of the sudden. Caution is the best tactic, so lower your alcohol dose.

Exceptions:

For a lot of people, **Zoloft** is a particularly bad mix with alcohol. We're talking blackouts and other embarrassing stuff. **Remeron** also makes you prone to bad alcohol reactions. If you're a drinker, get on some med besides Zoloft or Remeron—your alcohol tolerance will still be reduced, but the interactions probably won't be as drastic. Antabuse will also trigger the same bad interactions as alcohol with these anti-depressants.

Prozac isn't that different from the others, but it stays in your system longer, and that can make other drugs build up in your body. So keep in touch with your body's signals: don't overdo it, especially if you're doing heroin (Prozac can affect your breathing, which could lead to an overdose).

Some **benzodiazepines** (sleeping pills) can be stronger with anti-depressants. Be careful with Xanax, especially if you're on Prozac, Serzone, or Remeron. Remember: heroin and benzodiazepines (downers) are a bad mix. They're an even worse mix if you're on anti-depressants.

Effexor might interact badly with speed or other amphetamines.

Wellbutrin can occasionally causes seizures. Because of this, you should pace yourself if you're doing speed or coke. If possible, make sure someone else is around who can help if you start having a seizure. **Luvox**, though, can cause either require a big increase in your methadone, or can make you go into withdrawal, so make sure you'll have some flexibility with your methadone dosage before you start up with Luvox.

Other Random Medications

These are a few medications that you see warnings for over and over again when you read the labels: "Don't take this if you're taking ____." They're ones to be especially careful with if you're using any kind of drug—even cold medicine in some cases!

- Warfarin (Coumadin)
- Cimetidine (Tagamet)
- Phenytoin (Dilantin)
- Cisapride
- Carbamazepine (Tegretol)
- Tryptophan

Note: **Coumadin** is an anticoagulant—it stops your blood from clotting. Sometimes people who shoot drugs get blood clots in their veins where they inject. If this happens in the big legs in your veins, you could be in serious danger, because the clot can travel to your heart or lungs, and kill you. It's pretty risky to mix Coumadin with anything. You may have to detox before using this drug.

RECOVERY FROM SUBSTANCE USE

by Catherine Swanson & SJI Staff

This section is a summary overview of recovery programs and problems or issues associated with recovering from substance use. For a list of resources and referrals to specific drug-treatment programs, (See Section B.19: Substance Use & Treatment Services). Please note: if you have a psychiatric diagnosis and are considering seeking drug treatment it is important to find an agency that offers "dual diagnosis" or "co-occurring disorder" treatment. Otherwise, please ask a prospective agency what, if any, types of mental-health treatments are available, what experience they have in working with a person with your particular issues and, if you are taking medications to treat your mental-health issues, whether the agency is qualified and able to work with this. *These questions should be asked before you enter treatment.*

Detox Comes First

Depending on the drug you've been using, the initial period of detox can last from a few days to a few weeks. Common symptoms associated with detox from different types of drugs include:

- *Alcohol, benzos and barbiturates:* Important: if you are severely physically dependent on alcohol, benzodiazepines or barbiturates you **MUST** seek medical care in order to detox safely! Coming off of those drugs can cause seizures that can kill you. More common symptoms are uncontrolled shaking, especially in the hands and feet (AKA the DTs or delirium tremens), sweating, anxiety, insomnia, increased heart rate and occasional hallucinations.
- *Heroin and opiates:* Heroin withdrawal isn't life threatening, but it can feel like it! "Flu-like" symptoms are common, e.g., runny nose, fever, diarrhea, nausea, muscle cramps, aches, pains and vomiting. Other symptoms include insomnia, anxiety, increased heart rate, and depression.
- *Marijuana:* Most people who use marijuana heavily and then quit experience no physical withdrawal symptoms. A minority may experience mild symptoms such as insomnia, irritability, headache, nausea, anxiety, depression and generally feeling "under the weather."
- *Cocaine and Other Stimulants:* Symptoms include slower heart rate, lethargy or low energy, an inability to concentrate, and sleepiness. Stimulant withdrawal also may increase anxiety and depression.

Options for Detox

Different types of detox programs include: in-hospital medical detox; medical detox at home; home detox without medical support; and social-model detox (e.g., 12-step programs). NOTE: If you are physically dependent on alcohol, benzodiazepines or barbiturates you **MUST** have medical care in order to detox safely.

Further Recovery After Detoxing

According to researchers at the University of Pennsylvania residential, inpatient treatment is probably essential for the following: people who cannot go one day without using; who are so severely physically dependent that they cannot detox without medical care; or who are unemployed. A few examples of different types of residential and other treatment programs are discussed below.

Residential Treatment: A live-in treatment program that generally requires a commitment of 21-days (detox) or up to 24-months (long-term). Most facilities involve one-on-one and group therapies, and attendance at 12-step groups.

Therapeutic Communities (TCs): People accepted into residential TCs will likely stay anywhere from 6-24 months. Participants may stay in intensive residential treatment for 6-12 months and then move on to satellite housing away from the main treatment facility. Because TCs generally emphasize learning basic life skills, the people who benefit the most from this kind of extended treatment are those with histories of problems maintaining housing and jobs, and/or with a long history of incarceration.

Clean and Sober Living Environments (SLE): Most people in the SLE work while they live in the house; residents generally are required to participate in the life of the community in addition to paying rent. Some require attendance at 12-step meetings, house meetings and maintaining sobriety.

Outpatient Treatment: Outpatient or “day treatment” is best for people who are reasonably functional or are not able to live in a facility for some other reason like having children or other dependents. Depending on your insurance restrictions and financial support, outpatient treatment may be the only treatment available to you. Most include 12-step programs, last between 14-90 days, and offer substantial after-care.

Counseling & Behavior Modification: Therapy can be a great way to gain insight into your thoughts and feelings and some kinds of therapy have had significant success (meaning they have been evaluated by impartial scientists) in treating alcohol and drug use. Ask your mental-health provider for more information about specific methods. It is important to be aware that, even if you have never been diagnosed with a mental-health issue, recovery can open the door to issues you hadn’t counted on seeing. Don’t be afraid to seek help from your support system and any others who can help support your efforts and manage the effects of not using.

Alternative Medicine: Alternative medicine, including Acupuncture (as mentioned above), body work to relieve tension and muscle cramps, herbs and nutritional supplements also may be an important adjunct for many people undergoing treatment for recovery from substance use. See *Integrative & Holistic Health* in Section A.2: Physical Health for additional information, and Section B.7: Healthcare Services — Alternative Healing for some referrals.

SECTION A.7: FOOD & NUTRITION

FOOD STAMP PROGRAM

by SJI Staff

The Food Stamp Program is a government program that helps low-income people by providing a monthly debit card that can be used like cash to buy food at most grocery stores. The average monthly food stamp benefit is \$176 per month for a family of 1, \$323 per month for a family of 2, and so on. “Expedite” food stamps can be available within three calendar days, but in general, it takes 30 days to receive food stamps.

San Francisco residents can be eligible for food stamps—including working families, people who are unemployed, single parents, married couples, people who are homeless, college students, seniors, single adults and legal immigrants. In California, most low-income legal immigrants are eligible for food stamps. Low-income senior citizens are eligible for food stamps unless they receive Supplemental Security Income (SSI). People receiving General Assistants (GA) or Cal-Works may be automatically eligible for food stamps. Some adults are subject to work requirements if they receive food stamps.

To apply for food stamps, see Section B.6: Food Assistance & Nutrition.

TIPS ON GOOD NUTRITION

by Virginia Falvello & SJI Staff

Eating nutritious, whole foods is an important way to stay healthy or improve your health. Whole foods are foods that are unprocessed, unrefined, or processed and refined as little as possible prior to consumption. Examples include whole grains, raw milk and cheese, fresh (not frozen) fruits and vegetables and fresh (not smoked, salted, or preserved) fish and meat. *Whole foods are not necessarily organic, and organic foods are not necessarily whole foods.*

Because the refining, pasteurizing, drying/dehydrating, cooking, and smoking processes tend to strip foods of nearly all their vitamins and nutrients, whole foods are generally considered healthier than refined foods because they are naturally fortified with a spectrum of necessary vitamins, minerals, and other antioxidants that cannot be found in processed foods. Processed foods also have far more preservatives and other additives than whole foods, which may be harmful to your health in a variety of ways. Additionally, processing of grains usually removes or breaks down fiber and complex carbohydrates into simpler and more easily

digested compounds, decreasing your daily fiber intake while increasing your daily caloric intake. Therefore, it is recommended that you try to eat as many whole foods as possible in your daily life.

Eating For A Healthy Immune System

- Eat a variety of foods to ensure you're getting a full range of nutrients, e.g., from a Farmer's Market
- Eat whole, natural, unprocessed foods. Organic foods are best.
- Eat fruits and vegetables of all colors. Your plate should have at least three colors of food on it at every meal (e.g., green, dark green, orange, red, yellow, white, brown, purple).
- Eat locally grown, seasonal foods.
- Every day, eat foods high in antioxidants to build strong bodies and to prevent cancer—examples include cabbage, broccoli, mustard greens, turnip greens, kale, Brussels sprouts, cauliflower, garlic (lots of it), onions, sweet potatoes, carrots, winter squash, chili peppers, red peppers, okra, lima beans, tomatoes. Dark leafy greens (especially dandelion greens) are particularly good. Examples of healthy fruits include citrus fruits, guava, papaya, mango, cantaloupe, honeydew, persimmons; the pith (white inner part) of citrus and peppers is especially good.
- Eat foods that are high in fiber, such as apples and other whole fruits, vegetables, potatoes/yams, beans, whole grains (oatmeal, millet, brown bread).
- Eat enough protein but not too much—4-6 ounces of protein per meal is sufficient.
- Eat fresh fish, nuts, and seeds. Meat should not be the main part of the meal.
- Look to your ethnic background for good, traditional, healthy foods. These foods nourish your spirit as well as your body.
- Snack on foods that give long-lasting energy, such as nuts, seeds, (nut butter on whole grain bread), and yogurt with fruit, tortillas or chips or vegetable slices with bean dip or cottage cheese, soup.
- Avoid large amounts of any kind of sugar, as sugar can decrease immune function.
- Avoid “fake” foods—margarine, artificial sweetener, and food that has ingredients you can't pronounce or don't recognize may not be good for you, so avoid these as much as possible.

- Drink enough water—six to eight glasses a day—especially in warm weather.

Quick Meals and Substantial Snacks

Having healthy snack foods on hand makes it easy to keep energy up throughout the day. Also, keep them in mind when you are out and about and need a balancing snack or meal. Keep in mind that commercial meats and dairy products may contain hormones, antibiotics, and pesticides. Thus, try to avoid “luncheon meats,” “cheese food,” and other heavily processed foods. Stock up on healthy convenience foods, such as pre-cut veggies from the grocery section, pre-made dinner salads and side salads from Trader Joe's, Whole Foods, etc.

Better Choices for Fast-Food

If whole, fresh and lightly processed foods are not an option, you can't cook at home because you have no kitchen or are traveling, or you're on a strict budget, consider the following as “better” choices:

Taco Bell offers a bean burrito, with cheese and salsa. Get extra salsa, and ask them to add some fajita veggies (there may be a small extra charge for this). Also, try the vegetable fajitas themselves. Add lettuce and fresh tomatoes.

KFC has roasted chicken, which is much better, nutritionally, than the fried chicken. For side dishes choose greens, slaw, corn, mashed potatoes, or rice.

MacDonald's serves salads, chicken breast sandwiches, and fish sandwiches. Ask for extra onions, lettuce, and tomato.

Carl's Junior has chicken soup, vegetable soup, chicken sandwiches, roast beef sandwiches, and salads.

Jack-in-the-Box is different in different locations. Any of the non-fried chicken or steak sandwiches are good choices, again, ask for extra lettuce and tomato. They also offer salads, and in some places, guacamole.

Taquerias have a wealth of healthy food. Go for whole pinto or black beans instead of refried, and for corn tortillas instead of flour. Take advantage of the condiment trays with their marinated vegetables, onions, peppers, and radishes. Try the pollo asado, or carne asada and ask for extra salsa. Fish tacos are another good choice. Get guacamole or avocado if it is an option. Drink agua fresca of melons, berries, or orange (remember that these are high in sugar), or water is optimal.

Wendy's baked potatoes w/broccoli and cheese are nutritious, cheap, and filling.

Subway offers many healthy choices, and they will pile on lettuce, tomato, onion, and other veggies free of charge. Choose the whole-wheat bread for extra fiber.

FOODS FOR LIVER SUPPORT

by Donna Odierna, MS & SJI Staff

Eating a variety of whole, minimally processed foods supports enzyme production and liver function. Some foods offer support for specific liver functions. Sulfur-rich foods and foods containing the amino acid cysteine allow the body to produce glutathione, a peptide that plays an important role in liver detoxification. Glutathione is easily depleted by infection and inflammation.

Sulfur-rich foods include: onions, garlic, eggs, brussels sprouts, cabbage, kale, mustard greens, and turnip greens.

Cysteine-rich foods include: yogurt, granola, oatmeal, wheat germ, cottage cheese, duck, pork, turkey, chicken, and eggs.

Other foods that support liver detoxification are fennel and caraway seeds, beets, lemons and other citrus, turmeric, and foods that contain high levels of antioxidants (vitamin A in the form of beta-carotene, vitamins C and E, zinc, and selenium. These foods include cabbage family foods, citrus, dandelion leaves, wheat germ, rosemary, yams, winter squash, and many others).

High-fiber foods bind the toxins produced by the liver and released as bile, causing them to be excreted rather than re-entering the bloodstream. Foods that are nourishing to gut mucosa help to prevent hyperpermeability ("leaky gut syndrome"), keeping down the level of toxins entering the liver via the portal blood. Soluble fiber (pectin, flax seed, guar gum, psyllium), organic butter, seaweed, sauerkraut, and Miso fall into this category. Bitter foods improve digestion and absorption by stimulating the stomach to produce digestive juices (HCL and gastrin), and stimulating the liver to produce bile. Bile production and release is a factor in reduced liver inflammation and toxicity, and along with a high-fiber diet can reduce cholesterol.

Avoiding foods that stress the liver is as important as eating the right foods. High-stress foods contain pesticides, added hormones, antibiotics, artificial flavors and colors, and other additives. Choose whole, organic, minimally-processed foods whenever possible, especially when eating animal products like meat and dairy. Always drink 6-8 glasses of water each day to keep bile and other body fluids flowing and moving, and support detoxification.

SECTION A.8: OCCUPATIONAL HEALTH AND SAFETY FOR SEX WORKERS

SAFETY & SECURITY WHILE YOU ARE WORKING

by SJI Staff

Sources: L. Synn Stern, *Tricks of the Trade: Reducing Risks for Sex Workers*; Multnomah County Health Department, *Occupational Safety in Adult Entertainment for a Healthy Community*; Home Alive, *Sex Worker Resource Guide*

Quick Safety Tips for All Workers

- Trust your intuition. If you sense something "off", walk away!
- Know your coworkers /neighborhood.
- Have a support system and people to talk to if something does happen.
- Know where you can get medical care (emergency and ongoing care).
- Use your own equipment (condoms, lube, sex toys, domination gear, etc.).
- Negotiate prices and services in advance.
- Educate yourself on safe "dating", domestic violence, hate crimes, sexual assault, and self defense.
- Know where to get services and support in your working area.
- Pick your own parking spots, hotels, or other work areas and become familiar with your surroundings.
- Be aware of exits and avoid letting your customer block access to those exits.
- Be aware of where your client is at all times, as much as possible.
- Don't blame yourself if something happens.

Dressing For Safety

- Shoes should come off easily or be appropriate for running.
- Long earrings or big hoops may get pulled accidentally or intentionally. Wear small earrings, clip-ons, or none at all.
- Avoid necklaces, scarves, across-the-body shoulder bags, or anything else that can accidentally or intentionally be tightened around your throat.
- Wigs should fit so that they can't slip and cover the face.
- Wear clothing that doesn't have to be removed to fuck or can come off and on easily and quickly. This saves time—and if there's a problem you won't lose your clothing when you run away.
- Clothing should be "straitjacket-proof." A half-zipped or buttoned jacket can be pulled over shoulders to trap arms.
- Wear nothing that can get caught in or on car doors, like loose bracelets, billowing dresses or long coats with dangling, attached belts.
- Make yourself noticeable/attractive to customers, and ensure that you can see them as well—if you need glasses or contact lenses, wear them.
- Always act calm and stay secure.

Negotiate with Customers Before Going to Work

- Have a price list and stick to it—decide in advance what you are and are not willing to do.
- Have a time limit for each service—if a customer can't come within a reasonable period he's costing you money by preventing you from seeing other customers. His failure to get off may also make him agitated or violent.
- Have an ample supply of condoms, lube, napkins, hand-sanitizers, wipes, and Band-Aids.
- Be willing to turn down particular customers, particular requests, and payment offers that are below your standards.
- Use some mentholated salve (the kind used for chapped lips or colds) inside your nostril—you'll smell the customer less when you give head and you'll not sniffle so much if you're in withdrawals.

Working Out of Cars

- Approach the driver's window, keeping enough distance to avoid being grabbed, assaulted with spit or spray paint, or pleasing "window shoppers."
- Study the customer, the car, and the door-lock system.
- Circle car completely before entering so you're clear on how many passengers are in the car—and take the license plate number or pretend to. If you can, text-message all license plates to a safe person.
- Arrange price, service and location outside the car.
- Wave good-bye to work partner (or pretend to) and shout expected return time.
- Before you get in, make sure the passenger-side door can open *from the inside*—if not, DON'T get into the car!
- Before you close your door, check the back seat or rear cab of a truck for anyone else that may be hiding. If you see a blanket, lift it up and check underneath!
- Get a good look at the customer and the car; it's still not too late to back out—if he's drunker than you thought, you see a weapon under his seat, or you get a creepy feeling, get out immediately!
- Let him see you stash his payment, and keep it separate from the rest of your money—if he tries to rob you maybe he won't find your whole bankroll.
- If you carry a purse, put it where you can find it without looking (in an open space on the floor between your feet).
- Act in control and keep your eyes on him, and his hands, at all times.
- Don't let him get between you and the exit.
- Once parked, keep door open a crack if he lets you.

Be Aware

Do not carry a weapon that can be taken away from you and used against you. If you are threatened or being attacked, use your voice. Make a lot of noise. *Scream!* Turn on the car lights. Hit the horn. Try to get the door open, attack and run. Attack soft areas, such as throat, eyes, Adam's apple, nose, testicles. Kick shins, stamp on instep; poke with fingers, nails, keys, spray hairspray in his face. *Do not let him restrain you;* if you see rope, handcuffs or bindings, fight like hell! Break a strangle hold by joining hands, and swinging your arms up against him while simultaneously moving your body down and away. Run against traffic, and toward lights and people.

Bad Date

A bad date is an abusive and/or dangerous customer, or a predator posing as a customer. This person may be a regular customer, or a new one. If a bad date occurs, your options are to:

- Share the incident with your co-workers.
- If you know of a Bad Date list in your area, report it.
- Seek assistance (hospital, support group).
- You can also report it to the police.

Getting the police involved can be complicated for Sex Workers. If you are hurt or raped while engaged in sex work, it is always your decision if you want to call the police and file a report. However, and unfortunately, the police, who also put us in jail, may not be the best allies in this situation. If you have any support or Sex Worker friendly organizations you can call who can be with you through the process of filing a report, this may make the experience less stressful.

If you decide to make a report, call 911 or the Crimes Against Prostitutes division, if available in your area. It is important to do it ASAP because evidence can be cleaned up by the assailant or they can leave the area. First call anonymously and ask for options. (Remember: 911 calls from a cell phone are not anonymous. If you decide to make a police report, you *must not lie about anything*, as it will discredit the case.) Ask to speak to a detective. Provide accurate information and be sure to get a case number so that you can check on the status of your case.

If you or a co-worker gets hurt on the clock while working legally, you have the right to call the police no matter what the management says (See Section B.13: Police Information).

Preventing Arrest

There is no doubt that getting arrested sucks. Getting arrested can be avoided. One of the best ways to avoid arrest is to screen your clients. While street-based Sex Workers can be the easier target for law enforcement and vice stings, they are not the only Sex Workers who are getting arrested. It is more and more common for Sex Workers who advertise on the Internet to get targeted for arrest. Don't think that the police are not cruising adult advertising sites dedicated to erotic services and even BDSM. No matter where or how you advertise, you still need to screen your clients. Please note: some stings use a couple scenario (i.e., a man and a woman cop) so be careful in all situations.

In general, when dealing with a new client, ask for a reference from another provider and validate that reference. You can also use Google and other search engines to find their name, number and place of business to validate they are legitimate. In the essay for escorts later in this section, some general screening techniques for clients are discussed. You can also look on the SWOP-Chicago website, or ask other workers you know how they screen.

In California, the prosecution must show you had intent to commit prostitution. What you say in your ad matters. If you state in any of your ads that you will engage in any sex acts for money, and are later arrested in regards to that ad or not, you may have a harder time fighting your case. Your ad, any and all of them, may be used against you in a court of law.

In California and other states, condoms and discussions of safe sex are frequently used by the police to establish that prostitution is occurring and/or as an "act in furtherance" for a 647b charge (please see Section A.9: Sex Work, The Law & Your Civil Rights). Some workers choose not to discuss condoms, or any euphemism of condoms, with clients they don't know or have not screened. This makes it difficult to negotiate safe sex practices. In San Francisco, while condoms are used as "evidence" by the police to harass Sex Workers and their places of business, condoms are not currently being used in court cases partly because nearly all prostitution cases are plead out of court. According to the SF Public Defenders office, some of the acts alleged to be an "act in furtherance" by the prosecution are:

- Opening the car door.
- Getting into the car.
- Walking with clients toward a certain location.
- Giving directions to clients to a certain location.
- Making a follow up phone call to clarify meeting time or location.
- Telling a client to look out for cops nearby.

If you work with other Sex Workers, (e.g. in a shared space, for the same agency, etc), make sure they are also trained in screening and that you know what their screening process is. Make sure you and your colleagues have attended a "Know Your Rights" training and/or have thoroughly read Section A.9: Sex Work, The Law & Your Civil Rights. Another important thing for you to think about *before you get arrested* is what you are going to do *if you get arrested*. In the essay below, you will find a few good suggestions of how to make an arrest plan.

WORK SMARTER, NOT HARDER!

by Kitten Infinite

Work Early!

Whether you work the streets, in a club, or off the web, establish a system for WHEN you will work. Managing your own schedule can be a perk of the job, but sleeping in late will steal the best money you can make.

Dates with real money don't sleep till noon!

A few good reasons to get out of bed in the morning:

- 💰 Business hours are lucrative hours. Prospective web clients who have high-paying jobs and men with expensive tastes cruise sites between 8 AM and 10 AM on weekdays!
- 💰 The earlier in the day, the less likely they are to be drunk or stoned; consequently they are less likely to bring problems, and there is less chance of violence. Calls at 2 AM are always trouble but 1 PM dates have to get back to work!
- 💰 Scrambling for the money you need to make for the day is stressful. You will take bigger risks, and make bad decisions. Hit your mark and then take it easy.
- 💰 Did you make good money for the day? Turn off your phone and go home! Take care of yourself, not 2 AM calls. If you don't go to bed early, you can't wake up early.
- 💰 Work a night shift only? Focus on getting the 9-pm money, not the 2-am money. Be aware of your body and health needs, and make sure you are getting enough sleep, enough sunshine, healthy food and water.

Know Thy Date!

When you know your date well, they are more likely to behave. A license plate number, a work phone number, even seeing their driver's license can keep them in line because they now realize they're no longer "anonymous". Of course, knowing your date can just mean they are a regular. Repeat dates pose almost ZERO RISK! Bringing in new clients means they could be cops, stalkers, drunks, any sort of riff raff. If you have dated them before, you know what to expect. So cultivate regulars by making them feel special, whether it's touching base via text, an extra 15 minutes of your time/services, or an occasional "free for you and only you" service. Your "bread and butter" is what will pay the bills when the heat is up, so give them a reason to keep coming back.

Have Community

Having a community is important for Sex Workers. We are subject to isolation, and isolation makes the job harder. Isolation can even kill. Having someone to talk to about all the bizarre, funny and insane things of the job will make life easier. You will enjoy your work more, and have someone to trust when you need to talk about the important things. Try sharing your dates with another Sex Worker. The wealth shared can go both ways. If you can't speak out in general about your job, try to have at least one person you trust to talk to about your work and experiences.

Know Your Rights

Most of the damage of arrest is avoidable. When Sex Workers are arrested, they incriminate themselves AFTER the cuffs go on. You want to help your case? Know your rights! Three of the most important things to remember are:

- *Don't Talk!* No matter how much the police tell you it will be better that way, it won't! Say: "I have the right to remain silent; I want to see my lawyer!" Talking will only get you into trouble. Invoking your rights can help.
- *Cops will lie to you.* They may say anything to get you to talk. They ask questions to get you to mess up. They break the law in order to catch you. They tell you that you are going to go to jail forever to scare you. Don't fall for any of it—*keep your mouth shut!*
- Have an emergency plan in place! Write things down like:
 - ✓ A phone number for a lawyer
 - ✓ Things that need to be taken care of in the case of arrest like plants, pets, or children, and their schedules, and the person to call who can help take care of these things
 - ✓ Who to call
 - ✓ Who *not to call* (this one is important) in case of arrest
 - ✓ Who to call for bail money (just in case, but unlikely). Keep this information in an envelope, along with keys to your place, or money, and give it to someone you trust to help you out in case of arrest—and then memorize their phone numbers so you always have access to it even in a jail cell.

See Section A.9: Sex Work, The Law & Your Civil Rights and Section B.10: Legal Assistance.

Don't Work Stoned

If you have to use, don't get so high or drunk that you appear intoxicated. This makes trouble, in all kinds of ways. If you must work when you are desperate for money, do it with a regular. Not thinking clearly can get you in trouble, so it's better to know what you are getting into. *Do not bring drugs or paraphernalia with you on dates with new people.* Remember, a prostitution charge is a misdemeanor in most states; a drug charge is a felony. Keep drugs off your body, and out of your place of work.

Raise Your Rates

$\$100 + \$100 = \$200$ but $\$200 + \$200 = \$400$

Think you can't raise your rates? Think again. Making more money means less work. And less work also means lower exposure to risks of the trade. Raise your rates with new dates just to try it out. A good policy is to keep your regulars at the same rate. This means they realize they're getting a better deal than others, and are more likely to stay with you for that special treatment.

Say "No" More Often

Make room for all those fabulous new people that want to pay you hassle-free by firing the ones who give you trouble. Focusing all your energy on a deadbeat wastes time that could be spent cultivating rich, generous relationships. Get rid of the headaches, and open your mind to what you really want in a date. Remember, telling someone they are fired can cause problems, so a creative explanation works wonders. The general run around might do the trick, but "I am in love" or "I am out of the country" works in a pinch too. Whatever you do, get rid of them.

What do you really want in a date? Write it down? Now make it happen! Bringing in new people is all about making yourself over to attract them. If you don't know what you want, you can't bring them in by the truckload. Being specific about your needs and wants, and then framing them in the way you attract business will give a whole new light to the way you work. Thinking that you cannot make more money will only keep you broke. So think about what you want, and work towards those things.

OCCUPATIONAL SAFETY FOR VERY LOW-CONTACT SEX WORKERS: WEBCAM & PHONE SEX WORKERS

by Melissa Gira Grant

As a webcam or phone Sex Worker, most of us will have little or no physical contact with our clients. When it comes to our safety concerns on the job, we'll be paying just as much attention to our necks, wrists, hands, throat, and backs as we will to our sexual health. We might also be concerned about managing our work life when we work primarily from home, and how to organize our work around the partners or children we live with. As workers who will be visible online, another concern we may have is how to conceal our offline identity, location, and personal information from those we do business with online.

Working Alone or Together

Like escorts, masseuses, doms & dommes, dancers, and porn workers, webcam and phone Sex Workers may work for an agency, independently, or collectively with other workers. Working for an established company generally means the company provides most of your customers, does most of the advertising, and manages customer transactions. They may pay an hourly rate and bonuses. Usually the higher the rate paid, the more work you as an operator have to do to attract your own customers. For more on working for services, see www.phoneslutdiary.com/resources/svcstoworkfor.htm.

Working on your own as a webcam or phone sex operator means taking on the costs of running your own business. You may need to find a service to partner to help with your billing, but aside from the percentage paid to that service, the rest of your earnings are yours. And while you'll also have to do more self-promotion, you may have more control over how you present yourself, and may end up with clients you like better. For more on working on your own, see: www.phoneslutdiary.com/resources/svcstoworkfor.htm#ownboss

Working at Home & Taking Care of Your Body

Having a dedicated part of your home where you work can be good for staying focused and separating work life from home life. As a webcam performer, you might have some cushions and blankets as a staging area, with a backdrop and desk lamps, or something more elaborate. Sex toys and props will come in handy, even just to show off or, for phone sex, used for sound effects. Having a special box to keep them in, as well as condoms and lube if you want, can help you keep the unused toys separate from the used ones.

If you'll be doing a lot of working from a desk to answer email and other administrative tasks, give yourself breaks to look away from the screen, stretch and loosen your muscles, and get your blood flowing back into your lower body. A supportive desk chair (for your upper and lower back and arms) is well worth the cost; or you may prefer standing at a high desk to avoid too much sitting. Cool, non-caffeinated drinks can soothe your throat if you're doing a lot of phone sex.

Privacy

Some phone-sex companies will be re-routing calls to you through their dispatch service, but if you need to return a call on your phone, remember to dial ***67** to block your number *before you enter the rest of the telephone number you're calling*. If a customer wants to send you a gift, you can have it sent to the company's PO box if that's allowed, or to one of your own. You can add a second name to your PO box for your work persona, and receive mail under that name.

If you run your own site, it is possible to keep your identity private from your customers and those searching the web. Register your domain name with yourself, but by using a service called Domains by Proxy, you can keep your personal information (name, address, contact) from public search.

OCCUPATIONAL SAFETY FOR HIGHER CONTACT PUBLIC VENUES: LINGERIE MODELING, TOY SHOWS & LAP-DANCE VENUES

by Stephany Ashley

With "the industry" being as diverse and varied as it is, it's unfortunate that dominant health messages addressing Sex Workers often begin and end with "use a condom." This article is intended to answer to the health concerns and inquiries of workers who may not be having intercourse with their clients, but may find themselves rubbing, spanking, slapping, caressing, mutually masturbating, or just plain grinding for their work, and want to know how to do it safely.

Lap Dancing: Winding and Grinding Safely

The timeless and classic art of lap dancing can take on many forms, but whether you're straddling trousers topless, bottomless, bikini-clad, fully nude, in a private room, or with a pal, the most important piece of lap dance safety is knowing and asserting your boundaries before those 3 minutes start ticking. At most strip clubs, some sort of security is present for private lap dances, and regardless of the club's policy on nudity, touching, etc., it's a good idea to communicate your own personal

boundaries with the bouncer as well as the customer so that everyone is on the same page. In settings where security is not present, it can be helpful to not only communicate your boundaries with the customer, but also to frame the repercussions of crossing those boundaries. Whether that sounds, for you, like "If I see your hands leave from under your lap I'm putting my top back on" or, "If you touch the kitty you're leaving the club," customers are far less likely to try to push the envelope if they know it will compromise their good time.

General Lap Dance Tips

- If you perform fully nude or bottomless lap dances, it's a good idea to keep baby-wipes handy for use before and after the dance (you never know when the last time a customer did laundry).
- If you perform in people's homes or hotel rooms (private shows, bachelor parties, etc.) keep your money close and your clothing closer. Whenever possible, try to use chairs, couches, loveseats, or beds that have an "underneath." That way, it is obvious to you (and difficult for them) if someone tries to steal your stuff while you're face-first in a lap. The nastiest way to strand a stripper is to swipe his or her skivvies, so don't get stranded without yours! If you're doing a bed dance (like a lap dance, but horizontal and sometimes more comparative to dry-humping) under a pillow is a good place to stash your stuff.
- When choosing an outfit, think about slipping it on, as well as off. Strappy, stringy things are sexy, but always consider how quickly and easily you can get that little number back onto your body in case you need to cover up and make a quick exit.
- For lap dances where touching is not allowed, many dancers ask the customer to sit on his or her hands to ensure the rules are followed. Once you're on someone's lap, they'll have a tougher time getting their hands up from under themselves.
- If you're giving a lap dance where touching is allowed on a specific part of your body, remember that it's still your prerogative to determine how much, where, and what kind of touching. Just because a customer may be allowed to touch your ass, for example, doesn't mean you have to allow them to slap it or pinch it. Again, asserting these distinctions ahead of time can help to ensure they're respected.

Toy Shows & Masturbation Shows: Feeling Yourself

Toy shows or masturbation shows can be a fun and easy way to increase your profit while still keeping your hands to yourself, but there are a few things to remember to keep yourself safe and healthy while providing this kind of entertainment. The following recommendations are for workers who may be performing these kinds of shows in public (strip clubs, etc.) or private (in-call, out-call, bachelor parties, etc.) settings.

- Whenever possible, designate a “play area” that is all your own, meaning: customers cannot reach into that area with any part of their body. If you decide to play in that area, go for it! But that’s your line to cross, and never theirs.
- Bring a blankie! If you’re performing onstage, some clubs may not allow you to lay down your own material, but if you can, do. Having a sheet or blanket that is your own keeps body fluid mingling at a minimum, and also prevents things like rug-burn, splintering, or mystery-rashes from appearing.
- Keep your hands and toys clean or covered, especially if you’re going to be doing multiple shows in a single day or night. Even if you’re not using them on anyone but yourself, many toys can develop bacteria if they’re reused. Condoms are an easy way to prevent this from happening, or you can use an instant toy-cleaner (the kind that you spray on and then rinse off are the quickest and easiest). Wash your hands frequently, or bring along some hand sanitizer (but watch out for the kinds that have lots of alcohol in them—they sting the soft parts).
- If you’re using a toy in more than one place on your body (especially pussy/booty/mouth) either change condoms in between, or use a clean toy with a condom on it, and take the condom off when moving from one site to another. If you must use the same toy uncovered, always move from top to bottom or front to back (most important, try to avoid booty to pussy) to prevent vaginal and urinary tract infections.
- Many strip clubs—even ones that feature toy shows—do not provide or allow for outside provision of condoms for fear of sexual activity being implied at their facility. For this reason, it’s best to get in the habit of toting your own condoms wherever you perform.

Identity & Privacy: Stage Names & Beyond

Most often performers who work in this area of the sex industry use stage names for the dual purpose of sex appeal and security. Stage names only secure your identity if kept far, far away from your real name, so be sure that people who know you (friends or lovers visiting you at work, or other performers who you may hang with outside of work) do not drop your real name in your place of work. Conversely, you may wish to avoid being called by your stage name outside of the workplace, if anonymity is important to you.

While names are a pretty easy thing to remember to conceal, be aware of other potential identity leaks. Avoid discussing transportation, after-work plans, and other jobs/activities that might be linked to you. If such conversations do come up in the workplace, it’s highly recommended that a system of code words be worked out between the dancers and support staff. Code words are especially useful for communicating when a dancer’s breaks are, and when he/she is getting off of work to ensure that they do not get followed out by an unwelcome customer. If you drive to work or take a cab home, ask the support or security staff to walk with you when you leave the club. Let your roommates or partner know you are on your way home and which cab company you called.

Cameras

Most venues covered in this article do not allow customers to take pictures, and oftentimes performers in this area of the industry aren’t too keen on having their picture snapped while they’re working. Of course, it’s ultimately your decision to have your photo taken or not, for a fee or for free. With the increasing commonality of cell-phone cameras, it’s become much trickier to keep any climate photo-free, so many strip venues do not allow phones to be taken out at all. In the event that someone is taking your picture against your will, remember that the last thing you want is for them to run away with the photos still in tact. That being said, here are a few tips on handling the unfortunate event of unwarranted picture-taking:

- Have a code word that other performers and security are aware of to indicate that someone is taking a picture, as well as a discreet way of identifying them. An example of this might be: “Inspector Gadget’s wearing the green hat.”
- Communicate this information discreetly so the customer does not try to fly with his/her photo documentation, and have security (if available) retrieve the cell phone/camera and delete the photographs.
- As with all rules in such environments, it’s best (if possible) to communicate the repercussions of violated boundaries ahead of time. This can be done verbally or with signage.

Labor Rights & Legal Considerations

Depending on the state, county, or city that you're working in, the legalities around stripping, masturbation, and toy shows can vary greatly. Generally these laws are reflected in the rules of the club, but not always. Playing to the tune of prostitution legislation at large, the legal parameters for this line of work is often rather arbitrary, and perhaps not what you might expect. To avoid a citation as silly as touching too close to the areola, it's not a bad idea to scope out the local laws if you're performing in a new area.

Depending on the venue, performers in this line of work may either be considered employees or independent contractors. While some may find the independent contractor status advantageous, there are also risks involved in such a title. The phenomena of stage fees, for example, arose from the establishment of performers as independent contractors (setting the foundation for the logic that one must rent the stage), and such a status can greatly hinder performers' ability to organize around labor issues. Read *How To File For Back Wages, Return of "Stage Fees" or Management Appropriated Tips* in Section A.10: Education, Employment & Financial Assistance.

OCCUPATIONAL SAFETY FOR ADULT FILM WORKERS: PORN STARS & OTHER *BON VIVANTS* OF THE SILVER SCREEN

by Daniel Wilson & the SJI Men In Porn Community Advisory Group

General Words of Advice:

The most important thing to know before you go to a shoot is to know yourself! Know why you are there, and what you want to get out of the experience. Before you shoot your first film, consider carefully that your porn work will be "out there" forever—and that's long time! Understand that you will have no control over who sees your porn work, and don't kid yourself that you'll be able to keep it a secret.

Sex you engage in during the shoot is not like regular sex. Crew members are standing by doing their jobs and watching. Your scene may stop and start with numerous takes. On a shoot, the point of the sex is how hot it looks on camera to the viewer and not necessarily for it to feel good to you and the other actors.

In porn, as in many other aspects of life, you are your own best advocate, and the person you should count on to look after your interests and well-being is YOU. Be aware of what kind of validation you get from your work in porn. Success in porn may bring an overwhelming level of attention and affirmation. However, the fame and adoration of porn success can be very

fleeting. Stay grounded and mindful of those who know and value you for who you are apart from your porn persona.

Decide what you will and won't do before you arrive on the set. It's *always* okay to say no—*no matter what*. And it's much easier to say "no" when you've figured out your limits ahead of time. Try watching many different types of porn to get a feel for what happens in different genres and styles of porn. This may provide a sense of what you'd be comfortable doing in a scene.

Discuss the scene with the director or casting director before the shoot to clarify important issues like "who, what, when and where." The more details, the better, as this information will help you make informed decisions. Tell the director your boundaries and limits, but be aware that not all studios will be okay with your boundaries.

Most studios have forms for new models to indicate their interest and experience in a range of sexual skills. Don't check off that you are experienced in everything and willing to perform those acts on camera, if this is not really the case. No one wants to spend his entire day on set waiting for you to be able to take a "10x6" cock. Be up front about what you can do, and show up for the shoot proficient in those skills. Before performing a new skill on a shoot, try practicing it safely in private with a friend. It may sound hot to try out some new sex practice on camera with a scene partner, but doing something for the first time on camera can yield bad results.

If you have an agent, make sure he gets you all the details (who you will be paired up with including pictures, and the details of what will take place) and that they inform the director/casting director regarding your experience and limits.

If you will be engaging in any "advanced" sexual practices in the shoot (fisting, sounding, other kinds of BDSM sexuality), it is fair and advisable to ask about the training and experience of your scene partners. Some performers have reported being injured after being paired with a fisting partner who didn't know what he was doing.

Make as many connections as possible with other performers and crew members (photographers, lighting techs, set design, etc). Fellow performers and others in the industry can be a great resource for professional support/advice—and sometimes even leads for more work.

Lastly, review your contract, and confirm your rate of pay in writing BEFORE the shoot.

HARM REDUCTION STRATEGIES (HEALTH, HYGIENE AND STI ISSUES)

That Fresh Feeling

Everyone appreciates fresh breath so swish with alcohol-free mouthwash before, in the middle of and after scenes. However, you should *avoid brushing or flossing* your teeth during the shoot as well as a few hours before the shoot, as this can cause small cuts and/or bleeding in your gums. Bleeding gums are a potential route of infection if you were to get another person's cum or blood in your mouth.

Shit (fecal matter) can move into the colon at different rates for different people at different times of the day. Be aware of your body. If you rinse your colon out, use plain water (many commercial douching products may contain chemicals that could irritate your rectum and dehydrate you) and make sure you time it so you have minimal shit build up while you are on the set—generally as close to the shoot time as possible. If you're not sure you know how to douche effectively, ask someone. It's much less embarrassing to ask for advice than to be "dirty" on set.

Shower *before and after* the shoot, with a soap that does not irritate your skin. You may want to bring your own soap. Wash your dick off after fucking.

Condoms & Lube

If you have preferences in lube, condoms, etc., make sure to bring them with you. Don't assume they'll have your special brand on the set. If you don't know what brands you like, practice with different kinds at home before your shoot. Also, some say silicone lubes can get gritty under the strong, hot lights used in porn; thus, if you normally use silicone lubes, you may want to experiment to find a non-silicone "back up" lube.

Use lots of lube, make sure to go over the entire length of your dick from head to base throughout the shoot. Any time the condom is outside the anus for any significant time, re-apply lube, or change condoms all together. This helps prevent condoms from breaking, and helps reduce irritation for the receptive partner.

Avoiding Infections on the Set

Fucking without condoms can expose you and your scene partner to a range of STIs, including HIV. Even if you and your scene partner are both HIV-positive, there are still compelling reasons to choose to use condoms. If you choose to do ass-fucking scenes without condoms, use lots of lube to avoid tears in the rectum, and if there are more than two partners, make sure cocks get cleaned off completely before switching partners.

Make sure that if anything is being put inside of you (dick, fist, toys) that it either has a fresh barrier, or has been washed, if it has been inside another performer. "Double Header" dildos should be sanitized during EVERY break, as it's easy for it to get reversed between takes.

In a fisting scene, make sure the fist get washed off between partners. Fisting can make small or even large tears in the ass. This means blood and potential infections from HIV and Hepatitis B and C. To prevent infection while fisting, use latex gloves. Be aware of your hands. If you finger his ass, then jack his dick, then blow him, you may have just transfer microscopic bits of shit and germs from his ass, to dick, to your mouth. Wash your hands frequently when on a shoot.

Ingesting shit even if you can't see it (such as in rimming), can give you Hepatitis A, as well as intestinal parasites. If you are asked to rim someone after they have just been fucked, his ass should be washed thoroughly before you go down on him.

Getting vaccinated for Hepatitis A and B is highly recommended for anyone working in the sex industry. There is no vaccine for Hepatitis C, and the treatment is not always effective. Being infected with both HIV and Hep C can create a very serious health challenge, as many drugs used to treat HIV cannot be tolerated by someone whose liver function has been damaged by Hep C infection. Prevention is optimal.

Never share razors! This can put you at risk for Hepatitis B and C. Carry your own personal razor so that if production assistants want to shave any part of your body, you can be sure they are using your own razor.

Get tested regularly!

Most STIs (sexually transmitted infections) are curable, and the sooner you get checked out, the more quick and painless treatment is. Comprehensive screening for STIs and treatments are available through St. James Infirmary and other community clinics like SF City Clinic and Magnet.

As in your personal sex life, you should act as if those you are performing with may be HIV-positive. Thus you should act in ways that are consistent with your safety boundaries. Exposure to another person's body fluids (blood, semen, etc) could get you infected. Best practice is to protect yourself and avoid contact with those fluids, especially in your ass, or on broken skin (such as scratches and abrasions). If you have a break out or infection of some kind, it is best practice to let the director know as soon as possible before the shoot that you are not available to work. This will avoid the embarrassment of having it brought to the director's attention during the shoot, and it also helps avoid exposing and potentially infecting another performer.

If you think your scene partner has something that might be an infection (blisters, warts, bumps, soars, rash on hands or feet), discretely pull the director to the side and tell him/her what is up. You don't have to do any scenes someone you think could give you an infection. If you think you were exposed to an STI, get yourself tested. If you are exposed to HIV, consider taking PEP with 72 hours of the exposure. (See Section B.8: HIV/AIDS, STI, and Hepatitis Services.)

Lights! Camera! Action! Erection Enhancers

Be aware of dangers of using Viagra-like drugs, particularly in combinations with other substances such as poppers and other meds that affect blood pressure and heart rate. Some combinations of drugs can lead to a dangerous, sometimes fatal, drop in blood pressure.

Injectable hard-on medicines like Caverject and Trimix are increasingly common on porn shoots. Like Viagra-type drugs, these must be prescribed by your doctor. Injectable hard-on meds are injected near the base of your dick into the corpora cavernosa (the big tubes of spongy tissue that run along the sides of your dick, and plump up with blood when you get a hard on). Traditional rules of safe injecting apply here—the same as with recreational drugs or steroids: first, always use a new, clean needle (never share); second, clean the injection site with alcohol prior to injecting; and third, dispose of your used needle responsibly in a sharps container.

Bear in mind that injecting a drug directly into your dick creates a tiny break in the integrity of the skin on your dick. If you are then putting your dick inside someone without a barrier or if the barrier does not keep the injection site covered, you may get someone's blood or cum on the injection site, causing a potential exposure to HIV and other STIs.

Both Viagra-like drugs and injectable erection drugs can lead to erections that literally will not go down for hours, a condition called "priapism." This can cause serious and permanent damage to your dick. Literature from the drug companies advises that erections lasting more than four hours without going down can damage your dick. However, many performers say they have had hard-ons for six to eight hours on a shoot without suffering any long term problems with their dicks, but these performers also report that having a hard-on for eight hours does start to hurt like hell.

Taking an antihistamine like Benadryl after the shoot can sometimes help relieve a hard-on that will not go down. Sometimes that doesn't work, and you will have to seek medical help. This may involve medicines injected directly into your dick to counter-act your hard-on meds, and in some cases blood will have to be physically drained from your dick with a syringe. As with any medication, your best bet is to do your own research and have an honest, informed conversation with your medical provider about what is right for you *before* you start taking them.

Other Drugs

Many actors/directors advise: "Don't show up to a set high—EVER." There are many reasons for this—for instance, being aware enough to look after your safety, boundaries, or the potential negative impacts on your performance, appearance and reputation. If you do get high, try to do so after the shoot, so you can be fully present and aware of potentially risky situations while on the set.

Emotional-Health & Relationships

A porn set is *not* a good place to work out your emotional issues. Get your head straight and seek out mental-health support elsewhere. Make sure to keep your support network strong and intact: whether you go to support groups, attend a church, or talk to a special friend, know where your safe place is. Consider finding Sex Worker-friendly counseling if you need to process feelings about your life and work, or if you feel conflict about a shoot that didn't go as planned. The St. James Infirmary offers counseling and support groups and is a good place to meet other workers. (See Section B.11: Mental Health Services and Section B.18: Social Support Services.)

After your shoot, decompress with a lover or close friend to let your stress out and get back to your normal life. If you are going home stressed out from a shoot often, then you may want to reflect on whether porn is right for you. It's not for everyone. It's ok to give it a try and decide it's not for you.

We all have special ways that we like to express ourselves creatively (whether it's art, music, writing, etc). Use your own favorite means of creative expression to explore your feelings. Using your creative/artistic gifts to express those feelings helps you to connect different parts of your experience and reduces your stress.

Consider the impact of your work in porn on important relationships in your life. If you're in a relationship and considering a career in porn, think about talking with your boyfriend or spouse about your desire to work in

porn before you actually get started. If you are already working in porn, and find yourself getting close to someone one who is unaware of your porn work, take some time to decide when to disclose that part of your life with him. The last place you want him to discover your career in porn is walking past a window display on Castro Street.

Good communication is key to any relationship, but it can be especially important for porn performers in relationships. There is no cookie-cutter answer to what works best. Some boyfriends/spouses want to know all about your porn work. Some want to know as little as possible. Some want to be monogamous, with an exception for professional gigs. Others want a more open arrangement. The important thing is to talk this out together.

Economics

Work smarter, not harder. In negotiating your pay, always shoot high and do so with confidence. Remember, you are worth it if you think and act like you are.

Careers in porn can be notoriously short-lived. Invest some time thinking about your financial goals for your work in porn. If possible, talk with people you know already in the business about their experience and get their advice about making money and developing a career in porn. Porn can provide what seems like relatively quick and easy money, so it's easy to blow through that money quickly. Try to set aside some of your earnings for the future.

Some guys set more short-term goals for their work in porn, with the desire to make as much money as possible in a short period of time. With this approach, a performer might try to score as many shoots as possible in a year or two. Doing a lot of films in a short period of time can sometimes result in being "overexposed." But if you only want to do porn for a short while, it could be the right strategy.

Other guys hope to have a more enduring career in porn, and while they are the exception, there are certainly examples of men who have porn careers that span a decade or more. If you are seeking a longer career path in porn, you will probably want to be more selective about the roles you accept, and space out your performances over time.

If you are passionate about working long-term in the porn industry, consider broadening your media skill set by learning things about the larger production process. Some highly successful performers have gone on to work in other aspects of the porn industry (directing, editing, promotions) as they cut back on performing.

OCCUPATIONAL SAFETY FOR HIGHER CONTACT SEX WORK: ESCORTING & INDEPENDENTS

by Kimberlee Cline

The term "escort" is used here to identify a specific form of sex work, as popularly recognized in most adult advertising venues. Escorts advertise a personal service of an intimate nature to a variety of individuals, couples or groups. Services are provided for a range of time, varying from minutes to hours or even weeks. Services, interests, activities and rates/packages vary from individual to individual. Escorts bridge a very wide range of socio-economic backgrounds, racial identities and cultures.

Boundaries

We all have to define our own boundaries. There is no single "model" for boundaries. Escorts, like any other professional, are likely to see their boundaries evolve and reshape as they acquire more experience, identify professional and personal preferences, and improve communication skills for asserting boundaries. So before you begin, think about what you are and are not willing to do.

Escorts have infinite options. From short in-call encounters to dinners out and overnight encounters, or weeks-long international trips...and everything in between. Your boundaries, practical limitations, resources and short- and long-term financial needs are some of the many things you need to consider. Do you want to be independent or do you want to work for an agency? Will you provide in-call or out-call services, or both?

Whatever model you initially start with can change over time! You may begin at a rate that is perceivably low; but brings in a high volume of clients. This maximizes your opportunity to meet loyal regulars who will remain with you for longer periods of time. You can increase your rates consistently over time—annually or semi-annually for instance—while keeping your regulars at their original rate. This keeps you afloat while you branch out into higher rates that allow you to limit you to smaller groups of potential clients. What you charge, how long you're willing to meet, and what you're willing to do during the encounter time are all about your *personal boundaries*.

Reviews

A major component of advertising is the "review" system. Various sites participate in review forums where customers can review the service, appearance, and overall quality of individual escorts. Many review forums include not only Internet-based escorts but massage parlors, street-based workers, escort agencies, strip clubs, and even brothel workers.

You can ask your clients not to review you—your wish most likely will be obeyed. If somebody posts a review after you’ve asked not to be reviewed, often you will be able to have it removed by sending an email to site administrators and doing a range of things from asking nicely to threatening legal action, depending on how receptive the administrators are.

On the other hand, good reviews are a great way to increase clientele and develop a positive reputation in a competitive industry. Whether you wish to allow reviews is a highly personal decision.

Making A Work Plan

Working safely and happily largely depends on one simple philosophy: *Advertise to attract what you want and screen to filter out what you don’t want.*

What sort of clients do you want? What are you offering that clients of that sort are looking for? How will you convey this and be sure that you are visible in places where your desired clientele are looking?

If you opt to work with an agency, you will have to ask around, do some research and decide with whom you want to work. It’s important to understand your agent’s screening policies and, more important, their actual screening *practices*. Important factors that strengthen your relationship with your agent include: having open communication with your agent about who are the right clients for you and what types of clients you do *not* want to see; establishing trust; and taking responsibility for accountability.

If you opt to be independent, advertising and screening will likely be your biggest obstacles in the beginning. The most difficult decisions in the beginning will be deciding what to say, how to present the ad and, most important, *where* to present it. You’ll have to decide how much to reveal about yourself, both physically and intellectually. To develop a sustainable business, be as sincere as possible about yourself without revealing more than you’re comfortable with. Be honest about your physical description, personality, and the services you provide. There is somebody out there looking for exactly who you are. Those are the people who eventually will become your regulars. People who show up at your place expecting one thing and finding another will never return and most likely will discourage others from returning by posting bad reviews or talking smack on a message board.

There are many advertising venues available to escorts, e.g., Internet malls; personal ad services (online and in local periodicals); personal web sites; and blogs. Advertising options for independent escorts are plentiful.

The expense, policies and benefits/disadvantages of each advertising venue can vary significantly. Some venues will require identification verification and credit cards, while others won’t ask for any personal information at all.

You may want to start with one venue to test the waters and then branch out to others as you increase your advertising resources. Start with free advertising. If you’ve opted to get a personal website, make sure that you paste the link in all of the free venues online. Network! Link to your friends and get them to link to you.

Website Tips

- Start simple: 2-3 pages can say everything that you need to say. You can always expand later.
- Maintain a blog to add texture to your web persona. It allows you to broadcast personal and professional information that increases your desirability and highlights your individuality as a provider.

Who You Are

What makes you a great companion? Why should clients choose to spend their limited time with you rather than the next escort? What are your interests? We all have attributes, quirks, interests, experiences and hobbies that make us charming and endearing to somebody. What are your favorite activities when you’re not working? Where have you traveled? What’s your favorite kind of porn? What do you want people to know about you?

Costuming

Everything you need you can get at Buffalo Exchange. Don’t throw heaps of money away on clothes for escorting. Look for gently-used, good quality designer dresses that are sexy but can look good in a nice restaurant, or in the lobby of an upscale hotel. Save the slutty, skin-exposing outfits for the bedroom.

Equipment

Essentials: condoms, lube, baby wipes, fully-charged cell phone, and an appropriate-looking purse to carry them in. Depending on the services that you offer, you may begin carrying additional equipment related to specific forms of play e.g., rope for bondage or massage oils for Tantra. Never bring all of your equipment on a date in case of theft or loss.

Phone & Email

Many escorts find it best to purchase a separate cell phone as a work phone. Purchasing a pre-paid, cheap and disposable, cell phone plan, with a minimum amount of personal information, or better yet, no information that can be linked back to you, will minimize your risks in the industry. At the very least, this will allow you the ability to: keep your personal and work life apart; turn your work phone off when you are no longer working; change work numbers quickly if necessary. You may also want to get a work-only email account.

Your Safety: Screening Clients

There are a few simple screening methods that are common among most escorts. None of these methods guarantee anything to you, but they at least help you evaluate clients before meeting them:

- Require a reference from at least one verifiable provider; this is the simplest method of screening.
- Require the person's full legal name and professional information including company name, title and main number of the company where he can be reached. Call and ask for him, say you're "Emily from Dr. Brown's office calling about a personal matter." Verify that he's actually employed there by ringing through to his desk.
- Require full name and registered landline phone number from your clients. Use Intellius.com or whitepages.com to run a reverse phone look up. Verify that his name matches the registration.

OTHER IMPORTANT SAFETY TIPS

Always tell someone you trust where you're going for your outcalls. When you arrive for the meeting, make a call in front of the client to your friend. Say simply "I'm here, I'll speak to you again in one hour" (or however long the meeting is expected to last). This lets the client know that someone will notice if you don't answer your phone at the end of the hour.

While You Work

By the time you've entered the room you should already have an idea of what this client wants from you. Most likely, he just wants you to be yourself (i.e., the self that you've presented in your advertising) and be enthusiastic about being there with him. If he wanted specific kink or fetish play he probably would have mentioned it during the screening process. So, once you're in the room together, cash has been paid upfront

and you are feeling happy and confident about the meeting, just let the time flow. He's probably more nervous than you are on your first meeting. You'll keep his nerves calm by acting confident and present.

Identity & Privacy

Once you put your photos, name or any other information about yourself on the Internet, it's out there forever. You will have to use credit cards to pay for advertising and hosting your website, etc. Identity protection services help to a certain extent, but nothing on the Internet is a sure guarantee that you'll never be exposed. It's easier to avoid non-tech-savvy clients and family members than it is to avoid the rarely encountered hacker-genius-geeks who may be working for law enforcement or have a personal obsession with you. Although you're not likely to encounter the two latter scenarios, they do happen sometimes and it is a possibility you need to consider. It would be foolish to become an Internet-based escort and believe that your identity is completely protected. Working for an agency may be a good way to avoid having to use your real photos or your own credit cards for advertising. (Note: If you find yourself being stalked or to avoid being stalked read *Sexual Harassment & Stalking* in Section A.5: Violence Prevention.)

Security & Self Defense

Working through the Internet is a relatively safe way of doing sex work. Nonetheless, physical assault, rape and theft do occasionally happen to escorts. It is extremely helpful to take physical self-defense courses. They're offered in most cities, especially through college campus clubs and women's groups. If you're traveling for work, it's ideal to tour with a fellow worker and share hotel rooms or at least have separate rooms in the same hotel.

While working in hotels, don't draw unnecessary attention to yourself. Whatever hotel you're staying at, dress as the average hotel patron would dress. Don't leave clients loitering in the hallways or lobbies while you do last-minute touch ups to your makeup. Don't discuss business with your friends in the lobby or common areas of the hotel and don't answer your work phone in those areas either. Use common sense!

After Work

Work is work, life is life, and occasionally the 'twain shall meet. It would be nice to say that once you walk out of a session, whether positive or negative, you can just forget about it. While this is usually true, occasionally you'll find that an experience stays with you, either positively or negatively. Ideally, especially in the beginning, you should have a few

trusted friends to discuss work with. It's fun to tell the positive stories and it's therapeutic to vent about the lame stories. Sometimes just getting it off of your chest can make you feel more whole and connected to your community. If you've had a negative experience that is affecting your personal life in ways that are unmanageable, you may need to seek professional support from a sex-work-sensitive therapist. If you don't live in San Francisco, this may be very difficult to find. Check the mental-health resources in this book for suggestions (See Section B.11: Mental Health Services and Section B.18: Social Support Services). If finding a therapist is impossible, sometimes a seasoned escort who's been through it all before can be helpful. Try the hotlines and other services offered by regional and national Sex Worker support groups.

Finances

It is illegal to make money without paying Federal Income Tax as well as state taxes. It doesn't matter where the money came from, you need to pay taxes on it. Keep track of your cash income in a daily diary and/or set up a bank account where you deposit everything for easy bookkeeping. Keep all of your receipts for itemized expenses! The Sex Workers Outreach Project USA can refer you to a trusted Certified Personal Accountants who can help you sort out your finances.

You probably don't have health insurance or retirement plans as an independent escort. A Roth IRA is the safest Individual Retirement Account. Blue Shield offers individual health insurance plans if you're looking for that sort of thing. The St James Infirmary serves Bay Area Sex Workers and welcomes visiting Sex Workers who pass through town for basic care and sexual health screenings and support.

CREATING YOUR AD FOR BETTER BUSINESS

by DhamiBoo

Know Your Business

Before you can create your ad, you need to know your business. Before you know your business, you need to know yourself. Your business is a blank canvas on which you can create whatever you want. Focus on what you love. Take charge and define who you are, what you want to do, when you want to do it, and with whom. Your uniqueness is what erases competition and creates perfect connection. What sets you apart from the others? Can you make this into a headline? If you are looking for inspiration, check out the ads of other Sex Workers that offer the same services you are shooting for. Your ad is an invitation to your desired clientele. It needs to effectively communicate:

- *Who* you are.
- *What* you offer.
- *When* and where you offer it.
- *Who* is your desired clientele.
- *How* to set up an appointment/get more information.

Who Are You?

Be honest—realize that there is a shoe for every foot. Describe your physical characteristics honestly. How you design your ad is going to appeal to and invite different types of clients:

- Fun vs. serious vs. healing.
- Young vs. old.
- Educational vs. already wise.

Show off your selling points, and realize that whom you are *is your selling point*. For instance, a small cock is just as marketable as a medium cock or a big cock, because there are those who appreciate and desire each size. Use good and truthful photos that represent you well. How you word your ad matters. The tone, language, and word choice in your ad creates an invitation. Try to match your tone to what you offer. If you are selling yourself as a butch-Dom-top, you may choose tougher language than if you are a tantric coach celebrating the joy of sex.

Be aware of your words and wording, what will appeal to whom, and what will turn people off. Even the name you choose may appeal to different types of people. Do your best to reflect your goals. For example, if you are a top, don't just show a picture of/talk about your hole; if you are a bottom, don't just show a picture of/talk about your cock; and if you are looking for more connection show your face (being mindful of your privacy needs).

What Is Your Name?

Put some thought into your "stage name" and consider how it reflects and determines how you are viewed in the industry by peers and clients. Different names project different connotations. Different names will appeal to different clientele. Web handles vs. spiritual/funky vs. generic. Decide what degree of anonymity you want vs. the degree of appearing as an established professional. Consciously establish your name, reputation and unique presence in the sex-worker community/business.

What Are You Into?

What do you enjoy doing? What are you willing to do with clients? And, for how much? What aren't you willing to do? Be honest. Recognize your experience, recognize your ability to change and grow. Consider that there may be things you offer in your personal life that you may not want to offer professionally. Be both confident and clear about what you want. Realize you can explore and try things—just make informed choices.

Be clear about your safe-sex intentions, boundaries, limits, and harm-reduction practices. Communicate them. Remember that substance use and the potential for more money may erode your good judgment/intuition, and recognize that your client won't necessarily have the same definitions, and the client cannot read your mind. Have a clear protocol for decision making. And then follow it.

For What Price?

Different rates will bring in different clientele; there is a client for every price. Consider how many sessions you want to do each week to meet your financial goals. Think about what honors your time, including planning (e.g., ad building, screening, emailing correspondence). Consider what makes it worth your while.

If you plan to offer several different services, decide whether you'll charge a single hourly rate—or perhaps you'll have different rates for different categories of service (e.g., massage, mutual touch, kink, consultation, etc). Perhaps you'll offer discounts (for students or seniors, for regular customers, for low-income customers). Perhaps not.

Where You Place Your Ad Matters

Different venues will bring in different clientele and some venues will create a lot of nuisance calls. Consider these different media:

- Printed newspaper ads vs. Internet.
- Photo ad vs. word ad.
- Your own webpage.
- Listing services

A well-written ad will minimize “wasted calls”, attract the clientele you enjoy working with, and minimize the amount of time spent explaining your business on the phone or via email.

If you have several genres of skills, then create different ads, with a different persona and name for each genre: e.g., a vanilla ad, a kink ad, a foot ad. Also think ahead: create some way for you to determine *why* someone is calling you. People invariably will say “I saw your ad and was curious about a session?” and you need to figure out a way to give the appropriate answer so that you don't launch into a description of your cock size for a nonsexual Reiki client.

Other quantifiers include: ddf, discreet, professional, pnp, no pnp, no same day appointments, into all types, love seniors, student discount, etc.

Replying to Inquiries

Prepare a succinct, clear description of what you do and explain it with confidence and honesty. You may need to ask the client questions that will clarify whether you are a good match for each other. What exactly is the person looking for in a session? What was their experience and how did they feel about previous/recent sessions they've had? What don't they like in a session? What made them choose *your* ad?

Get together with some friends and practice role-playing as if you were answering a phone call from prospective client, or opening the door to greet a client. Practice your massage techniques together.

Be willing to turn down clients you feel you don't want or are unable to work with well. Likely you will give them a so-so session if you are not really into it—and if you happen to give them a good session, they might want more, and you may not be willing to provide more.

Especially if you are doing massage, consider creating a password-protected database/black book of clients, just like a chiropractor or non-sexual massage professional would do. It will help you remember what each particular client likes while at the same time providing you with a list of people to whom you can send out periodic emails, etc. Even a book of notes including name, date, what the client liked (and how much they paid) can be helpful in jogging your memory—this is also conducive to professionalism and being friendlier and warm.

HOW TO CURE SEX WORKER BURN-OUT (SWBO)

by Dr. Annie Sprinkle

Admit that you are burned out. Our egos, as well as incomes, are invested in feeling good about our work. Often we are scared to acknowledge burn out, especially to ourselves. Learn to recognize it, and see it as an opportunity to make positive changes in your life.

Take breaks and vacations from your work as a matter of course. You may never even get crispy. Spend time in nature. Most sex businesses are housed in dark, windowless, closed environments, in busy neighborhoods in high stress cities. Being in nature is a perfect balance. I have found being out on a boat to be my favorite medicine, but a city park will do. Get some sun, fresh air, hang out with trees, smell the flowers, and roll around in the grass.

Spend some time alone, go inside yourself, stay quiet, do something very relaxing or meditative, even if it's just for a few minutes. Languorous, candle lit, aromatic bubble baths do wonders. Add mineral salts and herbal extracts to your bath to help release toxins and relieve stress. Close your eyes, relax your mind, take some long, deep breaths and draw in life force energy to gain psychic strength. You need it.

Be in touch with your feelings and express them. Repressed emotions alone can create major burn out. I remember a few times when I had bouts of SWBO, bursting into tears with clients while they were fucking me, and raging at a few clients, or my bosses, when they did not deserve it. Not good for business! When you are alone, have little cries whenever possible (crygasms). Beat or scream into a pillow (angergasms). If you are emotionally strong and clear, you will attract a better clientele, and ultimately make more money.

Be aware of what colors you wear and live in during off hours. Because most of us make the most money wearing a particular color (generally red, black or white) try to wear other colors on your off hours. Also, if you work in an environment that is a particular color, try to have other colors at home. Almost everywhere I worked was red, gold and black, so I made my bedroom royal blue and emerald green with hot pink accents, and it had a great equalizing effect.

Get therapy

Time and again I've seen friends and colleagues with SWBO feel a lot better relatively quickly with one therapy session a week. Be sure you find a therapist who is sex-positive and non-judgmental or, best of all, one who has been around the block herself. I strongly suggest a woman. If you're really financially strapped, call women's centers for free therapy. Lots of SWBO comes from repeating unconscious negative patterns created from childhood experiences, learned beliefs about cultural norms, etc. Therapy puts you in the driver's seat, as opposed to doing things unconsciously. You can be sure that sex work will bring up lots of personal issues about money, sex, men, sexual orientation, etc. What remains unresolved is what you will continue to attract. Sex work can be a great teacher and healer, especially when coupled with therapy.

Have a good social net of peers with whom you can have sympathetic, loving, supportive communication. There is absolutely no better cure than this. Sharing your stories and feelings with people who have had similar experiences is absolutely magical. For eight years I was part of a support group consisting of five porn stars, which we called Club 90. For one full evening every three weeks, each of us took a turn to share about our lives. It was a tremendous help and source of strength for all of us, especially when any of us had SWBO.

Take good care of your body, mind, spirit and finances!

Because our jobs involve our bodies, it's important to eat well, exercise, and get bodywork. A good massage can do wonders for a worn out Sex Worker. Again, it's best to have a session from a person of the same sex when possible. I know this is expensive, but if you can afford it at all, do it because you are worth it! You can always get a free massage at St. James. Less costly options are gardening, jogging, a yoga class, swimming, or simply a long walk.

If at all possible, don't have any sex for a while. Get your mind (and body) off work. Indulge in your other interests and hobbies. Take a class or two. Go to a funny movie. Get a pet. Do something you've never done before. Go to a museum or carnival. Hang out with little kids or old folks. The possibilities are endless.

Be willing to make less money. Decide what kinds of people you want to work with, and be willing to let those that don't fit the bill go bye-bye. Develop your own style. Don't let the client determine the service, but let them know what you offer. Practice saying, NO. Clean out your little black book. Challenge yourself by periodically upgrading or expanding your business. You may in the short run seem to make less money, but taking

care of your personal needs will give you longevity in the business and you will surely come out ahead.

Create other sources of income. Look into other business or career opportunities, go to college or trade school, make an investment, start a sideline so that you won't feel financially trapped and you have an alternate job when you need a break from sex work.

If your SWBO is chronic, get the hell out of the business. Perhaps you're simply not cut out for it; it's not fulfilling your needs; or it's time for a change. Sometimes getting out of sex work can be difficult. You may need to leave gradually, until you get your alternative sources of income in place. Or it might be best to go "cold turkey" and make radical changes all at once. If there's a will, there's always a way. Good luck!

TRANSITIONING OUT OF SEX WORK

by Dr. Annie Sprinkle

- Think about the future, but enjoy the present. Sex work can provide an opportunity to save money for education, a new business venture, or travel.
- Find out what is the least amount of money that you must have each month for your regular expenses (i.e., rent, food, utilities, etc.).
- Research the kind of new career or job you would like after you leave your present work and aim towards that.
- Find out what type of experience or training is necessary to obtain your ideal job(s), and start to make contacts in those particular fields.
- Take 10% of your gross income (before taxes) and save it. When slow times come or you need money, you will always have some.
- There are sympathetic and competent professionals who can help you with your financial and other goals, such as career planning or skill building (school, employment training, etc.). Seek them out and think about what works best for you.
- Rely on social support networks (your friends, family, co-workers, etc.) to help you stay on track with your outlined goals.
- Never be afraid to give to others in need—it will bring joy and abundance into your own life.
- Give yourself credit for all of your efforts (big and small), and stay positive!

SECTION A.9: SEX WORK, THE LAW & YOUR CIVIL RIGHTS

EXPLANATION OF LAWS RELATING TO SEX WORK

by Katya Komisaruk & Just Cause Law Collective

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The following information is to help you understand some of the California laws about sex. This material is not intended to help you violate or circumvent the law, but rather to guide you in determining the limits of legal behavior. Before reading this section, familiarize yourself with the terminology in the chart below.

USEFUL TERMINOLOGY AND DEFINITIONS

Felonies: Crimes for which you can be sent to prison, among other penalties.

Misdemeanors: Crimes for which you can be sent to jail, among other penalties.

Prisons: Exist for incarcerating people who are sentenced to more than a year.

Jails: Are for incarcerating people who are awaiting trial, or who are sentenced to less than a year.

Probation: A punishment instead of, or in addition to, incarceration. "Informal probation" (also known as "court probation") doesn't involve any supervision—you just have to stay out of trouble. "Formal probation" requires that you report to a probation officer, who supervises whom you can see, where you can go, how often you get drug-tested, etc. If you violate the terms of your probation, you can be put in jail.

Diversion: A program in which you typically do community service, pay a fee, and sometimes get counseling. Once you've completed your requirements, the charges against you are dismissed—so there's no conviction on your record. Usually, you can only get diversion once, for the first offense.

[SJI Staff Note: Your conviction might not be removed from your record, so make sure to follow-up and check with the SFPD records department on the Fourth Floor of 850 Bryant. If you are convicted of the same crime again, your past conviction will likely be used against you.]

California Penal Code Section 647(b): Prostitution

Prostitution is defined as exchanging “a lewd act” for money or something else of value. The lewd act doesn’t have to be sexual intercourse. It can merely be physical contact between two people, in which one person touches the genitals, buttocks or (female) breasts of the other person, for the purpose of sexual gratification. It doesn’t matter which of the two people is to be turned on—it can be the person touching or the person being touched. And it doesn’t matter which part of the body does the touching (finger, elbow, etc.) as long as its target is one of the sexual areas listed above.

If you were charged with prostitution, the prosecutor would have to prove you were guilty in one of the following three ways:

1. You actually engaged in an act of prostitution; or
2. You decided to engage in prostitution, solicited (invited) someone to do it with you, and engaged in an act in furtherance; or
3. Someone asked you to engage in prostitution, you agreed to do it with that person, and you engaged in an act in furtherance.

An “act in furtherance” is any action that furthers the process of engaging in prostitution. Examples of acts in furtherance are: taking off clothes, getting out a condom, exchanging money, or leading the other person to a place to have sex. Just talking is not an act in furtherance.

[SJI Staff Note: As of 2010, the SF Public Defenders Office reported the following as acts in furtherance in SF: getting into the car, opening the car door, giving the client directions, making a follow-up call to clarify meeting time of location, advising client to watch out for the police.]

Most prosecutions for Section 647(b) are based on the third scenario described above, with a male undercover officer posing as a john. The following is a streamlined example:

Undercover officer drives along the street to where defendant is standing. He unrolls his car window and speaks to defendant.

Undercover officer: “Hey, honey, can I get a blowjob for \$50?”

Defendant: “Sure.” (*agreement to engage in prostitution*)

Undercover officer: “Hop in.”

Defendant gets in car. (*act in furtherance*)

One of the “elements” which the prosecutor must prove is the defendant’s state of mind. The prosecutor has to show that the defendant had the “specific intent” to engage in prostitution. Usually this is proved by something the defendant said. But one judge pointed out that there wouldn’t be the right specific intent if the defendant only solicited someone as a joke, without actually intending to go through with it. (*People v. Love (1980) 111 Cal.App.3d Supp. 1.*) That is, the words have to match what’s really in the defendant’s mind.

Penal Code Section 647(f): Prostitution While HIV Positive

Under Penal Code Section 647(f), it is a felony to engage in prostitution if you know you’re HIV positive. To prove it, the prosecutor has to show that you:

1. Have a prior conviction for a sex crime (anything from prostitution to rape);
2. Following that conviction, you were tested and told that you are HIV positive; and
3. And then you committed prostitution again.

The maximum penalty for violation of Section 647f is three years in prison.

Penal Code Section 266(h): Pimping

Pimping is a felony, punishable by three, four or six years in prison. The prosecution has to prove that the defendant was either:

1. Deriving support from a person the defendant knew to be a prostitute (and the support came from the proceeds of prostitution); or
2. Soliciting customers, or being paid to solicit customers, for a person the defendant knows to be a prostitute.

Penal Code Section 266(i): Pandering

Pandering is a felony, punishable by three, four or six years in prison. The prosecution has to prove that the defendant procured or persuaded (through promises, threats or fraud) another person to become or stay a prostitute. Section 266(i) lists quite a few variations of how this might occur. An important point, however, is that like prostitution, pandering can be prosecuted principally on the basis of a verbal agreement. For example, if the defendant meets with a person who says s/he's a prostitute, and they make an agreement about when the prostitute will start work and for what rate—the crime of pandering is accomplished, without any money changing hands yet and without the prostitute actually engaging in any acts of prostitution.

Notes on Pimping and Pandering

Pimping is a general intent crime, but pandering is a specific intent crime. That is, pimping requires only that you do certain acts; while pandering requires that you do certain acts with a particular intention.

Both pimping and pandering have minimum mandatory sentences. That is, the judge does not have the option of giving a sentence less than three years in prison. The sentences are increased if the prostitutes were under 18. Pimping or pandering on multiple occasions cannot be charged as separate counts—the pimping or pandering is seen as one continuous course of conduct, even if it is spread over years.

Penal Code Section 182(a)(1)–647(b): Conspiracy to Commit Prostitution

Conspiracy to commit prostitution is also a felony. There is no mandatory minimum sentence for this offense. The maximum sentence is one year in jail or prison and/or up to a \$10,000 fine. The elements of the offense are:

1. The defendant agreed to work with or assist another person in committing prostitution; *and*
2. S/he engaged in an act in furtherance of the prostitution.

If the situation involves only a prostitute and client, that is simply prostitution, not conspiracy to commit prostitution. For there to be a conspiracy, the relationship would have to be that of prostitute and colleague, or prostitute and receptionist, or prostitute and pimp, etc. Naturally, there is a certain amount of overlap between conspiracy to commit prostitution and pimping and/or pandering.

QUESTIONS & ANSWERS FROM THE SAN FRANCISCO DISTRICT ATTORNEY'S OFFICE

[SJI Staff Note: As of 2010 the default program for the First Offenders Prostitution Program is SAGE. If you would like to attend another program, you, your public defender, or your defense attorney can request an alternative.]

Q. If I am arrested for a sex work-related crime in San Francisco, what are my options?

A. If you are arrested for a sex work-related crime you can fight the charges by contacting a defense attorney or the San Francisco Public Defender's Office at 415-553-1671. You can also call Lisa Ortiz of the San Francisco District Attorney's Office at 415-553-1749 because you may be eligible for a variety of diversion programs which can both provide services for you and which may help clear your record. The St. James Infirmary accepts referrals from Pre-Trial Diversion on a case-by-case basis.

Q. If I feel that a police officer has inaccurately reported my case, what can I do?

A. You have a right to follow up at the inspector's bureau and provide detailed additional information or correct the original information that was inaccurately documented by the reporting officer.

Q. When will I be notified about my case, and can I get emergency assistance?

A. The notification process varies to a great degree, and may depend on both the length of the investigation as well as the arrest status of the suspect. You have the right to telephone a police inspector or an assistant district attorney to find out the status of your case.

Q. If I wish to make a police report of a crime, can a police officer refuse to take my report?

A. No. It is a violation of the law for any peace officer to refuse to take a report of any unlawful activity. Peace Officers who have the authority to receive or arrest another person charged with a criminal offense and who willfully refuse to receive or arrest such person can themselves be charged with a crime.

Q. If I am a witness to a crime and I wish to report this, can my manager prevent me from telling what I saw?

A. No. It is a violation of the law to intimidate the witness of a crime.

Q. Should I allow a client to engage in unwanted sexual activity with me when I'm working?

A. No. Any person who touches an intimate part of the body against his or her will for the purpose of sexual arousal, sexual gratification or sexual abuse is guilty of sexual battery. If this unlawful touching is happening to you, then you are the victim of the crime of sexual battery.

Q. Can my manager encourage me, force me, require me, or insist that I engage in sexual activity as part of my work?

A. If your manager tries to persuade or to encourage, or to insist that you engage in sexual activity with a patron for money paid either to you directly or to the establishment, your manager may be guilty of the crime known as either pimping or pandering. These crimes are felonies under California law.

Q. Can a manager and/or staff falsely imprison me and prevent me from leaving a club?

A. No. False imprisonment is the unlawful violation of the personal liberty of another and can constitute a felony or a misdemeanor depending on the way the false imprisonment occurs. False imprisonment is a violation of Penal Code Section 236.

(Source: Correspondence with the San Francisco District Attorney's Office, 1997-2001)

NOTES FROM CALIFORNIA & SAN FRANCISCO PENAL CODES

California Penal Code Section 315: Keeping a house of Prostitution.

Every person who keeps a house of ill-fame in this state, resorted to for the purposes of prostitution or lewdness, or who willfully resides in such house, is guilty of a misdemeanor; and in all prosecutions for keeping or resorting to such a house common repute may be received as competent evidence of the character of the house, the purpose for which it is kept or used, and the character of the women inhabiting or resorting to it.

California Penal Code Section 318: Prevailing upon person to visit place for gambling or prostitution.

Whoever, through invitation or device, prevails upon any person to visit any room, building, or other places kept for the purpose of illegal gambling or prostitution, is guilty of a misdemeanor, and, upon conviction thereof, shall be confined in the county jail not exceeding six months, or fined not exceeding five hundred dollars (\$500) or be punished by both that fine and imprisonment.

California Penal Code Section 370: Public nuisances.

Anything which is injurious to health, or is indecent, or offensive to the senses, or an obstruction to the free use of property, so as to interfere with the comfortable enjoyment of life or property by an entire community or neighborhood, or by any considerable number of persons. or unlawfully obstructs the free passage or use, in the customary manner, of any navigable lake, or river, bay, stream, canal, or basin, or any public park, square, street, or highway, is a public nuisance.

California Penal Code Section 372: Maintaining a nuisance.

Every person who maintains or commits any public nuisance, the punishment for which is not otherwise prescribed, or who willfully omits to perform any legal duty relating to the removal of a public nuisance, is guilty of a misdemeanor.

San Francisco Municipal Code 215: Lewd and indecent acts Prohibited.

It shall be unlawful for any person to engage in or be a party to or to solicit or invite any other person to engage in or be a party to any lewd, indecent or obscene act or conduct. (Ord. 1.075, Oct. 11, 1938)

San Francisco Municipal Code 225: Soliciting prostitution prohibited.

It shall be unlawful for any person on any public street or highway or elsewhere, to solicit, by word, act, gesture, knock, sign or otherwise, any person for the purpose of prostitution. (Ord. 1.075, Oct. 11, 1938)

(Source: San Francisco Prostitution Task Force, Final Report, Appendix B)

TRAFFICKING VICTIMS PROTECTION ACT *by SJI Staff*

In the US, economic interest is not recognized as a compelling reason for legitimate entry into the country. However, some humanitarian concerns are recognized by the US. In 2000, the US Federal government issued the Trafficking Victims Protection Act (TVPA). One provision included in the TVPA is a special T-Visa that allows for victims of human trafficking to apply for permanent residence in the US. However, many Sex Workers have been critical of the TVPA because the boundary between coercive, exploitative sex trafficking and non-coercive sex work is poorly defined and has led to policies that have harmed Sex Workers, encouraged incarceration as a form of “rescue” and led to bloated local police budgets targeting Sex Workers instead of looking for actual victims of genuine trafficking (i.e. forced or coerced prostitution). Those convicted of trafficking face 20-years in prison. Under the TVPA, U-Visas may also be available to those who have suffered extreme forms of physical or mental abuse. However, the US Department of Justice reports that in 2007-2008, despite millions of dollars spent, only 1,020 “incidents” of sex trafficking were identified and of these cases only 112 cases were confirmed as human trafficking. Moreover, less than 10% of the T/U-Visas allowed under the TVPA are granted.

HANDLING ENCOUNTERS WITH LAW ENFORCEMENT

by Katya Komisaruk & Just Cause Law Collective

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Always check the publication date of educational materials concerning legal matters, because laws change over time. Legal information must be updated regularly by an attorney in your own state who practices the appropriate area of law (criminal defense, immigration, etc.).

When dealing with the police or with any other law enforcement agents, keep your hands in view and don't make sudden movements. Also, avoid passing behind them. Never touch the police or their equipment (vehicles, flashlights, animals, etc.)

When you are involved in or observing an interaction with the police, always note what is said and by whom. Record the officers' names and badge numbers. Immediately after the police interaction, make a copy of the Police Misconduct Report and fill it out. Do it promptly so you can remember important details clearly. Familiarize yourself with the Police Misconduct Report in advance so you'll know what to look for.

HOW WELL DO YOU KNOW YOUR RIGHTS?

Try This TRUE/FALSE Test

1. If you're arrested, you shouldn't answer the cops' questions, but it's okay to make small talk with them about sports, politics, etc.
2. You're required to carry identification with you at all times and show it to the police upon request.
3. It doesn't matter what you say to your arresting officers, as long as you don't sign anything.
4. If you ask an undercover officer, "Are you a cop?" it's legal for him to lie and say, "No, I'm not a cop."
5. If you're arrested and you admit to the police what you've done wrong, you'll get a better deal in court.
6. If the police fail to read you your rights when they arrest you, you'll almost always win your case.
7. If you chose to remain silent after you were arrested, the prosecutor can't argue to the jury that that this is evidence of guilt.
8. If an officer asks to see what's in your pockets or backpack, and you say "No," the officer can use your refusal as an excuse to search.
9. If you're arrested, but you're truly innocent, you should ask to see a lawyer and then remain silent.
10. You can count on the legal system to work fairly, regardless of your gender, race, class, nationality, orientation or disabilities.

Answers: 1. F 2. F 3. F 4. T 5. F 6. F 7. T 8. F 9. T 10. F

Questioning

Interrogation isn't all bright lights and rubber hoses—more often than not it's a casual conversation. Whenever law enforcement officers ask you anything besides name and address, it's legally safest to say these Magic Words: **"I'm going to remain silent. I would like to see a lawyer."** These phrases invoke the constitutional rights that protect you from police interrogation.

Generally speaking, engaging in dialogue with law enforcement personnel is appropriate only if you are reporting a crime. *If you find yourself unexpectedly in a situation that could conceivably lead to arrest, you must choose your words very carefully.* Once you say the Magic Words, the authorities are supposed to stop questioning you. If they don't stop, just keep repeating the formula like a mantra.

Remember, anything you say to the authorities can and *will* be used against you and your friends in court. There is no way to predict what the police might try to use or how they'd use it. Plus, the police might misquote you or lie altogether about what was said. So make a habit of saying *only* the Magic Words and letting everyone know that this is your policy.

Be aware that the authorities are legally allowed—and encouraged—to lie when they're investigating, and they are trained to be manipulative. Insist upon speaking with friends and lawyers before you answer any questions or produce any documents.

If you don't think you'll remember the Magic Words when you need them, write them on your forearm, preferably with something that won't wash off too easily (permanent markers work well.) Make sure that when you're arrested with other people, the rest of the group knows the Magic Words and promises to use them.

The Miranda Warning

Just because the police didn't read you your rights doesn't mean you can beat your case. Police are only required to read you your rights if: 1) you're under arrest; *and* 2) they want to ask you questions.

So if the police ask you questions but haven't arrested you, they don't have to read you your rights and your statements will be used against you. More important, if the police arrest you and don't ask questions, they don't have to read you your rights; but if *you* go ahead and say things to them, your statements *will* be used against you.

If you've been arrested and realize that you accidentally started answering questions, don't panic. As soon as you remember that you're supposed to be remaining silent, say the Magic Words: **"I'm going to remain silent. I would like to see a lawyer."** Just because you've answered some questions doesn't mean you have to answer all of them. Stopping can't hurt, and it may help.

Police Encounters

There are three levels of police-initiated encounters. The second two—which are more serious—require a certain level of proof before the police can engage in them.

Encounter	Level of Proof
1. Conversation	none
2. Detention	reasonable suspicion
3. Arrest	probable cause

Conversation: When the police are conducting an investigation, but do not have enough evidence to detain or arrest you, they will try to engage you in conversation or get consent to search. They may call this a "casual encounter" or a "friendly conversation," etc. If you cooperate, you're likely to give them the very facts they need to arrest you. Instead, you should refuse their request (even though their request may sound more like an order). Always state your refusal in words, as opposed to just shaking your head.

Detention: Police are only allowed to detain you if they have a reasonable suspicion that you are involved in a crime—that reasonable suspicion must be more than a mere hunch. *The police must be able to put their reasonable suspicion into words.* That is why it's sometimes called an articulable suspicion. For example, if an officer stops an individual, it's not enough for the officer to say, "He looked like he was up to something." The officer has to be more specific, giving details, such as, "He kept looking in the window of the jewelry store, then walking away, then coming back and peering into the store again. And he wasn't from the neighborhood. He seemed nervous and agitated, so I thought he might be planning a burglary."

Detention is supposed to last only a short time and should not involve changing location, such as going to the local police station. Though not as serious as an arrest, detention still means that you are not free to leave and are subject to limited search during the brief time of the encounter.

During a detention, the police are entitled to pat the outer surface of your clothing and to look into your bags to check for guns or knives. *A detention search is conducted only to assure that the detainee has no weapon(s) that could endanger an officer.* For example, once the police have patted you and have not felt anything that could be a weapon, they cannot then examine the contents of your pockets.

Arrest: When the police have probable cause to believe that you are involved in a crime, they can arrest you. (They don't need an arrest warrant as long as they have probable cause.) Probable cause is more than a reasonable suspicion, but less than the level of proof required to convict you at trial. Probable cause varies, according to the facts of the case. Say, for example, the police received a call from a store owner that someone had just spray-painted graffiti on his store. The police drive to the area and notice you running down the street, about a block from the store, holding a can of spray paint in your hand. Under these circumstances, the police would have probable cause to arrest you.

A detention can easily turn into an arrest. Even gently touching a police officer during a detention can justify arrest for "battery upon a peace officer." If the police find a weapon or see drugs while detaining you, it is likely to provide the probable cause necessary to arrest you. For instance, the police might detain you for questioning and then discover a knife while pat searching you or they might be detaining you to write you a ticket and then spot an open alcoholic beverage container in your car.

When making an arrest, the police are allowed to search to the skin and to go through your bag and/or car. An officer searching your body must be of your own gender.

Sample Conversations With Law Enforcement

Cop: Can I ask you a couple of questions?

You: Are you detaining me or am I free to go?

Cop: No, I'm not detaining you, I just want to talk to you.

You: I don't choose to talk to you. (walk away) Remain silent. Walk away.

Cop: You're not going anywhere. Hands against the wall, feet back and spread 'em.

You: Can you explain why I'm being detained?

NOTE: Memorize the officer's response. The officer may be unable to state a reasonable suspicion, and that fact could help you win your case later on. Don't go telling the cop that s/he doesn't have reasonable suspicion. That will just remind him/her to come up with a better story before writing the report.

Cop: You're under arrest.

You: I'm going to remain silent. I would like to see a lawyer.

NOTE: Do not wait for the police to read you your rights. They may not do it (and they're not required to unless they want to question you). Once you say that you don't want to answer questions or that you want a lawyer, the police are not allowed to question you. However, the police do get to ask your name, address and to see valid picture identification. It's okay to give them that information if you want to be released on citation (the citation is a ticket telling you when to come to court).

Cop: Can I look in your backpack (purse, pockets, wallet, glove compartment, trunk)?

You: No. I don't consent.

Searches and Warrants

If police come to the door with an arrest warrant, step outside and lock the door. Police are allowed to search any room you go into, so don't go back into your home to get your wallet or use the bathroom. If they *do* have an arrest warrant, hiding inside isn't likely to help, because police are allowed to force their way in if they believe you are there. So you might as well go, without letting them in to search.

Do not consent when the police ask to enter and search your home without a search warrant. Don't let them invite themselves in. Stand in the doorway and refuse to give them permission:

Cop: Mind if I come in?

You: No, I don't consent.

The police are quite likely to tell you they don't need a warrant to enter your home. It's always safest to reply: *"I don't consent to your coming in."* This statement cannot harm you, and it will be helpful in court if the police are wrong or lying. If the police tell you they're coming in anyway, make sure to repeat, *"I don't consent."* If police say they do have a search

warrant, ask them to give it to you so you can read it to see that it's signed and has your correct address and a reasonably recent date (not more than a couple of weeks). If you point out a flaw in a warrant, the police may ask you to let them in anyway. Just say no. (The police may threaten to tear your home apart if they have to go back and get another warrant, but the search will be destructive anyway, even if you let the police in immediately.)

Do not physically resist the police when refusing consent because you're likely to get hurt and charged with resisting or assaulting an officer. If the police insist on coming in after you've refused consent, stand aside and let them through the door—but remind them that you still don't consent to the search.

While saying "*I don't consent*" may seem a little formal, it helps keep the police from claiming that they thought you gave them permission. Many cases have been lost because the suspect was too polite or intimidated to refuse consent clearly. For example, if you said, "*I'd rather you didn't come in,*" it could be argued that you were giving them permission while just expressing a little discomfort about it.

CAUTION! There are a lot of ways the police will try to trick you into talking. It's always safest just to say the Magic Words: "**I'm going to remain silent. I would like to see a lawyer.**" The following are common lines the police use when they're trying to get you to talk:

- You're not a suspect. We're simply investigating here. Just help us understand what happened and then you can go.
- If you don't answer my questions, I won't have any choice but to take you to jail.
- Your friends have all cooperated and we let them go home. You're the only one left. Do you *want* to go to jail?
- If you don't answer these questions, you'll be charged with resisting arrest.

Good-Cop, Bad-Cop Routine: Don't get taken in by a "good cop" just because s/he is someone of your own race or gender.

Rat Jacket Routine: Don't believe police who insist that your buddy has snitched you off—never roll over on her/him. The police will often be telling your buddy that *you're* a snitch in the hope that each of you will snitch off the other.

George Washington Routine: The police will claim that they have all the evidence they need to convict you, and your best bet is to "take responsibility" and confess right away. They will argue that if you confess promptly, the judge will be impressed and go easier on you. When the police say they have all the evidence they need, what they really mean is: We don't have enough evidence yet, and that's why we need you to confess.

If you're arrested with friends, make an agreement that no one will make statements to the police until everyone has been able to talk to a lawyer and calmly decide what to do. Be aware of the paranoia, which tends to set in after people have been separated.

Be particularly suspicious if you are in custody and an officer (or an unfamiliar person claiming to be a lawyer) comes and tells you that everyone else has agreed to a particular deal or to leave jail. Demand to see a trusted lawyer or another friend to verify this information.

When you're in jail, don't talk to your cell-mates about what happened to you, who was with you or even whom you know. Stick to safe topics such as movies, music, sports, sex, etc.

Above all, do not ask for or accept legal advice from the officers who have stopped you. They are not there to act as your advocates. Remember that they've been trained to put you at ease, to get you to trust them. Their job is to find, arrest and help convict the suspect. And that suspect is you.

Infiltrators and Informants

Law enforcement officers infiltrate organizations. *Undercover officers are allowed to lie* if you ask whether they're law enforcement personnel. It does no good to ask, "Are you a cop?" Police are allowed to lie about being police. Narcs are allowed to do drugs. Legally, this is not considered entrapment.

Also, law enforcement agencies often use informants. Informants are usually people who have criminal charges pending against them; the authorities promise to let them off the hook if they'll snitch. Informants can be very deceptive since they don't look or talk like cops. In fact, an informant can be an old friend or acquaintance who just recently happened to fall under police control.

Bail: There are several procedures for getting out of jail while a case is in process. The police decide whether to give you a *citation* and release you. The judge decides whether to offer you *bail*, *bond* or *OR [own recognizance]*. Bail is money you pay to the court, to be forfeit if you don't appear at scheduled hearings. A bail bondsman can put up the money

for you, but you have to give the bondsman a percentage of the total bail (usually 10%), which s/he keeps as payment. Often, there is a pre-set bail for misdemeanors and lesser felonies, which you can pay at the jail without waiting to go before a judge.

Citation: Citing out is a type of release from custody in which you sign a citation, a promise to appear in court. It's usually a form that looks like a traffic ticket.

Bond: A bond is like bail except that you put up collateral instead of paying money. Collateral is something of value, like a car or house or land.

OR: Release on your own recognizance (OR, ROR or PR) is simply your promise to come to court for scheduled hearings without having to put up bond or pay bail. Usually you will only be released on your own recognizance if you can prove that: 1) you are not a danger to the community; and 2) you are not a flight risk, i.e., unlikely to return for court appearances. You are likely to be kept in jail if you:

- Have an outstanding warrant.
- Are already out on or, bond or bail.
- Are on probation or parole.
- Have failed to appear for court dates in the past.
- Have immigration problems.

Are arrested with drugs or weapons in your possession.

You can prove that you're not a flight risk by putting together a packet of documents to show the judge that you have long-term ties to the community and are therefore unlikely to skip town. Assemble as many different types of the following documents as possible. You'll need the originals, plus a copy of each to give the court:

- Lease, rent receipts, utility bills, phone bills (both current bills and very old ones to show the span of time you've been at this residence).
- Employment contract, pay stubs, records of volunteer work (both current and old records).
- School ID, school records.
- Proof of membership in community organizations or churches.
- General character reference letters from landlords, roommates, employers, teachers, clergy.

- List of character references with phone numbers.
- Letters on doctor's stationery about any medical conditions or appointments that necessitate your release.

Obviously, it is very difficult for your friends to run around trying to assemble such materials while you're sitting in jail. It makes much more sense for you to put together a packet of these documents yourself, and keep them in a safe but accessible place. Then, if you get in trouble, your friends can bring these papers to your lawyer, so that you'll have the material you need in court.

Common Interrogation Lines

The following are analyses of traditional interrogation lines:

"You're not a suspect. We're simply investigating here. Just help us understand what happened and then you can go."

"If you answer questions, you're likely to *become* a suspect, if you aren't really one already."

"What are you afraid of? If you haven't done anything wrong, then you shouldn't have any problem answering my questions."

[What you should be afraid of is being lured into answering questions. You don't have anything to prove. Remember, in court you're "innocent until proven guilty"—and the thing most likely to prove guilt is an unplanned statement made when you're arrested. If the police are thinking of arresting you, answering their questions will make them more determined to do it, not less so.]

"Look, if you don't answer my questions, I won't have any choice but to take you to jail. This is your chance to tell your side of the story."

[This is the most common trick of all! The police consistently pretend that they're considering letting you go, when they've already made up their minds to take you to jail. Remember, the time to tell your side of the story is when you're in court and have your lawyer helping you—not when you're alone with a cop who's busy building a case against you.]

"Your friends have all cooperated and we let them go home. You're the only one left. Do you *want* to stay in jail?"

The police can lie about where your friends are and what they've said. Don't trust information given to you by the cops. Make sure to verify your facts through a lawyer or your friends and family.

"I'm tired of screwing around. If you don't answer my questions, you're going to be charged with obstruction."

Well, you know this is garbage, because the Constitution guarantees you the right to remain silent—so refusing to answer questions can't be against the law. But some cops will still threaten you with "resisting an officer" or "obstruction of justice," just to see whether you'll fall for it.

"Come on, I'm not asking you to sign anything. We're just talking. And you can stop any time you want to."

Remember, anything you *say* can be used against you in a court of law. You don't have to sign anything to make it a real confession—the police will just quote you (and they may be taping you, too). The time to stop is before you ever begin—even a little time spent answering questions can completely screw up your case.

"Look, we've got all the evidence we need to convict you, so you might as well confess."

If the police really had all the evidence they needed, they wouldn't waste time talking to you. The only reason they're questioning you is because they *don't* have enough proof, and they're hoping you'll be kind enough to give it to them.

"Basically, the case against you is really strong. It's not a question of *whether* you're going to jail—it's a question of *what* you're to jail *for*."

"This is your last chance to get the right information to the DA before he decides on the charges." *[This is not the time to give more information to the DA. You can do that later, once you've got a lawyer helping you. After all, the DA can change the charges anytime up to trial. And in most cases, the DA does change the charges—reducing or dismissing them as part of a plea bargain. But your lawyer can usually get you a better deal if you don't give away all your bargaining power by confessing to the arresting officers.]*

"You know, there's only one person who can help you right now, and that's you. I can listen, but you've got to do the talking. This thing is going to eat at you; it's going to weigh you down for the rest of your life, if you don't get it off your conscience. Things look pretty bad right now, and they are. But this is where you have to start from. You've got to get this stuff out now, so you can move forward."

Confession may be good for the soul, but not when it's to the police. Talk about your feelings with a spiritual advisor such as a minister, priest, rabbi or imam, or with a licensed counselor such as a psychiatrist, psychologist, or social worker (but not a probation officer). They have the professional training to help you, and more important, they're prohibited by law from testifying about what you confide to them. Cops, on the other hand, will gladly testify about what you've "gotten off your chest."

"You got a choice here. Either you answer my questions, or you're going to jail. And I'd hate to see a nice white boy like you get punked by a bunch of nigs. You can talk to me now, or you can go to jail. And let me tell you something, there's women in that jail who haven't been outside in months, women who haven't been with a man for a real long time. How'd you like to be raped by a bunch of lesbians?"

Cops use this kind of race-baiting and queer-bashing pretty frequently to scare white people who haven't been to jail before. And the cops aren't particularly subtle about it. Don't let some bigot with a badge put his trash into *your* head.

TV and movies make rape-in-jail scenarios look more frequent than they really are. Most people in jail are there for drug or property crimes, not crimes of violence (much less sexual violence). If you behave reasonably, other prisoners really aren't likely to give you a hard time.

General Interrogation Techniques

You know the police are really trying to manipulate you when they offer a *legal defense* or *moral justification* for what you're accused of doing, or imply that what happened was due to an accident or to circumstances beyond your control. In applying this tactic, the interrogator frequently offers the suspect two choices, for example: a believable explanation or an unbelievable one; an honorable excuse or a dishonorable one. Of course, both choices are damaging admissions—it's just that one *sounds* better than the other. Imagine the following lines said by a sympathetic, understanding police officer in a warm, reassuring tone of voice:

Legal Defense

"I understand what you're saying . . . he threatened you, and essentially you were acting in self-defense."

"Okay, we've got you for possession of marijuana. But what isn't clear to me is: were you just out to get stoned, or were you maybe using it for medical purposes?"

Moral Justification

"What I'm wondering is whether you needed that money so you could take care of your kids and get them decent food and clothes and all—or did you just do it because you wanted drugs or new Nikes or whatever?"

"Well, that's a perfectly normal reaction. When a man finds out that his wife is sleeping with another guy, he's going to want to go out and do something about it."

Accident or Circumstances Beyond Control

"Now, I wasn't there, so I don't know. Only you know what really happened. But I'm thinking that when two people get into it, when there's an argument, stuff can happen that nobody ever intended. I mean, you could've just been shoving each other around, and he could've fallen and hit his head by accident—just plain bad luck."

"Obviously there's a difference between being an active participant and being a bystander. It's one thing to be actually involved in selling the drugs, and it's another thing to just be in the house when some other guys are doing a deal there. But the way things look, you could be either one. And the only way we're going to be able to figure out what your real role was, is if you talk to us."

Another common aspect of Inbau/Reid interrogation is minimization/maximization, contrasting the worst case scenario with the best possible outcome.

"You know, there's a lot of different ways this case could be charged. Anywhere from first-degree murder—that's life without parole—all the way down to involuntary manslaughter, which is typically probation. What we're doing right now, is trying to understand what really happened, so we can make a decision which way to go..."

Often the police will even say, "Look, I'm not making any promises..." and then imply that confessing to your crimes will result in a better outcome in court: lesser charges, a more favorable sentence, etc. This is a lie. The police are not authorized to offer leniency in exchange for a confession. Only the prosecutor or judge can make a plea bargain.

All law enforcement officers are trained to question suspects. Very few civilians have any practice in spotting or withstanding the interrogation techniques police use against them. It's pretty stupid to play such lousy odds when your liberty's at stake.

Foreign Nationals

Immigration law is rapidly changing, following the terrorist incidents of September 11, 2001. All non-US citizens should take care to update their understanding of the law on a regular basis. The INS seeks out and detains non-citizens on a regular basis, and is doing so on a very broad scale at the present time. What's more, most law enforcement officials are quick to turn those they suspect of being non-citizens (especially people of color and those who speak English as a second language) over to the Immigration and Naturalization Service (INS).

If the officers who've arrested you appear to know that you're not a US citizen, you should say, *"I'm going to remain silent. I would like to see a lawyer. I want to call my consulate."* This applies whether you're talking to the INS, the FBI, a police officer, a sheriff, or any other type of law enforcement agent. (In addition to having a lawyer present before making any decisions about what to say, non-US citizens also have the right to seek assistance from their consulate.)

Non-citizens should never agree to "voluntary departure" from the United States without checking with an immigration lawyer to see whether that's really the best option. This may mean remaining in custody somewhat longer, but you must avoid panicking and giving up your rights simply because you've been detained by the authorities.

Watch out for "expedited removal," a fast-track deportation procedure that can result in expulsion from the US within a day or two. If you believe that the authorities are going to engage in expedited removal of a detained individual, you should: 1) retain an immigration attorney immediately, and two) have as many people as possible (preferably hundreds) contact the individual's consulate and urge the consular officials to become involved. It's also useful to have politicians and clergy visit the individual in custody. The point is to let the immigration authorities know that the case is under public scrutiny. Non-US citizens who have been charged with a crime have the same rights as US citizens in criminal court, including:

- The right to remain silent.
- The right to an attorney paid for by the court if the accused person is low-income.
- The right to a trial (including a speedy trial).

Be aware, however, that after dealing with the criminal case, non-US citizens may then have to face an immigration hearing. Immigration hearings are usually shorter than criminal trials and defendants have fewer rights in the process. You are not entitled to a jury, or to a court-appointed lawyer (although you can retain your own). You do have a right to a hearing before an immigration judge, and the timing of the hearing depends on whether you are in or out of custody. Unfortunately, immigration judges are often cynical and biased against non-citizens. By law, less evidence is required for a judge to decide that someone has violated immigration laws than for a judge or jury to decide that someone has broken criminal laws.

If you are considering a plea bargain in a criminal case, you must consult with an immigration attorney before deciding whether to accept the offer. Some deals, which are fine for US citizens, are bad for foreign nationals—certain sentences that seem light can still result in expulsion from, or denial of re-entry into, the United States, or denial of naturalization.

Immigration Consequences

The immigration consequences of encounters with law enforcement depend on your present immigration status. If you are arrested in the US and don't have a valid visa, your chances of being detained by the authorities and then sent home are high. You needn't have committed any other crime, since being in the country illegally is itself grounds for expulsion.

If you do have permission to enter the US, then your immigration consequences depend on the type of visa, the outcome of the case, and the crime(s) with which you're charged. If you are merely here on a temporary visa your risk of expulsion is higher. If you are a resident alien (have a green card), you have more legal maneuvers available, although you could be still be expelled even though you may have lived in the US most of your life.

If you are acquitted of the charge(s) against you, there is generally little impact on your immigration status. If you are convicted, then it is more likely that you will be expelled. (Note that if you are sentenced to jail, you will have to serve your time before you are sent out of the country.) There are three levels of crime, and convictions for the higher crimes are obviously worse from an immigration standpoint.

If convicted of a felony—a crime punishable by prison time—the chances of being expelled are high, especially if the offense involves drugs, violence, sex or dishonesty (like fraud).

If convicted of a *misdemeanor* (a crime punishable by a year in jail or less), the chances of being expelled are lower, but you're still at considerable risk if the offense involves drugs, violence, sex or dishonesty. Deliberately giving incorrect information to a police officer (like a false address or false name) is only a misdemeanor, but it has serious immigration consequences because the offense involves dishonesty. Remember that while it's illegal to give false information, it's okay to give *no* information. You always have the right to remain silent.

If you are convicted of an *infraction* (a crime usually not punishable by jail time), you should not have any immigration problems, unless you are undocumented or your visa has expired. One of the goals of many groups that participate in nonviolent direct actions is to use solidarity tactics to plea bargain with the prosecution, so that everyone who wishes can plead out to an infraction.

Minors (people under 18 years old) who are non-US citizens and are prosecuted in juvenile court will not have any immigration consequences if they are convicted.

When plea bargaining, be especially careful about diversion. Diversion is a program in which defendants do community service and/or pay an administrative fee. When the requirements are complete, the charges are dismissed—so you don't get a conviction on your record. *However, if you are not a US citizen, diversion usually counts as a conviction!* Non-US citizens must have a local immigration attorney check on whether it's safe to take diversion in a particular region.

Some other procedures equivalent to diversion are “deferred prosecution” and “dispositional continuance.” These programs also usually count as convictions for immigration purposes.

You have the rights, under the Fifth and Sixth Amendments to the US Constitution, not to be forced to say anything that would incriminate you (help prove you guilty), and to have a lawyer present when the police are questioning you if you've been arrested. If you invoke either of these rights, the police have to stop questioning you. You have these rights even if you are a minor or non-US citizen.

LAWS USED AGAINST PROSTITUTES, THE HOMELESS & OTHER VULNERABLE POPULATIONS

by SJI Staff

Source: Coalition on Homelessness Civil Rights Project. (Last updates in 2004.)

If you are marginally housed, or just “hanging out” on the streets, you should know about the following laws:

- **Penal Code 647(c), Police Code 22—Blocking the sidewalk:** Blocking the sidewalk is not a crime. You have to be blocking somebody who is trying to get by. If you are not blocking somebody, you’re not breaking the law.
- **Park Code 3.02—Disobeying a sign:** The police use this law if you are in a park when it is closed. Unless a sign says otherwise, parks are open at night. The police also use this law to enforce any sign, e.g., no drinking, stay on the path, etc. The police must write the sign *they think you are in violation of* on the ticket.
- **Park Code 3.12—Camping in park:** You are not camping if you’re just hanging out in the park with your stuff. If you’re on the ground with you blankets and sleeping bags, and you have some bags, you are not breaking the law. You cannot have a tent or other structure.
- **Park Code 3.13—Sleeping in the park:** This law says you can’t remain in a park between the hours of 10 pm and 6 am for the purposes of sleeping. You are allowed to sleep in the park during the day. The police are not allowed to wake you up and tell you to leave the park if you fell asleep during the day.
- **Penal Code 647(f)—Drunk in public:** Just because you drank some alcohol, or are a little drunk, doesn’t mean that the police can arrest you for 647(f). According to the law, you are supposed to be drunk enough that you cannot care for the safety of yourself or others or are interfering with the use of sidewalks.
- **Police Code 21—Consuming alcoholic beverages in public:** It is illegal to drink alcohol on a street, sidewalk or alley. It is not illegal to have an unopened bottle of alcohol or even an opened bottle if you are not drinking from it. This law does not apply to parks.

- **Penal Code 647(j)—No lodging on public or private property:** You are not lodging if you are just sleeping or hanging out for awhile. Lodging means that you are establishing “living accommodations” or a “place of temporary residence” by staying in one place for an “extended period of time.” The police are supposed to warn you before citing or arresting you for “lodging.”
- **Police Code 25—Trespassing:** This law says you cannot “willfully” remain on private property after the owner has told you to leave. There must be a complaint from the owner or a person in charge for you to be trespassing. The owner can ask you to leave or put on of those “No Trespassing” signs in their windows. This law doesn’t apply to sidewalks in front of businesses or other public spaces.
- **Police Code 120.1—Aggressive panhandling:** Just spare changing is not illegal. In fact it’s protected by the first amendment. What is illegal is when you ask for money and person says no, then you follow them and keep on hassling them.
- **Police Code 97—Living in vehicle:** It is illegal to live in your vehicle between 10 pm and 6 am, unless you need to alleviate sickness of if you temporarily can’t drive due to physical inability.

If you have been cited for one of the above infractions, or if the police or city workers have take your property contact the Coalition on Homelessness at 415-346-3740, they may be able to help you.

- **Identification Checks*:** If the police stop you and ask for ID and you’re not suspected of doing anything wrong, you have the right to refuse the officer’s request and walk away.
- **Searches*:** The police can pat search you if they have a good reason to fear for their own safety. The police can then only go through your pockets if they have a good reason (not just one they made up) to believe you are carrying something illegal.

**NOTE: Neither of the above applies if you are on probation or parole.*

SEX WORKERS AND CHILD PROTECTIVE SERVICES

by Liz Potter & SJI Staff

Sometimes the stress of being a parent is overwhelming. For a compassionate, listening ear, parents can call the TALK Line, San Francisco's 24-hour crisis and counseling line for parents under stress, at 415-441-KIDS. In the East Bay, parents can call the Family Paths Hotline at 800-893-5444 for 24-hour support and referrals.

Child Protective Services (CPS)

CPS is the major system of intervention of child abuse and neglect in California. CPS provides services to abused and neglected children and their families. The CPS goal is to keep the child in his/her own home when it is safe, and when the child is at risk, to develop an alternate plan as quickly as possible. Workers at CPS say their number one goal is to keep families together.

How Does CPS Get Involved?

Anyone can report incidents or concerns about child abuse or neglect to the confidential 24-hour hotline (415-558-2650/800-856-5553). The reporter will be asked to provide the name, address and approximate age of the child and to describe the situation that prompted the call. The hotline is also a source of information and referrals for callers. Parents and family members needing help are often referred to the Family Service Agency TALK Line, 415-441-KIDS (5437). For additional resources, see Section B.1: Children, Youth, and Family Services.

Hotline reports are investigated by emergency response workers. If the investigation produces no evidence of abuse or neglect, the case is closed, but the report is entered on a statewide database. If subsequent reports are received, the information from the first incident will affect the urgency of the case.

Children who are found to be unsafe in their homes are removed and placed in the home of a relative, in a licensed foster home or in a setting that meets the special needs of a child. A petition is filed with San Francisco Juvenile Court to detain the child temporarily. The Court may dismiss the case and return the child to the family, or support the allegations of the petition and maintain the child in placement. In this case, longer-term arrangements are made for the child and a case plan is established outlining the steps a parent must take to be reunited with the child. These steps may include finding housing, completion of drug or alcohol rehabilitation, and parenting classes.

How Does CPS View Parents Who Are Sex Workers?

There is no simple answer to this question. Each situation is unique. If a child is fed, cared for, loved, and protected from danger, and her mother is a Sex Worker—but the sex work is not affecting the child—there is no case for CPS involvement. If a child lives in a home where he is exposed to sexual activity (people are having sex openly in front of him), CPS would have grounds for involvement.

What matters to CPS is child safety. If a parent works at night, who watches the child? Is the child safe with that caregiver? Is anyone in the home hurting the child physically, emotionally, or sexually? Does the child have enough to eat? These are the same issues that come up for all families, regardless of parental occupation. Being a Sex Worker does not mean you automatically lose your children, just as being homeless does not mean you automatically lose your children.

That said, CPS divisions vary from county to county and region to region. In some areas, CPS may support keeping children in a home where the parents' income is from sex work, as long as the children are safe and not exposed to sexual activity. In other areas, CPS may initiate an investigation and action based on the parent's sex work alone. If family maintenance or reunification is a goal, CPS may require that the parents find employment outside of sex work.

The law says that judges must give custody according to what is *best for the child*. In most cases, judges give custody to one or both parents—but there are times when custody is given to a friend or relative. You should consult a lawyer for information about custody given to non-parents.

After a judge makes a custody/visitation order, one or both parents may want to change the order. If parents can't agree on a change, one or both of the parents must file a motion with the court asking for a change. If you want to change your order, you and the other parent will probably have to meet with a mediator to talk about why you want the order to change.

History of Sex & Sex Work in the US & San Francisco – 1900s to Present

- 1910 The US passed the Mann Act of 1910, also known as the White Slave Traffic Act, which prohibited interstate transportation of women for immoral purposes.
- 1913 Section 647 was added to the State of California Penal Code: Every person who solicits or who agrees to engage in or who engages in any act of prostitution is guilty of a misdemeanor. Some 30 states had restrictive legislation and over 650 American communities eliminated their red light districts and other prostitution activities.
- 1941 The Federal government developed and implemented the May Act, which provided the government with complete authority over police responsibilities in communities that were unsuccessful in resolving prostitution problems.
- 1965 US Supreme Court ruled that married couples have the right to buy condoms.
- 1971 Brothels in certain Nevada counties are legalized if licensed and regulated.
- 1972 US Supreme Court extended the right to buy condoms to single adults.
- 1973 US Supreme Court's landmark decision in Roe v. Wade, establishing the right of women to have an abortion.
- 1973 California State Legislature decriminalizes homosexuality.
- 1974 City and County of San Francisco discontinued mandatory penicillin injections and quarantining of prostitutes in county jail.
- 1980 Rhode Island General Assembly changes the law on prostitution, deleting the statute that prohibited the act of prostitution itself, but continues to prohibit street solicitation.
- 1981 California State Legislature added a clause to the State Penal Code prohibiting gays from soliciting a lewd act in a public place.
- 1984 California State Legislature amended prostitution law, making it illegal to agree to the money, and requiring the prostitute to do something to further the deal; Police began using condoms as evidence of furtherance in order to convict.

- 1989 California State Legislature adopted mandatory HIV testing regulations within solicitation-crime convictions wherein any person convicted for prostitution on a second charge, must test for HIV, and if positive, is charged with a felony.
- 1992 City and County of San Francisco declared a state of emergency in response to AIDS, approving needle exchange sites.
- 1994 San Francisco District Attorney's Office discontinued the use of condoms as evidence in solicitation cases.
- 1994 State of California Labor Commission ruled that exotic dancers are employees, not independent contractors, and are entitled to wages and benefits, and also that stage fees are illegal.
- 1995 California State Legislature expanded the definition of 'intent to commit prostitution' by including those in public who talk to strangers, making hand or body gestures, or anyone in public at any time who has prior prostitution convictions.
- 1996 San Francisco Task Force on Prostitution is convened, and the report is released to the public and government agencies recommending the decriminalization of prostitution in San Francisco.
- 1998 San Francisco Commission on the Status of Women adopted to officially support the decriminalization of prostitution.
- 2000 Governor Davis signed AB2509, amending State Labor Code sections including a provision prohibiting employers from taking any portion of cash tips from dancers that were given directly to them by customers.
- 2003 San Francisco Board of Supervisors approved legislation transferring massage establishment licensing from SF Police Department to the SF Department of Public Health.
- 2008 Proposition K placed on the ballot in SF. It failed, but 42% of residents voted to decriminalize prostitution in SF.
- 2009 Rhode Island passed law that criminalizes prostitution.

SECTION A.10: EDUCATION, EMPLOYMENT & FINANCIAL ASSISTANCE

COLLEGES, FINANCIAL AID & SELF-EMPLOYMENT

by Wendy Blackburn & SJI Staff

The General Educational Development (GED) Test

The General Educational Development (GED) test is designed for people who did not graduate from high school but want a certificate equivalent to the traditional high-school diploma. In many cases a high-school diploma or GED is required to qualify to enroll in a college, university, or trade school. Many people are able to pass the test without special preparation. A number of GED instructional programs offer a practice test for those who wish to prepare before taking the final test.

Accreditation

Accreditation of a school means that it meets a certain level of educational competence to grant credentials in the form of degrees or certifications. There are two types of accreditations: Regional and National. Regionally accredited schools are typically academically oriented non-profit institutes, while nationally accredited schools tend to be for-profit and offer vocational, career, or technical programs. Many regionally accredited schools will not accept nationally accredited schools' academic credits for transfer. Although it is possible for postsecondary educational institutions and programs to provide quality postsecondary education without the accreditation, in many circumstances, only degrees or certificates from accredited schools are legally acceptable for employment. When selecting a school, it is important to determine if the training qualifications being offered will qualify you for the type of employment you wish to pursue after graduation.

Trade Schools & Career Colleges

A vocational school, also referred to as a trade school or career college, gives its students the skills needed to perform a certain job or jobs, such as massage, cosmetology, blacksmithing, floral design, or car repair. Traditionally, vocational schools teach primarily or only job-specific skills and, as such, are considered to be institutions devoted to training rather than education. Typically, trade schools and career colleges award certification in the areas of study offered.

Community Colleges

In the US, a community college, sometimes called a technical college, county college, junior college or a city college, is an educational institution providing higher education and lower-level, post-high school education, granting certificates, diplomas, and Associates' degrees. Community Colleges typically have three types of academic programs:

1. An Associates Degree, which is equivalent to two years of college or university education and is awarded to students who take the necessary courses needed to earn a general education degree that will allow for entry into jobs college courses but not a four-year degree. The Associate's Degree program also allows students who wish to obtain a bachelor's degree at a four-year college to complete the necessary "core" requirements to attend the college of their choice.
2. Certification in a specific area of training, such as nursing, computer repair, or welding, areas that require preparation for a state or national examination, or where certification would allow for hiring preference or a higher salary upon entering the workforce. These courses are often geared toward the needs of the local business community; they are sometimes similar to the training offered at a Trade School or Career College.
3. Services of local interest to members of the community, such as job placement, adult continuing education classes (either for personal achievement or to maintain certification in specialized fields), and developmental classes for children. Some Community Colleges offer opportunities for people who dropped out of school before graduation to earn a high school diploma or obtain a GED.

Some of the advantages of starting out at a community college include: lower cost than at a university; ability to study at one's own pace without a time limit on obtaining a degree; an "open enrollment" policy, which allows anyone to begin the goal towards future college education; and the opportunity to transfer to a four-year university for those whose academic performance, finances, or other life circumstances might otherwise have impeded the opportunity to pursue a four-year degree as a first step.

Colleges & Universities

Colleges and universities are institutions of higher education and research that grant academic degrees at all levels (bachelor, master, and doctorate) in a variety of subjects. An application process is a customary part of the competitive college admissions system. Admissions departments usually ask students to complete an application consisting of personal essays (as well as samples of high school work), letters of recommendation, and a list of extra-curricular activities. Some schools require test scores from the SAT Reasoning Test or American College Test (ACT), while others make it optional. The application process is usually simpler and testing is usually not required for students transferring from a community college.

Financial Aid

Student financial aid refers to funding intended to help students pay educational expenses including tuition and fees, room and board, books and supplies, etc. for education at a college, university, or private schools. Financial aid may be classified into two types based on the criteria through which the financial aid is awarded:

1. *Merit-based scholarships*, regardless of the financial need of the applicant, include both scholarships awarded by the individual college or university and those awarded by outside organizations. Merit-scholarships are typically awarded for outstanding academic achievements, although some merit scholarships can also be awarded for special talents, leadership potential and other personal characteristics. Athletic scholarships are a form of merit aid that based on athletic talent.
2. *Need-based financial aid* is awarded on the basis of the financial need of the student. The Free Application for Federal Student Aid (FAFSA) is generally used for determining federal, state and institutional need-based aid eligibility. Students must complete the FAFSA each year to be considered for financial aid. FAFSA financial aid may be composed of different programs, grants, and scholarships, work and loan programs (in subsidized and unsubsidized forms). To qualify for federal student aid, a student must file the FAFSA, which uses a calculation taking into account income and assets to determine a student's educational financial needs for that year.

Self-Employment

The US Small Business Administration (SBA) is an independent agency of the Federal government to aid, counsel, assist and protect the interests of small business concerns. The SBA helps Americans start, build and grow businesses through an extensive network of field offices and partnerships with public and private organizations. The SBA's resource offerings include: finding financial assistance; contract opportunities; disaster assistance; business counseling; legal resources; tax regulations; local business licensing; programs for women, veterans, Native Americans, young entrepreneurs, and business involved in international; and a variety of low-cost and free on-line and in-person workshops.

Small business mentoring and training is provided by the Service Core of Retired Executives (SCORE), a non-profit volunteer-based organization that partners with the SBA in helping small business owners and entrepreneurs. SCORE offers free personalized business counseling, workshops and seminars on business topics. SCORE volunteers are working or retired business owners, executives and corporate leaders who share their wisdom and lessons learned in business. SCORE offices are often equipped with a resource library.

EMPLOYMENT DISCRIMINATION

by SJJ Staff

Source: Employment Law Center

Sexual Discrimination and Harassment

Both Federal and California State laws prohibit discrimination based on whether you are a man or woman. It is illegal for an employer to fire, fail to hire, or discriminate in any way against you with respect to your compensation or in terms, conditions, or privileges of employment based on gender. These prohibitions on discrimination also apply to gender-based harassment. Harassment is a form of discrimination that occurs when a boss, supervisor, or co-worker subjects you to hostile, offensive or intimidating behavior because of your gender that is so severe or pervasive that it interferes with your ability to perform your job.

Title VII of the Civil Rights Act of 1964 ("Title VII")—the federal law that prohibits sex discrimination—applies to employers with 15 or more employees. California's Fair Employment and Housing Act ("FEHA") applies to employers with five or more employees (except in cases of harassment, in which case there is no minimum employer size).

Filing a Discrimination/Harassment Complaint

If you are unable to resolve your situation informally, you can follow your employer's grievance procedure, if your employer has one. You also may choose to file an employment discrimination complaint with the federal Equal Employment Opportunity Commission (EEOC) (sex discrimination only) or the California Department of Fair Employment and Housing (DFEH), which may investigate your complaint and try to resolve the problem. There is no charge to file a complaint and you can do so without an attorney. You must file your complaint with the EEOC within 300 days—or with the DFEH within one year—of the last act of discrimination or harassment. If you don't file a complaint within these time limits, you may lose your right to legal protection from the discrimination or harassment.

Under State and Federal law, it is illegal for a person or company to retaliate against you if you complain about discrimination or harassment in the workplace. Retaliation may include actions such as terminating you, moving you to less favorable assignments or shifts, making undeserved negative evaluations, or intensifying the original harassment. *It is essential that you keep copies of all important letters and documents that you send to your employer or that your employer sends to you.* If in doubt, do not sign anything without legal advice, especially documents that require you to agree to waive your right to bring a complaint, or require you to arbitrate disputes with your employer. To file a complaint, please see Section B.4: Employment Assistance Services and See Section B.10: Legal Assistance.

HOW TO FILE FOR BACK WAGES, RETURN OF “STAGE FEES” OR MANAGEMENT-APPROPRIATED TIPS

Any employee who has a claim against her/his employer or former employer for unpaid wages or other compensation, may file with the Division of Labor Standards and Enforcement of the State Labor Commission. Obtain an initial report or claim form from the State Labor Commission office in your area (look in the phone book in the government section under Division of Labor Standards and Enforcement, Labor Commission, or Department of Industrial Relations). Provide the following information as accurately as possible:

Claimant Information: Your name, social security number, number of tax exemptions claimed (may not apply if wages were not received), address, home and work phone numbers, occupation, date of hire, CA driver's license number, date of birth, work site address.

Work Information: Name and address of business, employer's name (if known), telephone number, name of manager, type of business, estimated number of employees (include all workers on site).

Wages/Conditions of Employment: Rate of pay (if hourly wages were never paid, write “N/A”), paid by piece rate (do not rely on employer's definition of a piece rate system, write “N/A”), split shifts (may not apply), total hours worked per day and per week (use these figures to calculate gross wages claimed), paid overtime (time and a half for each hour worked beyond 8 hours per shift), written agreement, still working for employer, 72 hour notice given if quit, paid at time of discharge (wages, not tips), requested wages to be paid, record of hours worked (can be personal calendar, stage fee receipts, or employer contracts), how you were paid (if paid in cash, write ‘by patrons’), uniform/tools required (can be make-up, costumes, music, etc.).

Gross Wages Claimed: Period of employment (how long you worked for the company), number hours/days/weeks/or months claimed (may go back up to three years from the date that you file this claim), rate of pay (amount of hourly wage per hour or minimum wage if unpaid; amount of stage fees/commissions/ or quotas paid each day), subtotal (total paid or unpaid wages + total paid stage fees), subtract total paid wages (if you received a paycheck), total claim amount (subtract wages received from subtotal).

Brief Explanation of Issues: You may further explain conditions of employment (e.g., was misclassified as independent contractors and was not paid hourly wages; employer required fees in order to maintain

schedule; employer took portions of tips given to employee by patrons; employer used employees tips to pay employers share of state & federal taxes, etc.). Sign your completed form and make a copy for your personal records. Deliver form via mail, or in person (retain stamped copy from Labor Commission staff). Filed claims will be processed and assigned to a Deputy Labor Commissioner, who will determine how to proceed and will notify both parties as to the specific action which will initially be taken (Referral to a conference, referral to a hearing, or dismissal of the claim).

Conference: If a conference is scheduled, a Notice of Claim Filed and Conference will be sent to both parties describing the nature of the claim, time and location, and directing both parties to attend. The purpose of the conference is to determine if the claim can be resolved without a hearing. Both parties should bring any evidence or documentation to support their position. If the employer fails to appear, the claim may be automatically referred to a hearing. If the employee fails to appear, except for good cause shown, the claim will be dismissed. If the case is not resolved at the conference, the Deputy may refer the case to a hearing or dismiss the claim, depending on the positions of both parties and provided documentation. If the employer makes payment on the claim, the Deputy must be notified, and if the claim is fully paid the case will be closed. The employee may withdraw the claim at any time by notifying the Deputy and Labor Commission in writing.

Hearing: If a hearing is scheduled, a Notice of Hearing will be sent to both parties providing the time and location, and directing both parties to attend. Both parties will testify under oath and may bring any documented evidence, witnesses or representatives (i.e. attorneys or other employees who worked with you). Both parties may cross-examine the opposing party and witnesses. If the employee fails to appear, the case will be dismissed. If the employer fails to appear, the Hearing Officer will decide the matter based on evidence provided by the employee. A decision will be filed in the Labor Commission office within 15 days after the hearing, and the order will be sent to both parties shortly thereafter. Either party may appeal the Labor Commission's decision to the Municipal or Superior Court, within the time period set forth in the order. You may call the Labor Commission at any time to check on the status of your claim form, conference notice, hearing notice, or case decision. Follow up is crucial!

(State of California Labor Commission, Policies & Procedures for Wage Claim Processing)

OBTAINING FINANCIAL ASSISTANCE

by SJI Staff

- *CalWORK's/TANF* (Temporary Assistance for Needy Families) provides individuals with less than \$100 in liquid resources who have an immediate need (no food, no clothing, no utilities) or other related emergencies that are detrimental to the health and safety of their family, with a check for up to \$200 in one day (must apply for either Cal-Work's or TANF within fifteen working days).
- *CAAP* (Country Adult Assistance Programs) SF Department of Human Services provides short-term financial assistance and social services to residents in need who are not eligible for help from other public assistance programs through these four programs:
- *CALM* (Cash Assistance Linked to Medi-Cal) provides individuals who are receiving Medi-Cal benefits because they are either aged or disabled but do not currently qualify for SSI. The monthly aid payment for a single individual can be up to \$395.
- *PAES* (Personal Assisted Employment Services) provides employment services and a stipend of up to \$395 a month to employable adults.
- *SSIP* (Supplemental Security Income Pending) provides advocacy and a payment of \$395 a month to individuals who have medical verification that they have a disability which has either lasted, or is likely to last, at least 12 months. Individuals may be eligible for either SSI, SSDI or both.
- *GA* (General Assistance) provides cash assistance of up to \$320 a month for indigent adults who have no other means of support.
- *Medi-Cal* is California's medical assistance program for persons who receive SSI and TANF/Cal-Works and some others who lack the funds needed for medical care. In general, Medi-Cal is not available to CAAP recipients unless blind, aged, disabled, a refugee or pregnant.
- *SSI* (Supplement Security Income) is a federal program that provides monthly payments to aged, blind, and disabled who have little or no resources or income. An applicant need not have worked or paid Social Security taxes to be eligible.
- *SSDI/SDA* (Social Security Disability Insurance) is a federal insurance program that provides monthly payments to aged, blind and disabled people who have worked a certain number of years and paid Social Security taxes. The resource and income limitations of SSI do not apply to this program.

LICENSING FOR MASSAGE ESTABLISHMENTS & PRACTITIONERS

by SJI Staff

In November 2003, the San Francisco Board of Supervisors approved legislation to transfer licensing of all massage establishments and practitioners from the San Francisco Police Department to the San Francisco Department of Public Health. The following information includes a portion of the updated policies and requirements.

Application For Massage Practitioner Permit: General & Advanced Practitioners

Every applicant for a massage practitioner permit must file an application with the DPH and pay a non-refundable application fee. The application for a massage practitioner must set forth, under penalty of perjury, the following:

- Name and residence address of the applicant.
- A unique identifying number from at least one government-issued form of identification, such as a social security card, a state driver's license or identification card, or a passport.
- Written evidence that the applicant is at least 18 years of age.
- Applicant's height, weight, and color of hair and eyes.
- Business, occupation or employment of the applicant for the five years immediately prior to the date of application; this information will include, but not be limited to, a statement as to whether or not the applicant, in working as a massage practitioner or bodywork technician or similar occupation under a permit or license, has had such permit or license revoked or suspended, and the reasons therefore.
- All felony or misdemeanor convictions.

An applicant for a general massage practitioner permit must provide, as part of the application, the name and address of the recognized school for massage attended, the dates attended, and the original of the diploma or certificate of graduation awarded the applicant showing that the applicant has completed not less than 100 hours of instruction.

An applicant for an advanced massage practitioner permit must provide, as part of the application, the name and address of the recognized school or schools for massage attended, the dates attended, and the original of the diploma(s) or certificate(s) of graduation awarded the applicant showing that the applicant has completed not less than 200 hours of instruction. The additional 100 hours of instruction required for

the advanced massage practitioner permit may be completed at one or more schools. If the applicant already holds a current general massage practitioner permit, he or she need only submit documentation for the additional 100 hours of instruction necessary for the advanced massage practitioner permit.

DPH will administer a culturally-sensitive test to all applicants, in the applicant's own language, to confirm basic proficiency in massage before issuing a permit.

No massage practitioner permit will be issued if DPH finds any one of the following:

1. The applicant has provided materially false documents or testimony.
2. The applicant has not complied fully with the provisions of this Article.
3. Within five years immediately prior to the date of application, the applicant has had any license or permit related to the practice of massage revoked.
4. The applicant has been convicted of any one of the following offenses or convicted of an offense outside the State of California that would have constituted any of the following offenses if committed within the State of California:
 - Any felony involving the use of coercion or force and violence upon another person.
 - Any misdemeanor sexual battery. Any offense involving sexual misconduct with children.
 - Any offense requiring registration pursuant to Section B.190 of the California Penal Code.

DPH may issue a massage practitioner permit to any individual convicted of one of the above offenses if the offense was not violent, the conviction occurred at least five years prior to the date of application, and the applicant has not been convicted subsequently of one of those offenses.

If an application for a massage practitioner permit is denied, the applicant may appeal the decision within 30 days of the date of receipt of the notice of denial by notifying DPH in writing. The Director of the DPH will review the appeal and his/her ruling is final.

Temporary Massage Practitioner Permit: Trainee Permit

Upon completion and submission of an application for a massage practitioner permit as outlined above, and upon payment of all fees for the permit, an applicant may request a temporary massage practitioner permit. If requested, DPH will issue the temporary massage practitioner permit, which is valid for the period during which the application is under review, but in no event for more than 60 days.

Application for Massage Establishment, Solo Practitioner Establishment, or Outcall Massage Service Permit

Every applicant for a massage establishment, solo practitioner massage establishment, or outcall massage service permit must file an application with DPH and pay a non-refundable application fee.

The application must set forth, under penalty of perjury, the following:

1. The exact nature of the services to be rendered.
2. The address of the proposed place of business and facilities thereof.
3. The number of individuals to be employed by the business, and, in the case of a solo massage practitioner establishment, the names of any massage practitioners who will operate under that permit.
4. The name, residence address, and date of birth of each applicant.
5. Any history of previous massage permits or licenses in San Francisco or elsewhere, including whether any such permit or license has been revoked and the reasons therefore, for each applicant.
6. All felony or misdemeanor convictions for the applicant.

The Director is authorized to require in the application any other information including, but not limited to, information related to the health, hygiene, and sanitation of the premises and any information necessary to confirm the accuracy of the matters set forth in the application.

An applicant for a solo practitioner massage establishment permit must provide proof that he or she holds a current, valid advanced massage practitioner permit issued by DPH. Applicants must also submit proof of compliance with any applicable Planning Code requirements regarding notice and posting of the proposed establishment. An advanced massage practitioner holding a solo practitioner massage establishment permit is not required to pay any additional permit fee for an outcall massage service permit.

No massage establishment, solo practitioner massage establishment, or outcall massage service permit will be issued if DPH finds any one of the following:

1. The applicant has provided materially false documents or testimony.
2. The operation as proposed by the applicant would not comply with all applicable laws including, but not limited to, the City Building, Planning, Housing, and Fire Codes or any rule or regulation adopted by the Director pursuant to this Article.
3. Within five years immediately prior to the date of application, the applicant has had any license or permit related to the practice of massage revoked.
4. The applicant and any other individual who will be directly engaged in the management and operation of the massage establishment, solo practitioner massage establishment, or outcall massage service has been convicted of any of the following offenses or convicted of an offense outside the State of California that would have constituted any one of the following offenses if committed within the State of California:
 - Any felony involving the use of coercion or force and violence upon another person.
 - Any misdemeanor sexual battery.
 - Any offense involving sexual misconduct with children.
 - Pimping or pandering.
 - Any offense requiring registration pursuant to Section 290 of the California Penal Code.

DPH may issue a permit to an individual convicted of one of the above offenses if the offense was not violent, the conviction occurred at least five years prior to the date of application, and the applicant has not been convicted subsequently of one of those offenses.

If an application for a permit is denied, the applicant may appeal the decision within 30 days of the date of receipt of the notice of denial by notifying the DPH in writing. The Director of DPH will review the appeal and his/her ruling is final.



Occupational Health & Safety Handbook
Part B: Agency Listings



SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

Adolescent Health Working Group

1390 Market St, Suite 900, San Francisco, CA 94102 • (415) 544-8429
Fax: (415) 554-8965 • www.ahwg.net

Asian Perinatal Advocates Family Support Centers

SFGH: 1001 Potrero Ave, Bldg 40, Rm 4101, San Francisco, CA 94110
(415) 206-5450

655 Clay St, San Francisco, CA 94111 • (415) 616-9797

Network & Counseling Center: (415) 617-0061 • www.apasfgh.org

Services include referrals, information and support for Asian families. Also offers baby-care workshops, a follow-up clinic for high-risk children, prenatal psychosocial assessments, and training for service providers in Asian cultural awareness.

♥ At the Crossroads

333 Valencia St, San Francisco, CA 94103 • (415) 487-0691 • Fax: (415) 487-0692
www.atthecrossroads.org mail@atthecrossroads.org
Mon-Thu 3-5 pm. Provides harm-reduction services to youth.

Bay Area Perinatal AIDS Center (BAPAC)-University of California at San Francisco (UCSF)

San Francisco General Hospital, 1001 Potrero Ave, 6D-33, San Francisco, CA 94110
(415) 206-8919 • Fax: (415) 206-3626 • www.php.ucsf.edu/bapac
Provides family-centered preconception, prenatal and post-partum care to HIV-infected women and their families.

Bay Area Women's and Children's Center

318 Leavenworth St, San Francisco, CA 94102 • (415) 474-2400
www.bawcc.org

Provides information and referrals, healthcare and clothing for women and children. Projects include: Tenderloin Community School; family center, children's playground and recreation center; Civic Center tiny-tot lot, playgrounds; and focus groups on neighborhood family issues. Please arrange in advance for services in a language other than English.

♥ Bay Area Young Positives

701 Oak St, San Francisco, CA 94117 • (415) 487-1616 • Fax: (415) 487-1617
www.baypositives.org

Offers peer-based emotional support and educational workshops for individuals aged 26 years or under who are HIV+.

Bay Area Youth Agency Consortium (BAYAC)

3219 Pierce St, Richmond, CA 94804 • (510) 525-9980 • Fax: (510) 525-9981
www.bayac.org • bayac@bayac.org

Part of AmeriCorps, BAYAC will provide jobs (full time or part time commitment). Also provides direct services to youth, including tutoring, safe and structured after school-activities, and health education.

California Youth Crisis Line

PO Box 163147, Sacramento, CA 95818 • (800) 843-5200

www.youthcrisisline.org • info@calyouth.org

A toll free, 24-hour confidential phone line available to young people between the ages of 12-24 and those who are concerned about them. The hotline provides crisis intervention counseling for issues of abuse, assault and exploitation; running away; living on the streets; prostitution; gang membership, LGBT issues; and suicide.

Cameron House

920 Sacramento St, San Francisco, CA 94108 • (415) 781-0401

www.cameronhouse.org • ameronhouse@cameronhouse.org

A faith-based organization, Cameron House provides counseling, peer group support, crisis intervention, leadership development, education and advocacy for youths, adults and families.

♥ Center for Young Women's Development

832 Folsom St, Suite 700, San Francisco, CA 94107 • (415) 703-8800

Fax: (415) 703-8818 • www.cywd.org

Provides peer-based advocacy, employment training, and leadership development skills. Produces a resource handbook ("Know Justice") for low-income young women who are involved in the juvenile justice system and who have lived and worked on the streets.

Children's Protective Services (CPS) – Emergency Hotline

170 Otis St, San Francisco, CA 94110 • (800) 856-5553 • (800) 558-2650

www.sfgov.org

Hotline for reporting child abuse.

Children's Council of San Francisco

445 Church St, San Francisco, CA 94114 • (415) 276-2900 • Fax: (415) 392-2399

www.childrenscouncil.org

Provides free resource/referral listings for childcare, and childcare subsidy assistance to low-income families in training or in the work-force. Also provides license preparation, training, and professional support to childcare providers; health/nutritional services and food subsidies to children in childcare; mental-health services for children; resources and options for children with special needs; and advocacy, public education and support to the childcare community.

Children's Health Center

1001 Potrero Ave, San Francisco, CA 94110 • (415) 206-8376 • www.sfdph.org

A pediatric clinic for infants, children and youth between 0-17.5 years of age.

Chinatown Child Development Center

720 Sacramento St, San Francisco, CA 94108 • (415) 392-4453

Provides family services, including assistance with entering children into school; treatment for children with developmental delays; parenting classes; counseling for individuals, families and groups; evaluation of medication; and socialization groups for children. Languages: Cantonese, Mandarin, Vietnamese, Cambodian, Spanish, American Sign Language, English.

Chinatown Youth Center

1038 Post St, San Francisco, CA 94109 • (415) 775-2636 • Fax: (415) 775-1345

www.cycsf.org • cyc@cycsf.org

Offers support groups for Asian youth who need to establish cultural identity and develop social skills. Also provides individual and family counseling for Asian youth and families; education, after-school and summer employment placement; substance-use prevention services; delinquency prevention; and crisis intervention.

Child-Abuse Prevention Program

1757 Waller St, San Francisco, CA 94117 • (415) 668-0494 • www.sfcapc.org

info@sfcapc.org

Provides public education and advocacy for the prevention of child abuse and increased awareness of safety issues. Operates the TALK line (see below).

Child & Adolescent Sexual Abuse Resource Center – SF Child Abuse Council (CASRC)

995 Potrero Ave, Bldg 80, Ward 80, San Francisco, CA 94110 • (415) 206-8386

Cole Street Youth Clinic

555 Cole St, San Francisco, CA 94117 • (415) 386-9398

www.huckleberryyouth.org

Offers comprehensive, age-appropriate, culturally-sensitive health services to high-risk teens, with peer-group education about HIV prevention. Also provides peer-counseling and community outreach.

Comprehensive Child Crisis Services

3801 3rd St, Suite 400, San Francisco, CA 94142 • (415) 970-3800

A 24/7 mental-health agency that provides emergency/crisis psychiatric services to youth under age 18 living in SF County. Provides evaluations for involuntary hospitalization and short-term therapy; consultation services to schools and other agencies; and community services.

♥ Dancing Doula Birth Services

Tomi Knutson • (510) 502-5799 • dancingdoula@planet-save.com

A Doula (or Childbirth Assistant) provides individual services to the expectant mother and her family before, during and after birth, including education, personal advocacy, and emotional support. Other services include post-partum care, nurturing massage, birth photography and, when available, childcare. Fees allow a payment plan and/or sliding scale.

Diamond Youth Shelter

536 Central Ave, San Francisco, CA 94117 • (800) 669-6196

www.homelessshelterdirectory.org

A drop-in center providing services and lodging for children between 12-17 years, including showers, meals, a clothing closet, and a certified teacher on-site. Open 7 days a week from 8:30 am-8 pm.

Family Service Agency of San Francisco

1010 Gough St, San Francisco, CA 94109 • (415) 474-7310 • Fax: (415) 931-3773
www.fsasf.org • info@fsasf.org

Offers support, education and counseling for parents with substance-use and child-abuse issues. Provides teen parenting/pregnancy programs, child mental-health services, family counseling, and eviction-prevention assistance for young people. Also provides mental-health counseling and case management for adults and seniors.

♥ Glide Memorial – Health Clinic

330 Ellis St, Suite 418, San Francisco, CA 94102 • (415) 674-6140
(415) 674-6020 • www.glide.org

Services include urgent care, primary care, and mental-healthcare. Mon: 1-5 pm; Tue: 1-5 pm, Wed: 9 am-1 pm, Thu: 1-5 pm. Also offers substance-use treatment, co-dependency, anger management, counseling and incest survivor groups, parenting classes, support groups for men and women ages 18 and older. Offers complementary acupuncture, massage and energy work. Provides free childcare Mon-Fri, 7:30 am-5:30 pm for infants, toddlers and preschoolers from low-income families and those eligible for CalWorks. Offers after-school and teen programs as well as providing family advocacy.

Golden Gate Community, Inc. (New Door Ventures)

3075 21st St, San Francisco, CA 94110 • (415) 920-9200 • Fax: (415) 920-9203
www.ggci.org

Offers a variety of programs for youth, including the development of job skills at Einstein's Café, Ashbury Images, and Pedal Revolution. Also offers a free summer day camp (Camp Bridge) for children affected by HIV/AIDS.

♥ Haight-Ashbury Youth Outreach Team (HAYOT)

558 Clayton St, San Francisco, CA 94117 • (415) 746-1950 • Fax: (415) 746-1968
www.hafci.org

Gives free snacks, hygiene supplies, condoms and safer-injection supplies. Also provides connections to receive medical appointments, hygiene and safer sex/injection supplies, shelter, food, pet care, and assistance with employment and receiving ID/GED/GA or food stamps.

Health Initiatives for Youth

235 Montgomery St, Suite 430, San Francisco, CA 94103 • (415) 274-1970
Fax: (415) 274-1976 • www.hify.org

Publishes health guides for youth, e.g., "The Adolescent Provider's Guide" and "The Young Women's Survival Guide." Also works young people, healthcare providers, teachers, and parents—as well as local, state and national government—to advocate for and facilitate changes within the health, education and service systems for young people (Wellness Village).

♥ Homeless Youth Alliance – (HYA)

584 Cole St San Francisco, CA 94117 • PO Box 170427, San Francisco, CA 94117
(415) 565-1941 • Fax: (415) 565-1945 • www.homelessyouthalliance.org

Drop-in center with support services, a counseling program and needle exchange for youth.

Horizons Unlimited of San Francisco, Inc.

440 Potrero Ave, San Francisco, CA 94110 • (415) 487-6730 • Fax: (415) 487-6724
TDD (415) 487-8026 • www.horizons-sf.org

Offers education about drugs and alcohol, HIV/AIDS; employment counseling; and outreach services for Latino youth between the ages of 12-24.

Huckleberry House Youth Program

1292 Page St, San Francisco, CA 94117 • (415) 668-2622

Crisis Line: (415) 621-2929 • Fax: (415) 621-4758 • www.huckleberryyouth.org
Provides services to homeless, runaway and other at-risk youth in San Francisco and Marin counties, with seven interrelated programs: Huckleberry House, Huckleberry's Nine Grove Lane, the Cole Street Clinic, Teen Health Program at Montecito Plaza, the Community Assessment and Referral Center, the Beacon Wellness Center and the VIP Girls Project.

♥ Instituto Familiar de la Raza

2919 Mission St, San Francisco, CA 94110 • (415) 229-0500

Crisis: (415) 206-8125 • Fax: (415) 647-3662 • www.ifrsf.org
Offers HIV/AIDS education and prevention programs. Languages: Spanish, English.

Jewish Family & Children's Services

2150 Post St, San Francisco, CA 94115 • (415) 449-1200 • Fax: (415) 922-5938
www.jfcs.org

Provides preventive, educational, therapeutic, and supportive services, within the context of historic Jewish values, emphasizing inter-generational ties and community responsibility.

♥ Larkin Street Youth Center

1138 Sutter St, San Francisco, CA 94109 • (415) 673-0911 • Fax: (415) 749-3838
www.larkinstreetyouth.org • mail@larkinstreetyouth.org

Offers comprehensive services for youth between the ages of 12-23, including a drop-in center, a clinic for health and HIV services, case management, support groups, education assistance, referrals, and employment services. Sends an outreach team into most areas of the city every week.

Lavender Youth Recreation and Information Center (LYRIC)

127 Collingwood St, San Francisco, CA 94114 • (415) 703-6150

Fax: (415) 703-6153 • Youth Talk Line: (800) 246-PRIDE • www.lyric.org
lyric@lyric.org

Offers myriad peer-led programs for gay, lesbian, bisexual, transgender, and questioning youth. Also offers a youth-talk line, discussion groups, a wellness program, job training, HIV-prevention education, and other after-school social/activity groups.

Make-A-Wish Foundation

55 Hawthorne St, Suite 800, San Francisco, CA 94105 • (415) 982-9474

Fax: (415) 982-0444 • www.sfwish.org • info@sfwish.org

A national organization whose mission is to grant the wishes of children with life-threatening medical conditions.

Mission Neighborhood Health Center – Latinos en Extasis Youth Program

240 Shotwell St, San Francisco, CA 94110 • (415) 552-3870 • Fax: (415) 552-3446
www.sfccc.org/clinics/mnhc.htm

Serves Latino youth between the ages 13-17 who live in the Mission; offers peer-led youth groups and educational teams to provide information on the prevention of HIV/STIs and pregnancy.

New Generation Health Center (NGHC)

625 Potrero Ave, San Francisco, CA 94110 • (415) 502-TEEN (8336)

Fax: (415) 502-7566 • www.newgen.edu
 Primary, bi-lingual healthcare services for teens.

Q Action – Stop AIDS Project

2128 15th St, San Francisco, CA 94114 • (415) 575-0150 • Fax: (415) 575-0166

www.stopaids.org • www.hivstopswithme.org
 Conducts workshops, media campaigns and community events on topics of interest to gay and bisexual men aged 25 and under.

♥ Roaddawgz

(415) 923-9085 • roaddawgz@newamericamedia.org • www.roaddawgz.org
 Offers an activity-driven, safe and supportive drop-in center for homeless youth who are writers, artists and musicians. Allows free use of computers, telephones and bathrooms; reading, writing and art materials; living supplies; and food. Offers a mentoring program with flexible participation; job training; creative workshops; and peer-lead support groups.

St. Luke's Women's Center

1580 Valencia St, Suite 508, San Francisco CA 94110 • (415) 285-0448
www.stlukes-sf.org

Offers prenatal/postpartum and midwife care, childbirth classes, and other OB/GYN and pediatric services.

San Francisco School of Circus Arts

755 Frederick St, San Francisco, CA 94117 • (415) 759-8123 • Fax: (415) 759-8644
www.circuscenter.org • info@circuscenter.org

Offers a special program specifically for at-risk youth, designed to bring together young people from widely divergent backgrounds to learn circus skills, helping them develop self-confidence, self-esteem, discipline, and teamwork skills.

Sojourner Truth Foster Family Service Agency

3450 Third St, Bldg 1C, 2nd Floor, San Francisco, CA 94124 • (415) 647-0662
 Fax: (415) 920-0994

Offers information and referrals; drop-in services; workshops on substance use, domestic violence, and effective parenting for Blacks. Provides crisis intervention; after-school tutorials; and food.

Special Programs for Youth

375 Woodside, Bldg W-3, San Francisco, CA 94127 • (415) 753-7760
 Provides health services specifically designed for those under 19; has four centers in the Bay Area: Cole Street Youth Clinic, SF Youth Guidance Center, Larkin Street Youth Services, and the Log Cabin Ranch in La Honda near San Jose.

TALK LINE Family Support Center-Child Abuse Prevention Program

1757 Waller St, San Francisco, CA 94117 • (415) 387-3684

Talk Line: (415) 441-KIDS • Fax: (415) 386-0959 • www.talklineforparents.org
 In addition to a talk-line, this agency offers educational workshops, support groups, and other services on various topics, including: respite-care substance-use treatment; economic self-sufficiency; anger management and 12-step meetings. Also provides a single-parent network as well as a drop-in center for parents (includes a playroom for children); home visits; and counseling and therapy. Provides referrals for job training and transitioning to the work force; job training and mentoring; job retention support; and a job club. Population: any parent or caretaker of a child under 18. Languages: English, and Spanish by appointment.

Teen Crisis Line (La Casa de las Madres)

(877) 923-0700

A crisis hotline for mothers or pregnant women under 18 who have been battered or threatened. Provides referrals to emergency shelters, counseling, education programs, legal help and health services. Childcare and parenting classes available. Languages: Spanish, English.

T.H.E. Center for Youth

1122A Sutter St, San Francisco, CA 94109 • (415) 346-8316 • www.theyouth.org
 Provides education about HIV and other healthcare issues; programs are conducted on-site as well as in the community and schools; offers peer-educator trainings.

Vietnamese Youth Development Center (VYDC)

166 Eddy St, San Francisco, CA 94102 • (415) 771-2600 • (415) 771-3917
www.vydc.org

Offers a wide variety of culturally competent services for the prevention, delay or reduction of use and abuse of alcohol, tobacco and other drugs by San Francisco youth. Some specific services include: distribution of information and education; alternative activities; referrals; community-based projects; and early intervention. Also provides workshops/training programs in life skills, communication skills, delinquency prevention, communication skills, problem solving; Group activities are also conducted, such as team sports, youth theater projects, dance, weekend excursions, and cultural gatherings. Populations: Vietnamese, Chinese, Filipino, Central American, Mexican, Cambodian and Laotian youth.

Walden House Adolescent Unit

214 Haight St, San Francisco, CA 94102 • (415) 554-1480
www.waldenhouse.org

Short and long-term residential programs (from 90 days to 18 months) for youth ages 12-17 who have a referral from the Department of Social Services or the Departments of Mental Health or Juvenile Probation.

SECTION B.2: DENTAL SERVICES

Chinatown Public Health Center

1490 Mason St, San Francisco, CA 94133-4222 • (415) 364-7600
Mon-Thu, 8 am-5pm. Children's dental care provided.

Denti-Cal

Phone: (800) 322-6384 • TTY: (800) 735-2922 • www.denti-cal.ca.gov
Available for those who have Denti-Cal coverage.

Highland Hospital Department of Dental & Oral Surgery

1411 East 31st St, Oakland, CA 94602 • (510) 437-8523
www.dental.pacific.edu/Dental_Services/Clinics/Oakland
Mon-Fri, 8:30 am-5:00 pm.

North East Medical Services

(415) 391-9686 • www.nems.org
Chinatown/North Beach: 1520 Stockton St, San Francisco, CA 94133
Sunset: 2308 Taraval St, San Francisco, CA 94116
Visitation Valley: 82 Leland Ave San Francisco, CA 94134
Hepatitis A, B & C testing and Hepatitis A & B vaccines. All fees are based on a sliding scale. Offers free screenings, with discounts to clinic members; serves adults and children in several Asian languages.

Ocean Park Health Center

1351 24th Ave, San Francisco, CA 94124 • (415) 682-1900 • Fax: (415) 753-8134
www.hospitalsoup.com/listing/5246-ocean-park-health-center
Mon-Fri, 8:30 am-4pm.

Potrero Hill Health Center

1050 Wisconsin St, San Francisco, CA 94110 • (415) 648-7609
Fax: (415) 550-1639 • www.sfdph.org
Provides dental, primary and prenatal care. Mon-Fri, 8:30 am-4 pm by appointment only. Drop-in available only on Mon, Wed, Thu, Fri at 8:30 am.

San Francisco Dental Society Hotline

2143 Lombard St, San Francisco, CA 94123-2712 • (415) 928-7337
Fax: (415) 928-5217 • www.sfds.org
Available for those with dental insurance.

San Mateo County General Hospital (SMCGH)

222 West 39th Ave, 2nd Floor, San Mateo, CA 94403 • (650) 573-3912
www.sanmateomedicalcenter.org
Mon-Fri, 8:00 am-4:30 pm.

Southeast Health Center

SEE SECTION B.7: HEALTHCARE SERVICES — PRIMARY & URGENT HEALTH CARE

Silver Avenue Family Health Center

1525 Silver Ave, San Francisco, CA 94134 • Dental: (415) 657-1730
(415) 657-1700 • Fax: (415) 467-3320 • WIC: (415) 657-1724
www.sfdph.org/dph/comupg/oservices/medSvs/hlthCtrs/SilverHlthCtr.asp
Offer discounted dental services; it's not necessary to be a resident of San Francisco County to qualify for these services. Mon-Thu, 8 am-5 pm. Also provides family planning services, pregnancy testing and prenatal care, WIC and dental for children. Languages: Spanish, Tagalog, English

University of California at San Francisco (UCSF) – Dental Clinic

707 Parnassus Ave, 1st Floor, San Francisco, CA • (415) 476-1891
www.dentistry.ucsf.edu
Oral Surgery: (415) 476-1316 • Appts: (415) 476-1891
Emergencies: (415) 476-5814 8:30 am-1:30 pm (no appt. necessary).
Mon-Fri, 8:30 am-5 pm. Fees are up to 1/3 less than private dental clinics; Medi-Cal is accepted.

University of California at San Francisco (UCSF) – Family Dental Clinic

1001 Potrero Ave, Building 20 #2203, San Francisco, CA 94110 • (415) 476-5692
<http://dentistry.ucsf.edu/patients/family.html>
Has fixed, discounted fees. Serves adults and children and accepts Medi-Cal; UCSF makes the least expensive dentures in San Francisco.

University of the Pacific (UOP) – School of Dentistry

2155 Webster Ave, San Francisco, CA • (415) 929-6500 • www.dental.pacific.edu
Mon-Fri, 8:30 am-5 pm. Fees are 30-40% less than private dental services.

Veteran's Hospital Dental Services

42nd Ave, and Clement St, Building 200, 1st Floor, San Francisco, CA
(415) 221-4810 (ext 2046) • www.sanfrancisco.va.gov
Services for eligible veterans only.

SECTION B.3: EDUCATION AND SKILL-BUILDING SERVICES

B.3

Academy of Art College

79 New Montgomery St, 4th Floor, San Francisco, CA 94105 • (415) 274-2200
(800) 544-2787 • www.academyart.edu

Acupressure Institute

1533 Shattuck Ave, Berkeley, CA 94709 • (510) 845-1059 • www.acupressure.com

Acupuncture & Integrative Medicine College, Berkeley

2550 Shattuck Ave, Berkeley, CA 94704 • (510) 666-8248 • Fax: (510) 666-0111
www.aimc.edu

Alliant International University/California School of Professional Psychology

1 Bush St, Suite 100, San Francisco, CA 94133 • (866) 825-5426 • (415) 346-4500
www.alliant.edu

♥ American College of Traditional Chinese Medicine

455 Arkansas St, San Francisco, California 94107 • (415) 282-7600
Admissions (415) 401-0464 • Fax: (415) 282-0856 • www.actcm.edu

Art Institute of California – San Francisco

1170 Market St, San Francisco, CA 94102 • (415) 865-0198 • (888) 493.3261
www.artinstitutes.edu/sanfrancisco

Berkeley City College

2050 Center St, Berkeley, CA 94704 • (510) 981-2852
www.berkeleycitycollege.edu

Body Electric School – Massage

6527 Telegraph Ave, Suite A, Oakland, CA 94609 • (510) 653-1594
Fax: (510) 653-4991 • www.bodyelectric.org • info@b-e-school.com

Cabrillo College

6500 Soquel Dr, Aptos, CA 95003 • (831) 479-6100 • www.cabrillo.edu

California College of the Arts

1111 8th St, San Francisco, CA 94107 • (415) 703-9500 • www.cca.edu

California Culinary Academy

350 Rhode Island St, San Francisco, CA 94103 • (888) 897-3222
(415) 771-3500 • www.chefs.edu

California Institute of Integral Studies (CIIS)

1453 Mission St, San Francisco, CA 94110 • (415) 575-6100
www.ciis.edu

California State University

25800 Carlos Bee Blvd, Hayward, CA 94542 • (510) 885-3000
www.csueastbay.edu
4700 Ygnacio Valley Rd, Concord, CA 94521 • (925) 602-6700
www.concord.csueastbay.edu
100 Campus Center, Seaside, CA 93955 • (831) 582 3000 • www.csumb.edu

California Student Aid Commission

10834 International Dr, Rancho Cordova, CA 95670 • (916) 526-7590
Fax: (916) 526-7900 • www.csac.ca.gov

Cañada Community College

4200 Farm Hill Blvd, Redwood City, CA 94061 • (650) 306-3100
www.canadacollege.net

Central City Hospitality House

290 Turk St, San Francisco, CA 94102 • (415) 749-2100 • (415) 776-2102
Fax: (415) 749-2136 • info@hospitalityhouse.org • www.hospitalityhouse.org
Offers basic survival assistance, as well as a shelter, case management, and substance-use counseling for homeless and low-income people in the Tenderloin. Has a shelter for adult males.

Community Arts Program: Provides free art materials, instruction, studio space, and opportunities for exhibition. Monday, Wednesday & Friday, 1-6pm & Tuesday & Thursday, 10am - 3pm.

Employment Resource Center: Hours: Monday: 1:30 - 4:30pm & Tuesday-Friday: 9:30am-12:30pm; 1:30- 4:30pm

Offers job-readiness workshops and assistance with job placement for adults.
Sixth Street Self Help Center: 169 and 181 Sixth St, San Francisco, CA 94103
(415) 369-3040

Multi-service drop-in center for men and women with counseling and holistic healing.

Tenderloin Self-Help Center: Multi-service drop-in center for men and women.
Hours: Mon-Fri, 7am to 7pm. Grocery Distribution: Wednesdays at 2:30 pm

Chabot College

25555 Hesperian Blvd, Hayward, CA 94545 • (510) 723-6600
www.chabotcollege.edu

City College of San Francisco

50 Phelan Ave, San Francisco, CA 94102 • (415) 239-3000
www.ccsf.cc.ca.us

College of Alameda

555 Ralph Appezato Memorial Pkwy, Alameda, CA 94501 • (510) 522-7221
www.peralta.cc.ca.us

College of Marin

835 College Ave, Kentfield, CA 94904 • (415) 457-8811 • www.marin.edu

College of San Mateo

1700 W. Hillsdale Blvd, San Mateo, CA 94402 • (650) 574-6161 • www.gocsm.net

B.3

♥ **Compass Point Nonprofit Services**

706 Mission St, 5th Floor, San Francisco, CA 94103 • (415) 541-9000
Fax: (415) 541-7708 • www.compasspoint.org

Contra Costa Community College

2600 Mission Bell Dr, San Pablo, CA 94806 • (510) 235-7800 • Fax: 510-236-6768
www.contracosta.edu

Diablo Valley College

321 Golf Club Rd, Pleasant Hill, CA 94523 • (925) 685-1230 • www.dvc.edu

Dominican University of California

50 Acacia Ave, San Rafael, CA 94901 • (415) 257-0154 • www.dominican.edu

Evergreen Valley College

3095 Yerba Buena Rd, San Jose, CA 95135 • (408) 274-7900 • www.evc.edu

Fashion Institute of Design & Merchandising

55 Stockton St, San Francisco, CA 94108 • (415) 675-5200 • (800) 422-3436
Fax: (415) 296-7299 • www.fidm.com

Foothill-De Anza College

21250 Stevens Creek Blvd, Cupertino, CA 95014 • (408) 864-5678
www.fhda.edu

The Foundation Center

312 Sutter St, Suite 606, San Francisco, CA 94108 • (415) 397-0902
Fax: (415) 397-7670 • <http://foundationcenter.org>

Golden Gate University

536 Mission St, San Francisco, CA 94105 • (415) 442-7000 • (800) 448-4968
www.ggu.edu

♥ **Hastings Law School – University of California**

200 McAllister St, San Francisco, CA 94102 • (415) 565-4600
www.uchastings.edu

♥ **Institute for Advanced Study of Human Sexuality**

1523 Franklin St, San Francisco, CA 94109 • (415) 928-1133 • www.iashs.edu

♥ **Institute for Community Health Outreach**

390 4th St, 1st Floor, San Francisco, CA 94110 • (415) 626-4246 • (415) 626-4296
doliverwilson@gmail.com

Jean Shelton Acting School

533 Sutter St, San Francisco, CA 94102 • (415) 433-1226 • sheltonstudiossf.com

John F. Kennedy University

2956 San Pablo Ave, Berkeley, CA 94702 • (510) 705-8760 • (800) 696-5358
www.jfku.edu

Laney Community College

900 Fallon St, Oakland, CA 94607 • (510) 834-5740 • www.alameda.peralta.edu

Las Positas College

3033 Collier Canyon Rd, Livermore, CA 94551 • (925) 424-1000
www.laspositascollege.edu

Lincoln University

401 15th St, Oakland, CA 94612 • (510) 628-8010 • www.lincolnuca.edu

Los Medanos College

2700 E. Leland Rd, Pittsburg, CA 94565 • (925) 439-2181 • www.losmedanos.net

McKinnon Institute of Professional Massage & Body Work

2940 Webster St, Oakland, CA 94609 • (510) 465-3488
www.mckinnonmassage.com
368 South California Ave, Palo Alto, CA 94306 • (650) 328-9400
www.mckinnonmassage.com

♥ **Media Alliance**

1904 Franklin St, Oakland, CA 94612 • (510) 832-9000 • www.media-alliance.org

Merritt College

12500 Campus Dr, Oakland, CA 94619 • (510) 531-4911 • www.merritt.edu

Mills College

5000 Macarthur Blvd, Oakland, CA 94613 • (510) 430-2255 • www.mills.edu

Miss Marty's School of Beauty & Hair Styling

1087 Mission St, San Francisco, CA 94103 • (415) 227-4240
www.missmartys.com

Mission College

3000 Mission College Blvd, Santa Clara, CA 95054 • (408) 988 2200
www.missioncollege.org

Napa Valley College

2277 Napa Vallejo Hwy, Napa, CA 94558 • (707) 253-3000 • (800) 826-1077
www.napavalley.edu

National Hispanic University

14271 Story Rd, San Jose, CA 95127 • (408) 254-6900 • Fax: (408) 254-1369
www.nhu.edu

National Holistic Institute School of Massage

5900 Doyle St, Emeryville, CA 94608 • (800) 315.3552 • www.nhimassage.com
nhi@nhi.edu

Natural Resources Labor Assistant (Doula) Training Program

1367 Valencia St, San Francisco, CA 94110 • (415) 550-2611
www.naturalresources-sf.com

♥ **New College of California**

(415) 324-8474 • www.newcollege.edu

Notre Dame de Namur University

1500 Ralston Ave, Belmont, CA 94002 • (650) 593-3500 • Fax: (650) 508-3600
www.ndnu.edu

Oakland Institute of Automotive Technology

11 Burma Rd, Oakland, CA 94607-1010 • (510) 926-9515

Pacific Academy of Homeopathy

1199 Sanchez St San Francisco, CA 94114 • (415) 695-2710
www.homeopathy-academy.org

Pacific Graduate School of Psychology

1791 Arastradero Rd, Palo Alto, CA 94304 • (800) 818-6136 • (650) 433-3888
Fax: (650) 433-3800 • www.pgsp.edu

Pacific Union College

1 Angwin Ave, Angwin, CA 94508 • (800) 862-7080 • www.puc.edu

Peralta Community Colleges

333 East 8th St, Oakland, CA 94606 • (510) 466-7200 • www.peralta.cc.ca.us

Project Read Adult Literacy Program

SF Public Library, Civic Center, 100 Larkin St, San Francisco, CA 94102
(415) 557-4400 • www.sfpl.org

Samuel Merritt College School of Nursing, Physical & Occupational Therapy

3100 Telegraph Ave, Oakland, CA 94609 • (510) 869-6511
www.samuelmerritt.edu

San Francisco Art Institute

800 Chestnut St, San Francisco, CA 94133 • (415) 771-7020 • www.sfai.edu

San Francisco Conservatory of Music

50 Oak St, San Francisco CA 94102 • (415)-864-7326 • Fax: (415) 503-6299
www.sfc.edu

San Francisco Institute of Architecture & Ecological Design

PO Box 2590, Alameda, CA 94501 • (800) 634-7779 • (510) 523-5174
Fax: (510) 523-5175 • www.sfia.net • info@sfia.net

San Francisco Lock School

4002 Irving St, San Francisco, CA 94102 • (415) 566-5545

San Francisco School of Bartending

760 Market St, Suite 833, San Francisco, California, 94102 • (415) 362-1116
www.sfbartending.com

San Francisco School of Circus Arts

SEE SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

San Francisco School of Massage & Body Work

1325 Chestnut St, San Francisco, CA 94123 • (415) 474-4600
Fax: (415) 474-4601 • www.sfschoolofmassage.com
info@sfschoolofmassage.com

San Francisco State University

1600 Holloway Ave, San Francisco, CA 94132 • (415) 338-1111 • www.sfsu.edu

San Jose City College

2100 Moorpark Ave, San Jose, CA 95128 • (408) 288-3708 • www.sjcc.edu

San Jose State University

1 Washington Square, San Jose, CA 95192 • Phone: (408) 924-1000
www.sjsu.edu

San Mateo County Community College District

3401 College San Mateo Dr, San Mateo, CA 94402 • (650) 574-6550
www.smccd.net

Santa Clara University

500 El Camino Real, Santa Clara, CA 95053 • (408) 554-4000
www.scu.edu

Santa Rosa Junior College

1501 Mendocino Ave, Santa Rosa, CA 95401 • (707) 527-4011 • (800) 564-7752
Online Learning (707) 524-1518 • www.santarosa.edu

Silicon Valley College

41350 Christy St, Fremont, CA 94538 • (510) 623-9966 • www.siliconvalley.edu
6201 San Ignacio Ave, San Jose, CA • (408) 360-1080
2800 Mitchell Dr, Walnut Creek, CA • (925) 280-0235

Skyline Community College

3300 College Dr, San Bruno, CA 94066 • (650) 738-4100
www.skylinecollege.edu

Solano Community College

4000 Suisun Valley Rd, Suisun, CA 94585 • (707) 864-7000 • www.solano.edu
2000 North Village Pkwy, Vacaville, CA 95688 • (707) 863-7872
545 Columbus Pkwy, Vallejo, CA 94591 • (707) 642-8188
530 Hickam Ave, Bldg 249, Travis Air Force Base, CA 94535 • (707) 424-2431

Sonoma State University

1801 E. Cotati Ave, Rohnert Park, CA 94928 • (707) 664-2880 • www.sonoma.edu

St. Mary's College

1928 St. Mary's Rd, Moraga, CA 94556 • (925) 631-4284 • www.stmarys-ca.edu

Stanford University

Stanford, CA 94305 • (650) 723-2300 • www.stanford.edu

University of California at Berkeley Boalt Hall School of Law

215 Boalt Hall, Berkeley, CA 94720 • (510) 642-1741 • www.berkeley.edu

University of California at Berkeley – Graduate Admissions

309 Sproul Hall, Berkeley, CA 94720 • (510) 642-7404 • www.grad.berkeley.edu

University of California at Berkeley – Undergraduate Admissions

110 Sproul Hall, Berkeley, CA 94720 • (510) 642-3175 • www.berkeley.edu

University of California at San Francisco – School of Dentistry

707 Parnassus Ave, San Francisco, CA 94143 • (415) 476-1891 • www.ucsf.edu

♥ University of the Pacific – School of Dentistry

2155 Webster St, San Francisco, CA 94115 • (415) 929-6501
www.dental.pacific.edu

University of San Francisco

2130 Fulton St, San Francisco, CA 94117 • (415) 422-5555 • www.usfca.edu

World School of Massage & Holistic Healing Arts

401 32nd Ave, San Francisco, CA 94121 • (415) 221-2533 • Fax: (415) 221-0430
www.worldschoolmassage.com

SECTION B.4: EMPLOYMENT ASSISTANCE**A Miner Miracle**

414 Mason St, Suite 501, San Francisco, CA 94102 • (415) 217-7230

Fax: (415) 217-7235 • www.aminermiracle.org

Provides clothing for men, women and young adults who have upcoming job interviews.

Arriba Juntos

1850 Mission St, San Francisco, CA 94103 • (415) 487-3240 • Fax: (415) 863-9314

www.arribajuntos.org

Provides many programs to promote the economic self-sufficiency of San Franciscans and their families through occupational training and employment opportunities.

Bayview Business Resource Center

3801 3rd St, Suite 240, San Francisco, CA 94124 • (415) 647-3728

Provides small-business training and support services to emerging and established entrepreneurs in Bayview, Hunters Point and throughout San Francisco.

California Department of Rehabilitation

301 Howard St, San Francisco, CA 94105 • (415) 904-7100 • Fax: (415) 904-5996

www.rehab.cahwnet.gov

Vocational counseling and evaluation, job training and placement for people with disabilities (including AIDS).

California Employment Development Department – Career Link

3120 Mission St, San Francisco, CA 94110 • (415) 749-7503 • Fax: (415) 749-7476

<http://www.ccsf.edu/Resources/Career/programs/sfcareer.html>

Offers free career and vocational assessment; career counseling; job listings; workshops on career development and job-seeking, computer lab and computer basics; referrals to other providers of training and education; employment services for veterans; and a library of career resource materials, software and videos.

Career Resources Development Center (CRDC)

655 Geary St, San Francisco, CA 94102 • (415) 775-8880 • Fax: (415) 775-1748

320 13th St, Oakland, CA 94612 • (510) 268-8886 • Fax: (510) 268-0688

Community Educational Services

36 Waverly Pl, San Francisco, CA 94108 • (415) 982-0615 • Fax: (415) 434-3128

www.cessf.org

Provides support and education to serve the academic, social, and employment needs of recently arrived immigrants in Chinatown, as well as children and youth of all backgrounds in numerous SF schools. Works with the public schools to foster the delivery of relevant and exciting educational experiences that will increase student engagement and responsibility in the classroom and later, in their lives as responsible working adults.

Delancey Street Foundation

600 Embarcadero, San Francisco, CA 94107 • (415) 512-5104

Fax: (415) 512-5141 • www.delanceystreetfoundation.org

Provides training in marketable job skills and positive interactions between SF residents and business customers in the community.

Department of Industrial Relations SF (CAL-OSHA)

121 Spear St, San Francisco, CA 94102 • (415) 972-8670 • www.dir.ca.gov

This unit was established to improve working conditions for California's wage earners, and to advance opportunities for profitable employment in California.

Department of Industrial Relations – State Labor Commission

455 Golden Gate Ave, 10th Floor, San Francisco, CA 94102 • (415) 703-4863

Employment Development Department Job Search Center

801 Turk St, San Francisco, CA 94102 • (415) 749-7503

www.edd.ca.gov/eddgen.htm

Equal Employment Opportunity Commission (EEOC)

350 The Embarcadero, Suite 500, San Francisco, CA 94103 • (800) 669-4000

Fax: (415) 625-5609 • TTY: (800) 669-6820 • www.eeoc.gov/sanfrancisco

345 Spear St, #500, San Francisco, CA 94105 • (415) 356-5100

Specializes in Employee Benefits Administration.

♥ Glide Memorial – Training & Employment Services

13th St, and Ave E, Treasure Island, San Francisco, CA 94102 • (415) 364-0349

cying@glide.org

Provides training to the unemployed and under-trained with courses involving GED preparation, pre-apprenticeship construction, and high school curriculum for adults ages 16 to 24 years old. Services include job skills training, case management, interview skills, certification programs, leadership skills training, and assistance with job placement.

Goodwill Industries

1500 Mission St, San Francisco, CA 94103 • (415) 575-2100 • Fax: (415) 282-0132

www.sfgoodwill.org

Offers myriad career development programs and services, as well as jobs with benefits within the agency. Helps businesses fill entry to mid-level positions and works employers to develop customized training programs for potential and current employees. Employment and training services for people with disabilities and other disadvantaging conditions such as welfare dependency, illiteracy, criminal history and homelessness.

Haight-Ashbury Food Program – Job Training

720 Divisadero St, San Francisco, CA 94117 • (415) 503-4480

www.thefoodprogram.org

Helplink

221 Main St, San Francisco, CA 94105 • (415) 543-6767 • www.helplink-sf.org

Provides information on community resources, employment, housing, substance-abuse treatment, and more. Languages: Spanish, English.

Jewish Vocational Service (JVS)

225 Bush St, Suite 400, San Francisco, CA 94104 • (415) 391-3600

Fax: (415) 391-3617 • TDD: (415) 391-2846 • www.jvs.org • hire@jvs.org

Provides computer classes, consultation on resumes, counseling about work issues, employment and career development, as well as job training placement and retention for all members of the community, including those with disabilities or HIV/AIDS. Offers internships in: Intro/intermediate/advanced computer skills training, medical receptionist and other healthcare training, and legal-secretary training. Languages: Russian, Bosnian, Spanish, English.

Job Corps Admissions for Women

582 Market St, Suite 1509, San Francisco, CA 94104 • (510) 832-2549

Fax: (415) 981-8433

JobStar San Francisco

<http://jobstar.org/adjobs/nocal.php>

Provides free services for those looking for work in the Bay Area; services include: career/vocational assessment; career counseling; employment/job listings; career development/job search workshops; computer lab/computer basics; referrals to training/education providers; youth and veterans employment services; career library of resource materials, software and videos; other employment/career development related services.

♥ Legal Aid Society – Employment Law Center

600 Harrison St, Suite 120, San Francisco, CA 94107 • (415) 864-8848

Fax: (415) 864-8199 • TDD: (415) 593-0091 • www.las-etc.org

Provides Fact Sheets and other resources to help workers understanding the law and how to protect the rights. Through the Worker's Right's Clinic, provides free legal help about work related concerns for low-income individuals, such as discrimination or harassment based on sexual orientation or gender identity.

MediaLink – Bay Area Video Coalition

2727 Mariposa St, 2nd Floor, San Francisco, CA 94110 • (415) 861-3282

Provides free resources for those who wish to find employment in the media industry through a library of career resources, Internet stations, Bay Area Video Coalition (BAVC) publications, calls for entries, arts events, job postings, CalWorks job training, job development, job placement.

Renaissance Entrepreneurship Center

275 5th St, San Francisco, CA 94103 • (415) 541-8580 • www.rencenter.org

Bayview Office: 3801 3rd St, San Francisco, CA 94124 • (415) 647-3728

www.rencenter.org

Provides training, support services, resources, and networks for residents of the Bay Area who wish to start or increase their own business, and for business owners at every stage of business development, from idea feasibility through start-up, growth, and expansion.

San Francisco Chamber of Commerce – Job Forum

235 Montgomery St, 12th Floor, San Francisco, CA 94104 • (415) 392-4520
www.thejobforum.org

Offers a free weekly panel of business, government and academic professionals, who provide information and assistance to job seekers and career changers. The emphasis is on intelligently planning and conducting the job finding campaign. Neither a placement service nor an employment agency, the panel offers customized brainstorming and problem solving to all job seekers in the Bay Area.

San Francisco Labor Council AFL-CIO

1188 Franklin St, Suite 203, San Francisco, CA 94109 • (415) 440-4809
 Fax: (415) 440-9297

San Francisco One Stop Career Centers

3120 Mission St, San Francisco, CA 94110 • (415) 401-4800
http://sfgov.org/site/onestop_index.asp?id=95589

Offers free job-search workshops, Job Club and career resources; provides free Internet access to the general public; and, for eligible applicants, job training support.

Treasure Island Job Corps

655 Avenue H, Bldg 442, San Francisco, CA 94130 • (415) 277-2400
 Fax: (415) 277-2438 • www.sfjobcorps.com

Provides a residential education and training program, for eligible low-income youth and will train in a variety of green subject areas.

Women in Community Service (WICS)

582 Market St, Suite 719, San Francisco, CA 94104 • (415) 981-8219
 (800) JOB-CORP

Through a volunteer program, WICS provides assistance, counseling and guidance to young women during and after their education and training in Job Corps.

Women's Employment Rights Clinic – Golden Gate University Law Clinics

536 Mission St, San Francisco, CA 94105 • (415) 442-6647 (press 3)

Women's Initiative for Self-Employment

1398 Valencia St, San Francisco, CA 94110-3715 • (415) 641-3460
www.womensinitiative.org

Offers comprehensive business management and personal development training for women interested in starting their own business in the Bay Area. Also provides ongoing support whereby graduates at all levels of business are connected with influential women in business, seminars and coaching. Scholarships and stipends for childcare and transportation are available for very low-income women.

SECTION B.5: FINANCIAL ASSISTANCE**CalWorks – San Francisco Department of Human Services**

170 Otis St, San Francisco, CA 94110 • (415) 557-5723 • www.sfdaas.org
 Provides assistance for adults with dependent children. Dial 3-1-1 to reach the Citywide Call Center, which will direct your call to the appropriate office or individual at HSA.

Consumer Credit Counseling Service

77 Maiden Lane, 3rd Floor, San Francisco, CA 94108 • (415) 788-0288
 Fax: (415) 788-7817 • www.cccssf.org
 Free and confidential debt resolution counseling.

Disability Evaluation Assistance Program-Tom Waddell Health Center

234 Eddy St, San Francisco, CA • (415) 353-5094 • www.tndc.org
 Drop-in assessment clinic Thursdays at 1 pm.

General Assistance Advocacy Project (GAAP)

276 Golden Gate Ave, San Francisco, CA 94102 • (415) 928-8191
 Fax: (415) 928-1410 • www.gaap.org • temple@gaap.org
 Provides SSI representation through the hearing stage; general assistance; food stamps. Serves very low-income individuals and those who homeless or marginally housed. Languages: Spanish, English.

Positive Resource Center

785 Market St, 10th Floor, San Francisco, CA 94103 • (415) 777-0333
 Fax: (415) 777-1770 • www.positiveresource.org
 Assists people affected by HIV/AIDS through counseling, education and advocacy in making informed choices that maximize available benefits and employment opportunities. Staff members are available for follow-up appointments as needed. Mon-Fri, 9:00 am-5:00 pm.

Social Security Administration

Tele-service Center: (800) 772-1213 • Medicare: (800) 952-8627
 TTY: (800) 288-7185 • www.socialsecurity.gov
 Administers the following benefit programs: Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), Medicare, Retirement/Survivors Benefits, Issues and replaces Social Security Cards.
District Offices I:
 Downtown: 939 Market St, 1st Floor, San Francisco, CA 94103 • (415) 744-5750
 Chinatown-North Beach Office: 560 Kearny St, San Francisco, CA 94108
 (415) 705-1067
 Western Addition Office: 1405 Fillmore St, Suite 300, San Francisco, CA 94115
 (415) 556-3473 (claims unit) • (415) 556-9325 (service representative)
District Office II:
 Mission Office: 1098 Valencia St, (at 22nd), San Francisco, CA 94110
 (415) 556-4043
 Parkside Office: 1569 Sloat Blvd, Suite 300, San Francisco, CA 94116
 (415) 556-4078
Disability Evaluation Office: Oakland, CA • (510) 622-3296

SECTION B.6: FOOD ASSISTANCE/NUTRITION

All Saints' Episcopal Church

1350 Waller St, San Francisco, CA • (415) 621-1862 • Fax: (415) 621-7008

www.allsaintssanfran.org

Tue-Thu, 12-4pm; Sat, 10:30-11:30 am (brunch).

Bayview-Hunter's Point Multi-service Drop-in Facility

2111 Jennings St, San Francisco, CA 94124 • (415) 671-1100

Meals at Mother Brown's Dining Room: Daily breakfast, 7-9am, and dinner, 4-6pm

City Team Ministries

164 6th St, San Francisco, CA 94103 • (415) 861-8688

Tue-Sat, dinner at 6 pm; get a ticket at 5:30 pm for the 6 pm church service/dinner.

Sat, 12-3 pm hot food, clothes and foot care available.

Curry Senior Center

333 Turk St, San Francisco, CA 94102 • (415) 885-2290 • (415) 885.2274

TTY: (415) 885.4861 • www.curryseniorcenter.org

Serves breakfast and lunch (Project Open Hand) every day of the year to seniors (over 60). Breakfast: 9 am-12pm. Lunch: 1-4:30 pm. \$1.50 is a suggested donation, but no one is turned away for lack of funds. Sign up for lunch in the morning between 8-9 am.

Father Francis Homeless Project

Jefferson Square Park (Gough and Turk, across from St. Paula's Church)

Hemlock Alley (at Polk)

Hot dinners, and blankets and personal care items are given away when available.

Sun: 6-6:45, dinner at Jefferson Square Park. Dinner served at Hemlock Alley on

Thursdays at 7-7:30 pm.

First AME Zion Church

2159 Golden Gate Ave, San Francisco, CA 94118 • (415) 931-7479

www.firstamezionchurch.com • Contact@FirstAMEZionChurch.com

Mon: 11:30 am-1 pm, lunch.

First Friendship Institutional Baptist Church

501 Steiner St, San Francisco, CA 94117 • (415) 431-4775

A full-course lunch is served on the fourth Saturday of the month, between 12-3pm.

Food Not Bombs

PO Box 40485, San Francisco, CA 94140 • (415) 620-8229 • www.sffnb.org

sffnbvolunteers@riseup.org

Times of service: Monday: UN Plaza 5:45pm • Tuesday: Inactive

Wednesday: UN Plaza 5:15 pm • Thursday: 16th & Mission 7:30pm

Friday: Inactive • Saturday: UN Plaza 5:30-6:30 pm • Sunday: UN Plaza 6:00 pm.

Vegetarian meals served. Bring your own bowl. Call first, as meal times sometimes change.

Friendship Banquet – St Mark's Lutheran Church

1111 O'Farrell St, San Francisco, California 94109 • (415) 673-8088

www.stmarks-sf.org

Call Monday for a reservation: a full course dinner is served to individuals who are HIV+ if they bring a letter from an AIDS agency or doctor.

♥ Glide Memorial Church

330 Ellis St (at Taylor), San Francisco, CA 94102 • (415) 674-6040

Fax: (415) 921-6951 • www.glide.org • info@glide.org

Mon-Fri, 8 am-5:30 pm. Breakfast: 8-9 am, Lunch: 12-1:30pm. Dinner: 4:30-5:30 pm.

A bag dinner, to go, is provided after lunch on weekends.

Iglesia Bautista Balboa Eben-Ezer (ULJAD)

39 Amazon Ave, San Francisco, CA 94112 • (415) 585-6628

First Sunday of the month: 7-9 am breakfast. Second Saturday: 12-2 pm, lunch.

Iglesia Latina Americana de las Adventistas 7 Dia

3024 24th St (near Harrison), San Francisco, CA 94110-4129 • (415) 282-9680

www.adventist.org

Third Sunday of the month: 9:30-11am, a lacto-ovo-vegetarian breakfast.

Macedonia Missionary Baptist Church

2135 Sutter St (near Steiner), San Francisco, CA 94115-3119 • (415) 346-0243

Fourth Saturday of the month: 11:30 am-2 pm, lunch.

Meals on Wheels of San Francisco

1375 Fairfax Ave, San Francisco, CA 94124 • (415) 920-1111

Fax: (415) 920-1110

Missionaries of Charity

1300 3rd St, San Francisco, CA 94158 • (415) 586-3449

Mon-Wed/Fri-Sun: 9 am-12 pm and 3:30-6:00 pm). Thu: 3-5:30 pm. Soup served with a short prayer before the meal.

North Peninsula Dining Center

31 Bepler, Daly City, CA. 94016 • (650) 994-5150

Mon, Tue, Thu: 5-6 pm, dinner.

Overeaters Anonymous

PO Box 2543, San Francisco, CA 94142 • (415) 436-0651 • www.oasf.org

Page Street Baptist Center Living Room

690 Page St (at Steiner), San Francisco, CA 94117 • (415) 939-2373

Fri: 8pm-Midnight, hot meal provided. For youth 25 and under only. Coffee, tea, sweets, and pastries!

Project Open Hand

730 Polk St, San Francisco, CA 94109 • (415) 447-2300 • (800) 551-MEAL

Provides free home delivery to people with AIDS or symptomatic HIV.

Providence Baptist Church

1601 McKinnon (at Mendell), San Francisco, CA 94124 • (415) 641-8719
 Fax: (415) 642-0156
 Wed: 12:45-2 pm, lunch.

St. Anthony Foundation Dining Room

45 Jones St (at Golden Gate), San Francisco, CA 94102 • (415) 241-2690
 7 days a week: 11 am-1:30 pm, lunch.

♥ St. James Infirmary

SEE SECTION A.1: INTRODUCTION – ABOUT ST. JAMES INFIRMARY

St. John Coltrane AOC

1286 Fillmore, San Francisco, CA 94115 • (415) 673-7144
 Wed: 11 am-1 pm, lunch

♥ St. Martin de Porres

225 Potrero Ave, San Francisco, CA 94103 • (415) 552-0240
 Food provided 7 days a week. Sun: 9-10:30 am, brunch.
 Mon, Tue, Thu, Fri: 6:30-7:30 am, breakfast.
 Tue-Sat: 12-2 pm lunch. A vegetarian alternative is usually available.

St. Peter & Paul Catholic Church

666 Filbert St, San Francisco, CA 94133 • (415) 421-0809
 Mon-Fri: 6 pm. Sat-Sun: 4 pm

St. Vincent de Paul Society-Vincentia Help Desk

470 Ellis St, San Francisco, CA 94107 • (415) 202-9955 • Fax: (415) 977-1271
www.svdp-sf.org

Assists people suffering from poverty, homelessness, substance use, and domestic violence. Distributes free food and clothing to those who apply and qualify. Food: Monday-Friday, 2:00pm to 2:30pm. Clothing: Monday, Tuesday, Wednesday & Friday, 10am to 12:30pm.

San Francisco Department of Human Services

1235 Mission St, San Francisco, CA 94120 • (415) 557-5000
 Administers food stamps and combined/coordinated CAAP and FS for people with symptomatic, disabling HIV, legal non-citizens, and non-CalWork's individuals.
 Languages: Russian, Spanish, Cantonese, Mandarin, Tagalog, Vietnamese, English.

San Francisco Food Bank Emergency Food Box Program

900 Pennsylvania Ave, San Francisco, CA 94107 • (415) 282-1900
 Fax: (415) 282-1909 • www.sffoodbank.org
 Serves individuals and their families who are in crisis, once yearly.

San Francisco Rescue Mission

140 Turk St, San Francisco, CA 94102 • (415) 292-1770 • www.sf911.com
 Mon-Fri: 10 am-12pm, coffee and pastry. Mon-Fri: 4 pm, mandatory Bible study and dinner (doors close at 4:15 pm, dinner starts at 5 pm). 100 people maximum; first come, first served. Blankets and sandwiches to go.

Third Baptist Church

1399 McAllister St, San Francisco CA 94117 • (415) 346-4426
 Thu: 12:30-1:30pm, lunch.

United Council of Human Services

2111 Jennings (at Van Dyke), San Francisco, CA 94124 • (415) 671-1100
 Mon-Fri: 7-9am, breakfast; 5-7pm, dinner.

Welcome Ministry

1751 Sacramento St, (corner of Van Ness) San Francisco, CA 94109
 (866) 999-3596 • Fax: (415) 776-2809
 Diner every 2nd and 4th Saturday, 5:30-7pm.

Women Infants & Children (WIC)

San Francisco Department of Public Health:
 2550 23rd St, Bldg 9, Rm125, San Francisco, CA 94110 • (415) 206-5494
 Mon-Fri: 8:15 am-12 pm and 1-5 pm.
 Chinatown: 1490 Mason St, San Francisco CA 94113 • (415) 364-7654
 Mon-Fri: 8:15 am-12 pm and 1-5 pm.
 A supplemental nutrition program that provides vouchers for nutritious foods to low-income, pregnant or breast-feeding women as well as infants and children (up to age 5).

SECTION B.7: HEALTHCARE SERVICES

ALTERNATIVE HEALING

♥ American College of Traditional Chinese Medicine

455 Connecticut St, San Francisco, CA 94107 • (415) 282-9603 • www.actcm.edu
Offers acupuncture, herbs, Tui Na (medical massage), Qi Gong, and health counseling. Languages: Chinese, Spanish, Russian, English.

Acupuncture & Integrative Medicine College, Berkeley

SEE SECTION B.3: EDUCATION & SKILL BUILDING SERVICES

Cannabis Clubs Directory – San Francisco

www.sanfranciscocannabisclubs.com/directory/

Care Through Touch Institute

240 Golden Gate Ave San Francisco, CA 94102 • (415) 345-9265

Central City Hospitality House

SEE SECTION B.3: EDUCATION & SKILL BUILDING SERVICES

Chi Nei Tsang Institute for Healing Within

481 36th St, Oakland, CA 94609 • (510) 848-9558 • Fax: (510) 848-0686
www.chineitsang.com

♥ Dancing Doula Birth Services

SEE SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

♥ DhamiBoo Reiki Practice & Teaching

www.dhamiboo.com
Intuitive Energy Medicine Practitioner/Kinesiologist/Reiki Master DhamiBoo provides sessions and training for personal empowerment in the transcendence of physical, emotional, and spiritual issues. DhamiBoo provides a special Erotic Reiki I training, including traditional Reiki I training and energy attunements for the erotic body to help you claim sexual empowerment and skills in sexual healing.

Dimensions Health Services for LGBTQ Youth

3850 17th St San Francisco, CA 94114 • (415) 934-7700 • (415) 934-7789
dimensions.clinic@gmail.com • www.dimensionsclinic.org/home.html
Comprehensive primary care, psychosocial services, harm reduction, case management, psychotherapy and mental-health referrals, street outreach, health education, HIV testing and counseling, transgender and intersex services, and wound care. 12 -25 years only. All genders, TGBTQ and Allies, IUD's and Sex Workers.

♥ Glide Memorial–Health Clinic

SEE SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

♥ Golden Monkey Acupuncture

Joey Wyman, L.Ac, 605 Chenery St, Suite C, San Francisco, CA 94131
(415) 377-1887 • www.joannwbennett.com
Mon, Wed, Fri, 8:30 am-2 pm.

Immune Enhancement Project (IEP)

3450 16th St, San Francisco, CA 94114 • (415) 252-8711 • Fax: (415) 252-8710
www.iepclinic.com
Traditional Chinese medicine.

♥ Pomegranate Clinic

592 Guerrero St, San Francisco, CA 94110 • (415) 552-9422
Pomegranate provides acupuncture and herbal medicine and offers \$10 ear clinic every Tuesday night.

Quan Yin Healing Arts Center

455 Valencia St, San Francisco, CA 94103 • (415) 861-4964 • qyhac@aol.com
www.quanyin.com

Provides acupuncture, massage, Qi Gong, herbs, and health education in a compassionate quiet environment. Special focus on Hep C treatment, HIV care, women's wellness, cancer support, stroke recovery, treatment for dependency and addiction, depression/anxiety disorder, men's health, asthma and respiratory health, hand and wrist problems, and pain management. Languages: Spanish, German, French, Mandarin, Hebrew, English.

SAGE Project

SEE SECTION B.15: SEX WORKER ADVOCATES & ORGANIZATIONS: BAY AREA

♥ St. James Infirmary

SEE SECTION A.1: INTRODUCTION – ABOUT ST. JAMES INFIRMARY

Wise Touch Acupressure

San Francisco and East Bay Locations • (510) 437-9967 • (415) 642-1923
www.wisetouchacupressure.com

Jin Shin Jyutsu (a type of Shiatsu) treatment offered for help with chronic pain, fatigue, cancer, allergies, insomnia, arthritis, digestive disorders and other imbalances.

Zen Hospice Project

273 Page St, San Francisco, CA 94102 • (415) 863-2910 • Fax: (415) 863-1768
www.zenhospice.org

Two residential programs that serve adults with a life expectancy of six months or less who cannot remain at home through the course of their illness.

HYGIENE & DROP-IN CENTERS

A Woman's Place

1049 Howard St, San Francisco, CA 94102 • (415) 487-2140

A homeless shelter and drop-in center for NA meetings. Provides a computer lab and showers. Requires a fingerprint scan for reserving a bed. Offers support groups, case management, housing assistance and crisis help. Three meals a day are served; no children are allowed. Conducts mobile-van outreach in support of victims of domestic or other violence, and offers a free medical clinic on Mondays at 6 pm.

Bayview-Hunter's Point Multi-service Drop-in Facility

2111 Jennings St, San Francisco, CA 94124 • (415) 671-1100

A 24-hour shelter, with showers and laundry and laundry facilities. Offers meals at Mother Brown's Dining Room. Dining room offers daily breakfast, 7-9am, and dinner, 4-6pm. Shelter reservations are made from 9 am to 11:30 pm. Doors open 5 pm to 7 am for people to sit, relax, nap, and watch TV, read, shower and wash. No hanging out from 7am to 5pm.

Central City Hospitality House

290 Turk St, San Francisco, CA 94102 • (415) 749-2100 • (415) 776-2102

Fax: (415) 749-2136 • info@hospitalityhouse.org • www.hospitalityhouse.org
Offers basic survival assistance, as well as a shelter, case management, and substance-use counseling for homeless and low-income people in the Tenderloin. Has a shelter for adult males.

Community Arts Program: Hours: Monday, Wednesday & Friday, 1-6pm & Tuesday & Thursday, 10am - 3pm.

Provides free art materials, instruction, studio space, and opportunities for exhibition.

Employment Resource Center: Hours: Monday: 1:30 - 4:30pm &

Tuesday-Friday: 9:30am-12:30pm; 1:30- 4:30pm

Offers job-readiness workshops and assistance with job placement for adults.

Sixth Street Self Help Center: 169 and 181 Sixth St, San Francisco, CA 94103
(415) 369-3040

Multi-service drop-in center for men and women with counseling and holistic healing.

Tenderloin Self-Help Center: Hours: Mon-Fri, 7am to 7pm.

Grocery Distribution: Wednesdays at 2:30 pm.

Multi-service drop-in center for men and women.

Diamond Youth Shelter

SEE SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

Dimensions Health Services for LGBTQ Youth

SEE SECTION B.7: HEALTHCARE SERVICES – ALTERNATIVE HEALING

Mission Neighborhood Resource Center (MNRC)

165 Capp St, San Francisco, CA 94110 • (415) 869-7977 • www.mnhc.org

Drop-in respite from the streets for homeless individuals, offering snacks, showers and lockers.

South Beach Homeless Resource Center

320 Harrison St, San Francisco, CA 94105 • (415) 222-9665

A 24/7 drop-in center for homeless men and women. Services include peer counseling, case management, and screening for HIV/AIDS, tuberculosis, STIs and hepatitis. Provides free voice mail, showers, restrooms, laundry facilities, a lounge area with snacks; lockers may be rented.

St. Anthony Foundation Free Clothing Program

1179 Mission St, San Francisco, CA 94103 • (415) 241-2600

<http://www.stanthonysf.org/?q=services/free-clothing-program>

For men, women and families. Call number for hours or see website.

♥ St. Martin de Porres

225 Potrero Ave, San Francisco, CA 94110 • (415) 552-0240 • www.stmdp.org

Showers: Tue, Thu: 9 am-12 pm—must show up at 9 am.

Medical outreach: Thu: 12:30-2 pm. Meals: See Food section.

St. Vincent de Paul Society Ozanam Center

1175 Howard St, San Francisco, CA 94103 • (415) 252-5305

Payee number: (415) 864-0296 • SVDP@pacbell.net

A drop-in center for people over 18, offering HIV/AIDS education, recreational activities, meetings and money management program. The Reception Center provides residential, meals, shower facilities, health assessment, referrals for clothing, and counseling. Howard Street Detox provides residential detox treatment, relapse prevention, a detailed treatment and recovery program, daily twelve-step programs, and referrals to agencies and programs. Languages: Spanish, English

PRIMARY & URGENT HEALTHCARE

American Cancer Society

235 Montgomery St, Suite 320, San Francisco, CA 94104 • (415) 394-7100

Fax: (415) 394-7101 • www.cancer.org

American Diabetes Association

1900 Powell St, Suite 285, Emeryville, CA 94608 • (510) 654-4499

(800) 828-8293 • Fax: (510) 654-7575 www.diabetes.org

American Heart Association

120 Montgomery St, Suite 1650, San Francisco, CA 94104 • (415) 433-2273

Fax: (415) 362-8035 www.americanheart.org

American Red Cross

810 Valencia St, San Francisco, CA 94110 • (415) 427-8000 • www.redcross.org

Ark of Refuge, Inc.

1025 Howard, San Francisco, CA 94103 • (415) 861-1060 • www.arkofrefuge.org
 HIV prevention education, case management, medical services, HIV housing, substance-use groups, and counseling for youth (groups and individuals). Provides support, peer and pretreatment advocacy services for transgenders of color in San Francisco. They provide treatment and peer advocacy, individual counseling, referral services, a mentorship program, HIV education & prevention, and on-site medical services and pharmacy. Also operates a 6-18 month residential treatment for HIV/AIDS-infected substance users.

♥ Asian Health Services

818 Webster St, Oakland, CA 94607 • (510) 986-6830 • Fax: (510) 986-6890
www.asianhealthservices.org • jlec@ahsch.org

Provides HIV testing, family planning, STI screening, youth/teen clinic, health education and access info, breast cancer screening, HIV/STI prevention education and counseling, referral services and prenatal care. Youth, MSM, Sex Workers, women, immigrants, underserved and uninsured, with a focus on the Asian and Pacific Islander communities. Languages: Cantonese, Mandarin, Cambodian, Thai, Tagalog, Vietnamese, English.

♥ Asian Pacific Islander Wellness Center

SEE SECTION B.8: HIV/AIDS, STI, AND HEPATITIS SERVICES

Balboa Teen Health Center

1000 Cayuga Ave, Rm 156, San Francisco, CA 94112 • (415) 469-4512
 Fax: (415) 469-4096 • www.sfdph.org/dph/comupg/oservices/medSvs/hlthCtrs/BalboaTeenHlthCtr.asp

Bay Area Perinatal AIDS Center (BAPAC)-University of California at San Francisco (UCSF)

SEE SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

Berkeley Free Clinic

2339 Durant Ave, Berkeley, CA 94704 • (510) 548-2570 • Fax: (510) 548-1730
www.berkeleyfreeclinic.org • info@berkeleyfreeclinic.org

Bernal Heights Neighborhood Center

515 Cortland Ave, San Francisco, CA 94110 • (415) 206-2140
 Fax: (415) 648-0793 • info@bhnc.org

California Pacific Medical Center (CPMC)

3700 California St, San Francisco, CA 94118 • (415) 600-6000 • www.cpmc.org

Castro-Mission Health Center

3850 17th St, San Francisco, CA 94114 • (415) 487-7500
 Languages: Spanish, English

Chinatown Public Health Center

1490 Mason St, San Francisco, CA 94133 • Phone: (415) 364-7908
 Languages: Laotian, Vietnamese, Tagalog, Chinese, English.

♥ City Clinic/San Francisco City Clinic

356 7th St, San Francisco, CA 94103 • (415) 487-5500 • www.sfcityclinic.org
 A specialty clinic that provides diagnosis and treatment of sexually transmitted diseases (STIs) to the San Francisco community. Offers confidential, low-cost, convenient drop-in services to all people over the age of 12, regardless of their ability to pay. Drop-in hours: Mon, Wed, Fri: 8 am-4 pm; Tue: 1-6pm; Thu 1-4pm.

Community Health Network (SFDPH)

2789 25th St, San Francisco, CA 94133 • (415) 206-5166 • www.dph.sf.ca.us/chn
 Provides primary-care services at 18 sites throughout the city; services also include specialty care, acute care, home care, long-term care, and emergency care.

Curry Senior Center

333 Turk St, San Francisco, CA 94102 • (415) 885-2274
www.curryseneiorcenter.org

Provides primary care, case management, and medical follow-up for seniors, age 55 and over.

Davies Medical Center

45 Castro St, San Francisco, CA 94114 • (415) 565-6000 • Fax: (415) 565-6061
www.cpmc.org

Family Service Agency of San Francisco

SEE SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

♥ Glide Memorial-Health Clinic

SEE SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

♥ Haight-Ashbury Free Clinics,

558 Clayton St, San Francisco, CA 94117 • (415) 746-1950 • Fax: (415) 746-1968
www.hafci.org

1735 Mission St, San Francisco, CA 94103 • (415) 746-1940

Primary medical care, women's health, TB testing, HIV and Hep C screening, physical therapy, chiropractic, acupuncture, and an HIV care program. Any uninsured person over 16 years old. Languages: Spanish, French, Cantonese, English.

Healthy Families Program – Alameda Alliance for Health

1240 S Loop Rd, Alameda, CA. 94502 • (510) 747-4500 • (877) 371-2222
 A comprehensive insurance program for children of low-income families; includes health, dental, and vision coverage for children from birth until their 18th birthday. Members have access to doctor visits, prescription drugs, dental care, hospital and emergency-room care, eyeglasses and eye care, preventive care and immunizations. Members must be California residents, US citizens (nationals or eligible qualified immigrants).

Hospice by the Bay

1902 Van Ness, 2nd Floor, San Francisco, CA 94109 • San Francisco & San Mateo Counties: (415) 626-5900 • Marin County: (415) 927-2273 • Sonoma County: (707) 935-7504 • www.hospicebythebay.org/ • hospiceinfo@hbtb.org
Provides home health and hospice care, grief support group, bereavement counseling, and emotional and practical support in San Francisco and San Mateo counties.

Isis Clinic

San Francisco General Hospital, 1001 Potrero Ave, #4C, San Francisco, CA 94110
(415) 206-8287
A clinical providing care for wounds and abscesses.

Kaiser Permanente

2241 Geary Blvd, San Francisco, CA 94115 • (415) 833-3450
www.kaiserpermanente.org

Latino Family Center

820 Valencia St, San Francisco, CA 94110 • (415) 826-6767
www.missioncouncil.org

♥ Lyon-Martin Women's Health Services

1748 Market St, Suite 201, San Francisco, CA 94102 • (415) 565-7667
Fax: (415) 252-7512 • www.lyon-martin.org
A healthcare clinic for women, accepts Medicare, Medi-Cal, and San Francisco Health Plan. While not full-service insurance plans, the clinic will enroll and accept Healthy San Francisco, Family PACT and Every Woman Counts (Breast Cancer Early Detection Program). Hormone therapy program for transgenders.

Maxine Hall Health Center (SFDPH)

1301 Pierce St, San Francisco, CA 94115 • (415) 292-1300
A clinic for women offering family planning, birth control, primary healthcare and prenatal care. Languages: Spanish, English.

♥ Mission Neighborhood Health Center

240 Shotwell St, San Francisco, CA 94110 • (415) 552-3870 • Fax: (415) 431-3178
www.mnhc.org
425 South Van Ness Ave, San Francisco, CA 94110 • (415) 431-3212

Native American Health Center

160 Capp St, San Francisco, CA 94110 • (415) 621-8051 • www.nativehealth.org

New Generation Health Center (NGHC)

SEE SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

Ocean Park Health Center

SEE SECTION B.2: DENTAL SERVICES

Planned Parenthood

815 Eddy St, #200, San Francisco, CA 94111 • (415) 885-2462 • (800) 967-7526
www.plannedparenthood.org
Reproductive and family health services. Hepatitis A, B & C testing and Hepatitis A & B vaccines. Testing fees based on a sliding scale. Insurance accepted.

Potrero Hill Health Center

SEE SECTION B.2: DENTAL SERVICES

St. Anthony Foundation Free Medical Clinic

121 Golden Gate Ave, San Francisco, CA 94102 • (415) 241-2600
Fax: (415) 440-7770 • www.stanthonyssf.org • info@stanthonysf.org
Provides adult urgent and primary care, pediatric urgent and primary care, podiatry, orthopedics, allergy/asthma, nutritional counseling, HIV testing and counseling. All genders, cultures and races served, primarily San Francisco residents without insurance who are homeless, substance users, or indigent. Languages: Spanish, Laotian, Chinese, Mein, Thai, French, ASL, Italian, Hebrew, English.

♥ St. James Infirmary

SEE SECTION A.1: INTRODUCTION – ABOUT ST. JAMES INFIRMARY

St. Luke's Hospital

3555 Cesar Chavez St, San Francisco, CA 94110 • (415) 647-8600
www.stlukes-sf.sutterhealth.org

St Luke's Neighborhood Clinic

1580 Valencia St, #506, San Francisco, CA 94110 • (415) 647-8111
www.stlukes-sf.sutterhealth.org

St. Mary's Medical Center

450 Stanyan St, San Francisco, CA 94117 • (415) 668-1000
www.stmarysmedicalcenter.org

San Francisco General Hospital

1001 Potrero Ave, San Francisco, CA 94110 • (415) 206-8000
<http://www.sfdph.org/dph/comupg/oservices/medSvs/SFGH/sfghClinics.asp>
Urgent Care Clinic: Mon-Friday 8am-8pm, Sat/Sun 8am-7pm. (415) 206-8052.

San Francisco VA Medical Center

4150 Clement St, San Francisco, CA 94121 • (415) 221-4810 (24 hours)
www.sanfrancisco.va.gov

Silver Avenue Family Health Center

SEE SECTION B.2: DENTAL SERVICES

South of Market Health Center

551 Minna St, San Francisco, CA 94103 • (415) 626-2951 • www.smhcsf.org
Primary care for the homeless.

Southeast Health Center

2401 Keith St, San Francisco, CA 94124 • (415) 671-7000 • Fax: (415) 822-3620
Mon-Fri 8 am-5 pm. Drop-in available only on Mon, Tue, Thu, Fri between 8-10 am.
Languages: Spanish, Chinese, English.

Tom Waddell Health Center

50 Ivy St, San Francisco, CA 94102 • Phone: (415) 355-7500

Primary medical and urgent care, hormones, social services and support group to San Francisco residents who are homeless, marginally housed or under-insured.

Focus is on the Tenderloin, Civic Center, and 6th Street communities, including those with substance-use problems and mental-health issues. Languages:

Spanish, Tagalog, English. Transgender clinic Tuesdays 6:30-8pm.

♥ University of California at San Francisco (UCSF)

505 Parnassus Ave, San Francisco, CA 94143 • (415) 476-1000

www.ucsfhealth.org

♥ Women's Community Clinic

2166 Hayes St, Suite 104, San Francisco, CA 94117 • (415) 379-7800

Fax: (415) 379-7804 • www.thewomensclinic.org

Offers free annual exams, STI screening and treatment, pregnancy testing, family planning (including birth control), menopausal care, confidential HIV testing and counseling, acupuncture and homeopathy, free clothing and food, comprehensive health education. Low income and underinsured women or those women seeking confidential care or an all female environment. Languages: Spanish, Portuguese, English.

SECTION B.8: HIV/AIDS, STI, AND HEPATITIS SERVICES

[T] = Testing; [V] = Vaccinations

3rd Street Youth Clinic [T V]

5790 3rd St, San Francisco, CA 94124 • (415) 822-1707

www.3rdstyouth.org/clinic.html

Hepatitis A & B testing and Hepatitis A & B vaccines.

AIDS Emergency Fund

12 Grace St, Suite #300 San Francisco, CA 94103 • (415) 558-6999

Fax: (415) 558-6990 • www.aidsemergencyfund.org or AEF-SF.org

Services include grant provision of \$600/year per client to help with rent, utilities, phone bills, medical expenses, and storage. Helps with pre-arranged funerals for clients living with disabling HIV, AIDS, or breast cancer. Languages: Spanish, Portuguese, English.

♥ AIDS Health Project [T]

1930 Market St, San Francisco, CA 94102 • (415) 502-8378

AIDS Hotline 415-863-2437 • Fax: (415) 476-7996 • www.UCSF-AHP.org

Provides free anonymous and confidential HIV counseling and testing; professional psychotherapy for people with HIV; weekly support groups; HIV-related substance-use services. Workshops on returning to work and attaining disability benefits.

AIDS Hotline

www.aids hotline.org

Provides information on HIV, STI, and viral hepatitis testing sites as well as needle-exchange programs.

♥ AIDS Legal Referral Panel

1663 Mission St, Suite 500 San Francisco, CA 94103 • (415) 701-1100

(510) 451-5353 (Oakland) • Fax: (415) 701-1400 • www.alrp.org

Free or low cost legal services to people living with HIV/AIDS throughout the San Francisco Bay area.

♥ AIDS Project East Bay

1320 Webster St, Oakland, CA 94607 • (510) 663-7979 • www.apeb.org

Offers low-cost or free HIV/AIDS care and prevention education in Alameda County, California.

♥ AIM (Adult Industry Medical) Health Care Foundation

14241 Ventura Blvd. Suite 105, Sherman Oaks, CA 91423 • (818) 981-5681

Fax: (818) 981-3851

19720 Ventura Blvd, Suite 101, Woodland Hills, CA 91364 • (818) 961-0291

Fax: (818) 961-0294

aimhcftn@yahoo.com • www.aim-med.org

A non-profit corporation created to care for the physical and emotional needs of Sex Workers and the people who work in the adult entertainment industry. Testing of porn industry workers for HIV and STIs and clearance to work on a set are provided for a fee.

♥ Asian Health Services [T]

SEE SECTION B.7: HEALTHCARE SERVICES — PRIMARY & URGENT HEALTHCARE

♥ Asian Pacific Islander Wellness Center [T V]

730 Polk St, Fourth Floor, San Francisco, CA 94109 • (415) 292-3400

Fax: (415) 292-3404 • www.apiwellness.org

Provides free anonymous or confidential HIV testing by appointment on Wednesdays 4-7pm., Friday 1-5pm and the 1st Saturday of each month from 11:00-am to 2:30p.m Hepatitis A, B & C testing and Hepatitis A & B vaccines.

Bay Area Young Positives

SEE SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

Bayview Hunter's Point Foundation HIV/AIDS & Emotional Support Unit

1625 Carroll St, San Francisco, CA 94124 • (415) 822-8200 • (415) 822-7500

Provides general, individual, family and group counseling, psychological assessment.

Black Coalition on AIDS (BCA)

2800 3rd St, San Francisco, CA 94107 • (415) 615-9945 • www.bcoa.org

Client entrance: 489 Clementina St, 3rd Floor, San Francisco, CA 94103

Works to reduce disparities in the Black community, particularly the spread of HIV/AIDS, by providing health and wellness services including housing, education, advocacy, health case management and other health-promoting activities. Provides HIV prevention workshops and classes.

Many Men Many Voices (3MV): A center for Black gay and bisexual men to come together for 6 sessions to examine life and identity. Sessions are held Tuesdays and Thursdays from 1-4 pm.

Rafiki Housing Program: A multi-service housing program primarily for formerly homeless individuals with are dual or triple diagnoses (4-6 week waiting list).

The Body.com

www.thebody.com/index.shtml

HIV/AIDS information in more than 550 topic areas.

California Department of Public Health Office of Viral Hepatitis Prevention Program

(510) 625-6022 • rachel.mclean@cdph.ca.gov

www.cdph.ca.gov/programs/pages/ovhp.aspx

Centralized source for viral hepatitis information and resources in California.

California Hepatitis Alliance

www.calhep.org

To find a Hepatitis resource map, click "Contacts."

♥ CAL-PEP [T]

1504 Franklin St, Oakland, CA 94612 • (510) 874-7850 • Fax: (510) 839-6775

www.calpep.org

Wide range of services and interventions. Services include HIV/AIDS/STI education through interactive workshops, street outreach, including mobile HIV testing and counseling, HIV peer support groups, harm-reduction workshops and treatment. The Young Sex Workers Project is a prevention outreach project that targets women under the age of twenty-eight who are engaged in street-based sex work and are at high-risk for HIV exposure. Languages: some Spanish, English. Rapid HIV testing on Wednesday and Thursday, 9:30 am-5 pm.

Catholic Charities of San Francisco

180 Howard St, San Francisco CA 94105 • (415) 572-1200 • Fax: (415) 572-1201

Severs individuals with HIV, including the provision of rental and housing assistance, as well as financial assistance for medical expenses and housing needs.

Peter Claver Community: A 32-bed residential program for homeless persons with HIV/AIDS providing permanent housing, case management, social and recreational services, attendant care and money management advice. These on-site services allow residents to live in a supportive environment throughout the varying stages of their illnesses.

Derek Silva Community: 61 residential units and 5 two-bedroom apartments for couples, with a total capacity of 66 residents. Provides housing and case management services for persons disabled due to HIV/AIDS. Individuals living here require a less intensive level of care and live more independently. Each apartment is equipped with its own kitchen and bathroom.

Rita da Cascia: A comprehensive program for homeless women with HIV/AIDS and their children. Services include case management, childcare subsidies, housing assistance, a recreation program, and permanency planning for children.

Leland House: A 45-bed licensed residential facility with a 10-bed hospice offering a full continuum of care to persons living with HIV/AIDS.

Chinatown Public Health Center [T V]

SEE SECTION B.7: HEALTHCARE SERVICES – PRIMARY & URGENT HEALTHCARE

Chinese Medicine Treatment Resources

www.docmisha.com

Publishes a list of acupuncturists trained in supportive treatments for Hepatitis B and C using Chinese Medicine.

♥ City Clinic/San Francisco City Clinic [T V]

SEE SECTION B.7: HEALTHCARE SERVICES — PRIMARY & URGENT HEALTH CARE

Clinical Trials

www.clinicaltrials.gov

Nationwide database of all clinical trails, including clinical trials in California for hepatitis C treatment.

Dolores Street Community Services

938 Valencia St, San Francisco, CA 94110 • (415) 282-6209 • Fax: (415) 282-2826
 En Español (415) 282-3078 • TTY/TTD: (415) 896-4501 • www.dscs.org
 Provides two adult shelters—one in the Castro, one in the Mission. Both offer clean and sober housing, advocacy and support primarily to poor immigrants and people living with AIDS. Offers an HIV counselor on-site and a medical clinic every Monday from 7-9:30 pm.

El Ambiente/AGUILAS

2095 Harrison St, San Francisco, CA 94110 • (415) 558-8403 • Fax: (415) 558-9709
www.sfaguilas.org
 Offers HIV prevention, relapse prevention and empowerment through peer-based social and support groups for gay and bisexual Latino men.

East Bay Community Recovery Project (EBCRP) [T]

2551 San Pablo Ave, Oakland, CA 94612 • Outpatient: (510) 446-7100
 Project Pride: (510) 446-7150
 22971 Sutro St, Hayward, CA 94541 • (510) 728-8600 • www.ebcrcp.org
 Provides health education, HIV and Hepatitis C testing, substance-use and mental-health counseling, alternative treatments, and case management for HIV+ individuals and those at high risk for HIV. Outpatient Services Division serves clients with substance-abuse and co-occurring disorders, and persons at high risk for or have a positive diagnosis of HIV and/or Hepatitis C.
 Project Pride: A 24-hr therapeutic community model of long-term residential treatment for women in recovery and their children.

Forensic AIDS Project [T]

798 Brannan St, 2nd Floor, San Francisco, CA 94103 • (415) 863-8237
 Fax: (415) 863-3975
 Provides services and prevention programs for people incarcerated and their significant others.

♥ Glide-Goodlett HIV/AIDS Project [T V]

SEE SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

HAPS HIV testing (San Francisco General Hospital) [T V]

1001 Potrero Ave, Bldg 100, # 301, San Francisco, CA 94110 • (415) 206-8972
 Hepatitis A, B & C testing and Hepatitis A/B vaccines.

Hepatitis C Support Project

www.hcvadvocate.org
 Fact sheets, handouts, and a list of HCV support groups in CA and information for people with a recent diagnosis of HCV.

Hepatitis Foundation

(800) 891-0707 • www.hepfi.org • info@hepatitisfoundation.org
 An international organization that provides a broad range of education, training programs, and materials about liver wellness and the diagnosis, treatment, and prevention of viral hepatitis for the public, patients, educators, and medical professionals.

Hermanos de Luna y Sol (MNHC/UCSF- Clínica Esperanza)

240 Shotwell St, San Francisco, CA 94110 • (415) 552-1013 (ext 212)
www.caps.ucsf.edu/capsweb/projects/hlsindex.html
 Offer prevention, support and discussion groups for gay and bisexual Latino men and youth focusing on the social and cultural issues affecting this population.

HIV Consumer Rights Advocacy Project

1540 Market St, Suite 301, San Francisco, CA 94102 • (415) 863-8131
 Fax: (415) 863-0831
 Developed to assist individuals experiencing difficulties accessing services at CARE funded agencies.

HIV/Hepatitis C in Prison (HIP) Committee

California Prison Focus, 1904 Franklin St, Suite 507, Oakland, CA 94612
 (510) 836-7222 • www.prisons.org

♥ Institute for Community Health Outreach – Nia Project, Early Intervention Project, Action Point II [T]

1676 Newcomb, San Francisco, CA 94124 • (415) 970-9004 • Fax: (415) 970-9144
 Provides case management, health education, prevention outreach, HIV testing and treatment advocacy, and needle exchange services (Thursdays from 11:00 am-1:00 pm) for residents of the Bayview-Hunter's Point District.

♥ Iris Center

SEE SECTION B.11: MENTAL HEALTH SERVICES

Linea Nocturna

660 Market St, San Francisco, California 94104 • (415) 989-5212
 Open 7 days a week from 6 pm to midnight, this group offers Spanish-speaking phone counselors for people with HIV- and Hep C-related concerns.

Magnet [T V]

4122 18th St, San Francisco, CA 94114 • (415) 581-1600 • www.magnetsf.org
 HIV and STI testing for gay/bisexual men. Hepatitis A, B & C testing and Hepatitis A & B vaccine. Tue: 11-6 pm; Wed: 11-9 pm; Thu: 11-9 pm; Fri: 11-9 pm; Sat: 11-6 pm.

Marin AIDS Project

910 Irwin St, San Rafael, CA 94901 • (415) 457-2487 • Fax: 415-457-5687
www.marinaidsproject.org
 Provides services for people with AIDS and HIV, including Hepatitis A, B & C testing and Hepatitis A & B vaccines.

Mission Neighborhood Health Center [T V]

SEE SECTION B.7: HEALTHCARE SERVICES — HYGIENE & DROP-IN CENTERS

Mobilization Against AIDS

2940 16th St, Suite 308, San Francisco, CA 94103 • (415) 401-7270
 An advocacy group working on legislation to correct problems with health insurance reimbursement (either private insurance or Medicaid/Medi-Cal).

♥ Native American AIDS Project

1540 Market St, #130, San Francisco, CA 94102 • (415) 431-6227

Fax: (415) 431-6257 • www.naap-ca.org

Provide services and programs for Native Americans and Alaskan natives with HIV.

Nightline – HIV Support Counseling

(415) 434-AIDS • (800) 273-AIDS

A nightline offering emotional support, crisis counseling and information about HIV/AIDS. Seven nights a week from 5 pm-5 am.

North East Medical Services [T V]

SEE SECTION B.2: DENTAL SERVICES

OASIS Clinic [T V]

520 27th St, Oakland, CA 94612 • (510) 834-5442 • Fax: (510) 834-0916

oasisclinic@sbcglobal.net • www.oasiscliniconline.org

Health-education materials, videos developed by and for people living with HIV and/or HCV, and medical treatment for those with Hepatitis C. Mon-Thu: 8:30-4 pm

Partner Counseling and Referral Services (SFDPH)

356 7th St, San Francisco, CA 94103 • (415) 554-9085

Provides interviews, follow up and counseling for HIV+ people and their partners.

Pets Are Wonderful Support (PAWS)

645 Harrison St, Suite 100, San Francisco, CA 94107 • (415) 979-9550

Fax: (415) 979-9269 • www.pawssf.org

Low income San Francisco residents with AIDS and other disabling illnesses and their animal companions may qualify for a broad array of help and services.

Planned Parenthood [T V]

SEE SECTION B.7: HEALTHCARE SERVICES — PRIMARY & URGENT HEALTH CARE

Positive Resource Center

SEE SECTION B.5: FINANCIAL ASSISTANCE

San Francisco Adult Viral Hepatitis Resource Guide

www.harmreduction.org/downloads/SFHEP.pdf

A comprehensive list of testing, vaccination, and health education services, plus some information on care

San Francisco AIDS Foundation-HPP NEX Site [T]

995 Market St, Suite 200 San Francisco, CA 94103 • (415) 487-3000

www.sfaf.org

San Francisco Department of Public Health AIDS Office /HIV Prevention Section

25 Van Ness Ave, Suite 500 San Francisco, CA 94102 • (415) 554-9000

www.sfhiv.org

San Francisco Free Clinic [T V]

4900 California St, San Francisco, CA • (415) 750-9894 • www.sffc.org/
Hepatitis A, B & C testing and Hepatitis A & B vaccines. Free (also free Yoga classes).

San Francisco Hepatitis B Collaborative [T]

<http://rco.ucsf.edu/index.php/sfhbc/events/>

Conducts outreach events that occasionally include free Hepatitis-B testing.

See website for upcoming events.

San Francisco Medical Society

www.sfms.org/bar_a-b.htm

Online collection of Bay Area Resources for AIDS/HIV.

♥ San Francisco Sex Information (SFSI)

PO Box 881254 San Francisco, CA 94188 • (415) 989-7374 • www.sfsi.org

Shanti Project

730 Polk St, San Francisco, CA 94109 • (415) 674-4700 • Fax: (415) 674-0373

www.shanti.org

Shanti is a multi-service agency serving HIV/AIDS affected populations. Services include peer advising, drop-in lounge, HIV/AIDS care coordination, mental-health counseling and transportation. Spanish spoken. They operate the KAIROS Counseling Program.

South Beach Homeless Resource Center

SEE SECTION B.7: HEALTHCARE SERVICES — HYGIENE & DROP-IN CENTERS

Sunset Health Services [T V]

1800 31st Ave San Francisco, CA • (415) 677-2388

Part of the SF Hep B Free campaign, Sunset Health Services offers Hepatitis B testing vaccine. Fees are on a sliding scale for testing; \$20 per shot for vaccines

♥ St. James Infirmary [T V]

SEE SECTION A.1: INTRODUCTION – ABOUT ST. JAMES INFIRMARY

STD Checkup

www.stdcheckup.org

Provides hepatitis information for men who have sex with men (MSM), and for clinicians who provide STD care and treatment to MSM.

Stop AIDS Project

2128 15th St, San Francisco, CA 94114 • (415) 575-0150 • Fax: (415) 575-0166

www.stopaids.org

Works to prevent HIV transmission among all gay and bisexual men in San Francisco through multicultural, community-based organizing.

Our Love: www.stopaids.org/ourlove/index.html

Provides workshops and ongoing events that address specific topics of interest for gay and bi African American men. Contact Terry Dryer: (415) 575-0750.

Positive Force: www.stopaids.org/programs/positive_force

Provides support and roles in prevention for HIV+ men.

♥ Tenderloin Health (Formerly TARC & Continuum) [T]

187, 189 & 255 Golden Gate Ave, San Francisco, CA 94102 • (415) 431-7476

Fax: (415) 431-3959 • info@tarcsf.org • www.tenderloinhealth.org

Provides HIV housing for tenderloin residents, breakfast, counseling groups, needle exchange, free and confidential HIV-antibody testing and counseling, and transgender drop-in groups.

Tom Waddell Health Center [T V]

SEE SECTION B.7: HEALTHCARE SERVICES — PRIMARY & URGENT HEALTHCARE

Tri-City Health Center [T V]

39500 Liberty St, Fremont, CA 94538 • (510) 770-8040

Medical Advice: (510) 770-8040 • www.tri-cityhealth.org

HIV and STI testing; Hepatitis C and HIV/AIDS medical services.

UCSF at Mount Zion – Hepatitis B Clinic

2330 Post St, 1st Floor, San Francisco, CA • (415) 885-3580

9am-noon 1st Saturday of each month. Part of the SF Hep B Free campaign.

Hepatitis B testing and vaccine. Fees for vaccination fees based on a sliding scale.

Insurance accepted.

♥ Westside Community Mental Health Center [T]

245 11th St, San Francisco, CA 94103 • (415) 355-0311 • Fax: (415) 355-0349

Provides HIV services to high-risk populations in San Francisco.

♥ Women's Community Clinic [T V]

SEE SECTION B.7: HEALTHCARE SERVICES — PRIMARY & URGENT HEALTHCARE

♥ WORLD (Women Organized to Respond to Life Threatening Disease)

414 13th St, 2nd Floor, Oakland, CA 94612 • (510) 986-0340 • www.womenhiv.org

Information and support network by, for, and about women with HIV/AIDS.

SECTION B.9: HOUSING ASSISTANCE

A Man's Place

399 Fremont St, San Francisco, CA 94105 • (415) 597-7962 • Fax: (415) 908-0105

Check in by phone or in person in the morning, and then call back at 3 pm to see if your number was selected in the lottery for a bed that night.

A Woman's Place

SEE SECTION B.7: HEALTHCARE SERVICES — HYGIENE & DROP-IN CENTERS

Ark of Refuge

SEE SECTION B.7: HEALTHCARE SERVICES — PRIMARY & URGENT HEALTHCARE

♥ Asian Women's Shelter

3543 18th St, #19, San Francisco, CA 94110 • (415) 751-7110 • (415) 751-0880

Fax: (415) 751-0806 • www.sfaws.org

Provides shelter, peer counseling, case management, advocacy, accompaniment, language support, community education, services for queer Asian women, internships (open to all), and referrals. Priority is given to for monolingual immigrant women with little or no resources, but all backgrounds are welcome. Languages: Thai, Tagalog, Cantonese, Mandarin, Vietnamese, Mien, Lao, Indonesian, Japanese, English.

Aurora Dawn Foundation Marty's Place

1165 Treat Ave, San Francisco, CA 94140 • (415) 826-5670 • Fax: (415) 642-9137

www.auroradawnfoundation.org

An 8-bed home for low-income, homeless HIV+ men. Languages: Spanish, English.

Baker Places, Inc.

SEE SECTION B.19: SUBSTANCE-USE & TREATMENT SERVICES

Bayview-Hunter's Point Multi-service Drop-in Facility

SEE SECTION B.7: HEALTHCARE SERVICES — HYGIENE & DROP-IN CENTERS

Black Coalition on Aids

SEE SECTION B.8: HIV/AIDS, STI, AND HEPATITIS SERVICES

California Department of Fair Employment and Housing

1515 Clay St, Suite 701 Oakland, CA 94612 • (510) 622-2941 • (800) 233-3212

Fax: (510) 622-2951 • www.dfeh.ca.gov

Catholic Charities Peter Claver Community Center

SEE SECTION B.8: HIV/AIDS, STI, AND HEPATITIS SERVICES

Central City Hospitality House

SEE SECTION B.3: EDUCATION & SKILL BUILDING SERVICES

Central City SRO Collaborative

259 Hyde St, San Francisco, CA 94102 • (415) 775-7110

Chinatown Community Development Center

1525 Grant Ave, San Francisco, CA 94133 • (415) 984-1450 • Fax: (415) 362-7992
www.chinatowncdc.org

A community development organization serving as neighborhood advocates, organizers, planners, developers and managers of affordable housing.

City TEAM Work Transitional Shelter

164 6th St, San Francisco, CA 94103 • (415) 861-8688 • Fax: (415) 861-8687
www.cityteam.org

A temporary shelter for homeless, employed men; must be clean and sober for interview. Apply Tue-Fri from 10 am-4 pm.

Coalition on Homelessness

468 Turk St, San Francisco, CA 94102 • (415) 346-3740
coh@sf-homeless-coalition.org • www.sf-homeless-coalition.org

Helps homeless and poor people learn/understand their rights relative to public policy through several programs: Civil Rights Legal Division, Family Rights & Dignity Project, Housing without Borders, Shelter Outreach, the Substance-abuse Mental Health Work Group and the Street Sheet.

Community Housing Partnership

1010 Market St, San Francisco, CA 94102 • (415) 241-9015 • Fax: (415) 241-0625

Compass Community Services

49 Powell St, 3rd Floor, San Francisco, CA 94102 • (415) 644-0505
 Fax: (415) 644-0514 • www.compass-sf.org

Housing assistance for families that are homeless or are in danger of becoming homeless. Languages: Spanish, Portuguese, English.

Connecting Point

955 Market St, San Francisco, CA 94103 • (415) 442-5130 • Fax: (415) 442-5138
 Hotline: (415) 442-5134 • (888) 811-SAFE

Helps families who are homeless or nearly homeless get access the family shelter system. To be eligible, the family must include at least one minor child and/or one pregnant adult.

Diamond Youth Shelter

SEE SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

Dolores Street Community Services

SEE SECTION B.8: HIV/AIDS, STI, AND HEPATITIS SERVICES

Episcopal Community Services

165 8th St, San Francisco, CA 94103 • (415) 487-3300 • Fax: (415) 252-1743
www.ecs-sf.org

Offers housing/community services, NA/AA meetings, money management, Bible study group, referrals to outside agencies, medical clinic, housing referrals, TB testing, mental-health outreach, job training, computer workshops, volunteer program. The shelter is open from 4 pm-8 am. Men sign up 4-9 am for a lottery to win one night on a cot or up to 30 days on a bed. Results posted at noon. Women sign up at 5:45 to win 1-30 day stay. Men, women and transgender persons, including veterans and seniors welcome. Languages: Spanish, Portuguese, American Sign Language (ASL), English.

Eviction Defense Collaborative

995 Market St, #1200, San Francisco, CA 94103 • (415) 947-0797
 Fax: (415) 947-0331 • www.hrcsf.org/links/links5.html
 Drop-in Clinic: Monday–Friday 9:30am-11:30am 1:00pm-3:00pm

Family Link

317 Castro St, San Francisco, CA 94114 • (415) 703-9050 • Fax: (415) 703-9057
www.famlink.home.mindspring.com

Call between 9:00 am-5:00 pm for reservations. Provides guest accommodations for family and friends of people with AIDS, other critical illness or trauma. Rooms have two beds, and food is included with the room. Guests must be from outside of the Bay Area and are asked to donate \$30.00/night per room, if possible. A social worker or case manager must make the room reservation.

Family Service Agency of San Francisco

1010 Gough St, San Francisco, CA 94109 • (415) 474-7310 x318
 Fax: (415) 931-3773 • www.fsasf.org

Early housing crisis intervention and homelessness prevention. Assists families facing eviction and other short-term housing crises to prevent eviction and, when necessary, locate resources to secure replacement to housing. No fees to families.

Freedom from Alcohol & Drugs

1353 48th Ave, San Francisco, CA 94122 • (415) 665-8077
 Candidates must have at least 72 hours substance free.

Friendship House Association of American Indians

56 Julian Ave, San Francisco, CA 94103 • (415) 431-6323
www.friendshiphousesf.org

Specializing in residential short term drug rehab program sober living (30 days or less), residential long term drug rehab treatment sober living (more than 30 days), outpatient drug rehab, partial hospitalization day-treatment for drug rehabilitation and substance-abuse treatment

Hamilton Family Center

260 Golden Gate Ave, San Francisco, CA 94102 • (415) 292-9930
www.hamiltonfamilycenter.org

Hamilton Family Center is a client-centered, grass-roots organization focused on returning families to independent living. They provide families with support services: A 24-hour emergency center for families in the Haight-Ashbury, a Transitional Housing Facility located near Golden Gate Park, and a family shelter in the Tenderloin.

Helplink

SEE SECTION B.4: EMPLOYMENT ASSISTANCE SERVICES

Homeless Advocacy Project (HAP) – Bar Association of San Francisco

1360 Mission St, San Francisco, CA 94103 • (415) 575-3130
 Provides free legal services, and supporting social services, to individuals and families who are homeless or at serious risk of homelessness in San Francisco.

Homeless Children's Network (HCN)

3265 17th St, San Francisco, CA 94110 • (415) 437-3990 • Fax: (415) 437-3994
www.hcnkids.org

Provides comprehensive mental-health services, case management, and family support services for homeless children, youth, and their families throughout San Francisco.

Homeless Prenatal Program

2500 18th St, San Francisco, CA 94110 • (415) 546-6756 • Fax: (415) 546-6778
www.homelessprenatal.org

Provides prenatal and parenting education, case management and home visits to ensure a healthy-birth outcome and healthy development of the child, ages 0-5 years. Languages: Spanish,

Hospice by the Bay

SEE SECTION B.7: HEALTHCARE SERVICES — PRIMARY & URGENT HEALTH CARE

Housing Rights Committee of San Francisco

427 S. Van Ness, San Francisco, CA 94103 • (415) 703-8634 • (415) 703-8644
 Hotline: (415) 354-6353 • info@hrcsf.org • www.hrcsf.org

HRCsf offers free tenants' rights counseling Mon-Thu, 1-5 pm at three remote sites around the city; also offers workshops.

International Gay and Lesbian Human Rights Commission (IGLHRC)

80 Maiden Lane, Suite 1505, New York, NY 10038 • (212) 430-6054
 Fax: (212) 430-6060 • www.iglhrc.org • iglhrc@iglhrc.org

Maitri

401 Duboce Ave, San Francisco, CA 94117 • (415) 558-3000/558-3007
 Fax: (415) 558-3010 • www.maitri.org

A 15-bed residential facility for people with AIDS.

Mission Housing Development Corporation

474 Valencia St, Suite 280, San Francisco, CA 94103 • (415) 864-6432
 Fax: (415) 864-0378 • www.missionhousing.org

Manages 44 buildings in San Francisco, including the Mission District. Building types include single-room-occupancy (SRO), garden, mid-rise and high-rise apartments, town-homes and duplexes. Most of the properties are permanent housing; some are for special populations. Call to request information on application procedures.

Mission Neighborhood Resource Center (MNRC)

SEE SECTION B.7: HEALTHCARE SERVICES — HYGIENE & DROP-IN CENTERS

Raphael House

1065 Sutter St, San Francisco, CA 94102 • (415) 474-4621 • Fax: (415) 474-7020
www.raphaelhouse.org

A residential program that offers shelter and case management to help families at-risk achieve stable housing and financial independence.

Riley Center

3843 18th St, #4, San Francisco, CA 94110 • (415) 552-2943 • Fax: (415) 552-0337
www.rileycenter.org

Offers safe and confidential services, including housing, for any woman (and her children) in an abusive relationship; services provided through the Rosalie House, Brennan House and the Community Office.

♥ Safe House

559 Ellis St, San Francisco, CA 94109 • (415) 643-7861
 Provides a clean and sober living environment for women.

San Francisco Department of Building Inspection

1660 Mission St, San Francisco, CA 94103 • (415) 558-6088 • Fax: (415) 558-6401
www.sfdbi.org

Oversees the effective, efficient, fair and safe enforcement of the City and County of San Francisco's Building, Housing, Plumbing, Electrical, and Mechanical Codes, along with the Disability Access Regulations.

San Francisco Housing Authority

1815 Egbert Ave, San Francisco, CA 94124 • (415) 715-3280 • Fax: (415) 715-3287
www.sfha.org

Maintains low-cost permanent housing units in San Francisco. Programs include Section 8 and Aftercare. Languages: Cantonese, Korean, Mandarin, Russian, Spanish, Tagalog, Vietnamese, English

San Francisco Housing Development Corporation (SFHDC)

4439 3rd St, San Francisco, CA 94124 • (415) 822-1022 • Fax: (415) 822-1077
www.sfhdc.org

Helps low- to moderate-income families find affordable rentals and buy homes.

San Francisco Human Rights Commission

25 South Van Ness Ave, Rm 800, San Francisco, CA 94102 • (415) 252-2500
 Fax: (415) 431-5764 • TTY/TDD: (800) 735-2922 • www.sf-hrc.org
 Leadership and advocacy to secure, protect and promote human rights for all people.

San Francisco Rent Board

25 Van Ness Ave, Suite 320 San Francisco, CA 94102 • (415) 252-4602
 (415) 252-4600 • Fax: 415-252-4699 • www.sfrb.org/
 Assistance with landlord-tenant disputes. Monday – Friday 8am-5pm.

San Francisco Tenants Union

558 Capp St, San Francisco, CA 94110 • (415) 282-6622 • www.sftu.org
 Provides legal information regarding tenant-landlord disputes.

Self-Help for the Elderly

407 Sansome St, San Francisco, CA 94111 • (415) 677-7600 • Fax: (415) 296-0313
www.selfhelpelderly.org • info@selfhelpelderly.org

Provides a broad range of bilingual/bicultural social, recreational and educational services, including four residential facilities, to seniors and individuals with disabilities.

Shelter Plus Care Programs (S+C)

www.hud.gov/offices/cpd/homeless/programs/splusc/index.cfm

St. Peter's Housing Committee

474 Valencia St, #156, San Francisco, CA 94103 • (415) 487-9203

Fax: 415-487-9022 • www.comitedevivienda.org

St. Vincent de Paul Society, Multi-Service Center-South (MSC South)

525 5th St, San Francisco, CA • (415) 597-7960 • (800) 456-1101

Offers a lottery to win 7 nights of shelter; sign up in person or call between 5 am-noon. There are up to 30 spaces available and lottery winners are posted at 12:30 pm. Also provides one-night shelters (~30-80 spaces available); arrive by 7 pm.

Swords to Plowshares

1060 Howard St, San Francisco, CA 94103 • (415) 252-4788 • Fax: (415) 252-4790

www.swords-to-plowshares.org

Established in 1974, Swords to Plowshares provides direct services to help homeless and low-income veterans gain re-entry to society and educates the public about national and local policies that impact veterans. They provide employment training, legal services, residential programs and other supportive services.

Tenderloin Housing Clinic

472 Turk St, San Francisco, CA 94102 • (415) 771-2427 • www.thclinic.org

Provides free legal assistance to tenants as well as information about housing rights and how to resolve housing issues. Also operates permanent housing programs (primarily for homeless single adults) and leases 6 single-room-occupancy (SRO) hotels.

Tenderloin Neighborhood Development Corporation (TNDC)

201 Eddy St, San Francisco, CA 94102 • (415) 776-2151 • Fax: (415) 776-3952

www.tndc.org

Assists tenants in finding jobs and good training programs, whether they are experienced workers or persons re-entering the workforce after an absence. TNDC acquires, preserves, and renovates low-cost rental housing in the Tenderloin and adjacent neighborhoods.

SECTION B.10: LEGAL ASSISTANCE

African Immigrant & Refugees Resource Center

1290 Fillmore St, Gallery B, San Francisco, CA 94115 • (415) 433-7300

Fax: (415) 433-7308 • www.airrc.org

Provides employment, educational, supportive and referral services to low-income African residents of SF who are immigrants, refugees, immigrants, or seeking asylum. Also provides adjustment, counseling information, legal assistance, ESL computer training, access to telephone, internet, fax and photocopy. Mon-Fri, 9:30 am-5:30 pm.

Aids Legal Referral Panel

SEE SECTION B.8: HIV/AIDS, STI, AND HEPATITIS SERVICES

Alameda County Bar Association

70 Washington St, Oakland, CA 94607 • (510) 302-2222 • www.acbanet.org

♥ American Civil Liberties Union (ACLU of Northern California)

39 Drumm St, San Francisco, California 94111 • (415) 621-2493

Fax: (415) 255-1478 • TTY: (415) 863-7832

Legal assistance line: (415) 621-2488 • www.aclunc.org

Provides information and referrals, and presents impact lawsuits in State and Federal courts for cases with specific impact on LGBT individuals.

API Legal Outreach (Asian Pacific Islander)

1121 Mission St, San Francisco, CA 94103 • (415) 567-6255 • Fax: (415) 567-6248

1305 Franklin St, Ste 410, Oakland, CA 94612 • (510) 251-2846

Fax: (510) 251-2292 • www.apilegaloutreach.org • info@apilegaloutreach.org

Provides legal, social, and educational services in more than a dozen languages and dialects including Cantonese, Chiu-Chow, Hindi, Ilocano, Japanese, Korean, Lao, Mandarin, Spanish, Tagalog, Taiwanese, Urdu, and Vietnamese.

Asian Law Caucus

55 Columbus Ave, San Francisco, California 94111 • (415) 896-1701

Fax: (415) 896-1702 • www.asianlawcaucus.org • alc@asianlawcaucus.org

Provides information anti-Asian violence, affirmative action, language rights, immigration, and housing.

Assembly Member Tom Ammiano (13th District)

455 Golden Gate Ave, Suite 14300, San Francisco, CA 94102 (415) 557-3013

tom.ammiano@sfgov.org

♥ Bar Association of San Francisco/Volunteer Legal Services Program

465 California St, Suite 1100, San Francisco, CA 94104 • (415) 982-1616

Fax: (415) 477-2390 • www.sfbar.org/vlsp.org

Provides placement of low-income clients with pro-bono attorneys, workshops for proper litigants in family law, assistance with government benefits and personal injury for low income, elderly, or immigrants of diverse cultural backgrounds, survivors of domestic violence, and the homeless or at risk for homelessness. Languages: Spanish, Cantonese, Mandarin, Russian, English, Bengali, French.

Bay Area Legal Aid East Bay

405 14th St, 11th Floor, Oakland, CA 94612 • (510) 250-5270 • www.baylegal.org

Bay Area Legal Aid North Bay

30 North San Pedro Rd, San Rafael, CA 94903 • (415) 479-8224
www.baylegal.org

Bay Area Legal Aid Peninsula

2287 El Camino Real, San Mateo, CA 94403 • (650) 472-2666 • www.baylegal.org

Bay Area Legal Aid San Francisco

50 Fell St, San Francisco, CA 94102 • (415) 982-1300 • (800) 551-5554
Fax: (415) 982-4243 • www.baylegal.org

Bay Area Legal Aid South Bay

2 West Santa Clara St, 8th Floor, San Jose, CA 95113 • (408) 850-7066
www.baylegal.org

Bay Area Lawyers for Individual Freedom (BALIF)

1800 Market St, San Francisco, CA 94102 • (415) 865-5622 • www.balif.org

California Lawyers for the Arts

Fort Mason Bldg C, Rm 255, San Francisco, CA 94123 • (415) 775-7200

Fax: (415) 775-1143 • www.calawyersforthearts.org

Provides support for artists and art groups to help them handle both legal and business aspects of their creative activities.

Commission on the Status of Women

25 Van Ness Ave, Rm 130, San Francisco, CA 94102 • (415) 252-2570

www.sfgov.org/cosw

4100 Amador St, Hayward, CA • (510) 259-3868

Prepares recommendations and reports for the Economic and Social Council about promoting women's rights in political, economic, civil, social and educational fields.

Commission on Aging

1650 Mission, 5th Floor, San Francisco, CA 94103 • (415) 355-3555

Community United Against Violence (CUAV)

170A Capp St, San Francisco, CA 94110 • (415) 333-4357 • www.cuav.org

info@cuav.org

Provides legal advice and referrals, case management, crisis intervention, peer-based counseling for domestic violence, education and outreach, and policy advocacy for LGBTQ. Languages: Cantonese Chinese, English, Mandarin Chinese, Spanish, Vietnamese.

Congresswoman Nancy Pelosi

90 7th St, Suite 2-800, San Francisco, CA 94103 • (415) 556-4862

Fax: (415) 861-1670

Department of Fair Employment & Housing

121 Spear St, Suite 430, San Francisco, CA 94102 • (800) 884-1684

www.dfeh.ca.gov

♥ Employment Law Center Legal Aid Society

600 Harrison St, San Francisco, CA 94107 • (415) 864-8848 • Fax: (415) 864-8199

Equal Employment Opportunity Commission (EEOC)

SEE SECTION B.4: EMPLOYMENT ASSISTANCE SERVICES

♥ Equal Rights Advocates, Inc.

180 Howard St, San Francisco, CA 94105 • (415) 621-0505 • www.equalrights.org

Languages: Spanish, English.

Eviction Defense Collaborative

SEE SECTION B.9: HOUSING ASSISTANCE

Fair Employment & Housing Commission

455 Golden Gate Ave, San Francisco, CA • (415) 557-2325

Helplink Immigrant Assistance Line

600 Folsom St, San Francisco, CA 94107 • (415) 808-4444 • www.helplink-sf.org

Languages: Spanish, English.

Immigrant Legal Resource Center

1663 Mission St, Suite 602, San Francisco, CA 94103 • (415) 255-9499

Fax: (415) 255-9792 • www.ilrc.org

Languages: Spanish, English.

♥ Instituto Familiar de la Raza

SEE SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

♥ International Visitor Leadership Program (Formerly International Diplomacy Council)

530 Bush St, Suite 1000, San Francisco, CA 94108 • (415) 362-6529

Fax: (415) 392-4667

♥ Justice Now (Network on Women)

1322 Webster St, Suite 210, Oakland, CA 94612 • (510) 839-7654

Fax: (510) 839-7615 • cshaylor@earthlink.net

Provides direct legal assistance for women prisoners supporting organizing efforts that promote health, wellness, and justice. Works for compassionate release, access to medical treatment, and defense of parental rights, clemency petitions, sentencing mitigation, and placement in alternative community-based programs. Also works with family and community members on political education and mobilization. Internships and volunteer positions available.

La Raza Centro Legal

474 Valencia St, Suite 295, San Francisco, CA 94103 • (415) 575-3500

www.lrlc.org

Provides legal counsel and advice, referral, brief services and representation individuals and families. Services are provided through regular clinics and with the support of four staff attorneys, more than 25 pro bono attorneys, and numerous volunteer law students and college students. Services focus on issues of housing, immigration, employment, family law and consumer protection.
Languages: Spanish, English.

Law Office of Elizabeth D. Long

351 California St, Suite 550, San Francisco, CA 94102 • (415) 431-9315
Offers legal assistance in the areas of family law, landlord-tenant, some immigration, small claims and collection issues. Initial 30-minute consultations available with no charge or obligation.

♥ Law Office of John Lee

15 Boardman Place, San Francisco, CA 94103 • (415) 863-4336
Provides legal assistance and representation in the area of criminal law.

♥ Law Office of Michael Stephanian

Stadtmuller House, 819 Eddy St, San Francisco, CA 94109 • (415) 771-6174
mikes@slip.net
Provides legal assistance and representation in the area of criminal law.

♥ Law Office of Tony Serra

506 Broadway, San Francisco, CA 94133 • (415) 986-5591
Provides legal assistance and representation in the area of criminal law.

Lawyers Committee for Civil Rights SF – The Asylum Program

131 Steuart St, Suite 400, San Francisco, CA 94105 • (415) 543-9444
Fax: (415) 543-0296 • www.lccr.com • info@lccr.com
The program offers free confidential, legal help and may be able to help find you a lawyer to represent you for free and has no connection to the INS.
Languages: Spanish, English.

♥ Legal Aid Society – Employment Law Center

SEE SECTION B.4: EMPLOYMENT ASSISTANCE SERVICES

Legal Services for Children, Inc.

1254 Market St, San Francisco, CA 94102 • (415) 863-3762 • Fax: (415) 863-7708
www.lsc-sf.org

Legal Services for Prisoners with Children

1540 Market St, Suite 490, San Francisco CA 94102 • (415) 255-7036
Fax: (415) 552-3150 • info@prisonerswithchildren.org
www.prisonerswithchildren.org/

Advocates for the human rights and empowerment of incarcerated parents, children, family members and people at risk for incarceration. Respond to requests for information, trainings, technical assistance, litigation, community activism and the development of more advocates.

National Center for Lesbian Rights

870 Market St, Suite 370, San Francisco, CA 94102 • (415) 392-6257
www.nclrights.org • info@nclrights.org
Provides legal information and referrals, litigation, public policy advocacy and public education.

National Center for Youth Law (NCYL)

405 14th St, Oakland, CA 94612 • (510) 835-8098 • www.youthlaw.org
NCYL fights in court on behalf of low-income children and promotes programs, laws, and public policies that serve their best interests.

♥ National Labor Relations Board-(NLRB)

901 Market St, Suite 400, San Francisco, CA 94103 • (415) 356-5130
Provides legal advocacy services, with a focus on ensuring fair labor practices and employees right to organize unions. Languages: Spanish, English.

National Women's Political Caucus

(415) 896-1000

San Francisco Board of Supervisors (As of June 2010)

City Hall, 1 Dr. Carlton B. Goodlett Place, Rm 244, San Francisco, CA 94102
(415) 554-5184
Fax: (415) 554-5163 • TDD/TTY: (415) 554-5227
Michela Alioto-Pier: District 2 • (415) 554-5942 • michela.alioto-pier@sfgov.org
John Avalos: District 11 • (415) 554-6975 • john.avalos@sfgov.org
David Campos: District 9 • (415) 554-5144 • david.campos@sfgov.org
Carmen Chu: District 4 • (415) 554-7460 • carmen.chu@sfgov.org
David Chu: District 3 • (415) 554-7450 • david.chu@sfgov.org
Chris Daly: District 6 • (415) 554-7970 • chris.daly@sfgov.org
Bevan Dufty: District 8 • (415) 554-6968 • bevan.dufty@sfgov.org
Sean Elsbernd: District 7 • (415) 554-6516 • sean.elsbernd@sfgov.org
Ross Mirkarimi: District 5 • (415) 554-7630 • ross.mirkarimi@sfgov.org
Erik Mar: District 1 • (415) 554-7410 • erik.mar@sfgov.org
Sophie Maxwell: District 10 • (415) 554-7670 • sophie.maxwell@sfgov.org

San Francisco Human Rights Commission

SEE SECTION B.9: HOUSING ASSISTANCE

San Francisco Mayor's Office

1 Dr. Carlton B. Goodlett Place, Rm 200 • San Francisco, CA 94102
(415) 554-6141 • Fax: (415) 554-7111 • www.sfmayor.org

San Francisco Pretrial Diversion Project

567 7th St, San Francisco, CA 94103 • (415) 552-2202 • www.sfpretrial.com
Offers a number of diversion programs that can may help clear your record.
Arrested Sex Workers can possibly do their diversion at an alternate program, but the Public Defender has to advocate for it.

San Francisco Public Defender's Office

555 7th St, San Francisco, CA 94103 • (415) 553-9810 • sfpublicdefender.org

San Francisco Rent Board

SEE SECTION B.9: HOUSING ASSISTANCE

San Francisco Tenant's Union

SEE SECTION B.9: HOUSING ASSISTANCE

Secretary of State Debra Bowen

455 Golden Gate Ave, Suite #14100, San Francisco, CA 94102 • (415) 557-8000
www.sos.cagov

Senator Barbara Boxer

1700 Montgomery St, Suite 240, San Francisco, CA 94111 • (415) 403-0100
boxer.senate.gov

Senator Dianne Feinstein

1 Post St, Suite 2450 • San Francisco, CA 94104 • (415) 393-0707
feinstein.senate.gov

Senator Leland Yee

455 Golden Gate Ave, Suite 14200, San Francisco, CA 94102 • (415) 557-7857
dist08.casen.govoffice.com

Small Claims Court, Legal Advisor's Office

400 McAllister St, Rm 103, San Francisco, CA 94102 • (415) 292-2124
Mon-Fri, 8 am-12 pm, 1-4 pm (Direct Telephone Advice and walk-in Advice).

Transgender Law Clinic (TLC)

870 Market St, Suite 570 San Francisco, CA 94102 • (415) 392-6257
www.transgenderlawcenter.org

Offers publications and workshops for transgender individuals; advice and counseling; public advocacy; and services for lawyers regarding training and publications on trans issues.

SECTION B.11: MENTAL HEALTH SERVICES**24-Hour Suicide Prevention**

(415) 781-0500

Free counseling and emotional support for people in crisis and/or suicidal.

Access Helpline

(415) 255-3737 • Fax: (415) 246-3333

24-hr intake and referral for mental-health services, including emergency care, counseling, and adult and children outpatient care.

Alternative Family Institute

450 Divisadero St, Suite 203B, San Francisco, CA 94117 • (510) 436-9000 (ext 21)
www.altfamily.com

Counseling and support groups for queer couples and families

Caduceus Outreach Services

489 Clementina, 2nd Floor, San Francisco, CA 94103 • (415) 243-8420
Fax: (415) 243-8520

Provides humane treatment and advocacy services for mentally ill and disabled homeless people.

California Counseling Institute

4614 California St, San Francisco, CA 94118 • (415) 752-1702
Fax: (415) 983-8593

1562 Oakview Ave, Kensington CA 94707 • (510) 704-8046
Mon-Fri, 8 am-8 pm

California Institute of Integral Studies (CIIS)

1390 Market St, Suite 111A, San Francisco, CA 94103 • (415) 575-6200
www.ciis.edu • www.ciis.edu/psychological_services_center.html

Mon-Fri, 8 am-8 pm; Saturdays by appointment. Appointments are available for a sliding scale fee. Fees are based on total household resources and determined at the initial session. Extenuating financial circumstances may be considered. Does not accept Medi-Cal, Medicare, or health insurance plans.

Center for Special Problems

1700 Jackson St, San Francisco, CA 94109 • (415) 292-1500 • Fax: (415) 292-2030
TDD (415) 292-1511

http://sfhomeless.wikia.com/wiki/Center_For_Special_Problems

HIV/Gender Services: 755 South Van Ness Ave • 415-642-4500

Offender Services: 1060 Howard St, 3rd Floor • 415-865-5200

Public Health Department mental-health services for SF residents coping with mental-health issues related to violent impulses, trauma, gender identity or HIV/AIDS. Payment is on a sliding scale; Medi-Cal, Medicare, and private insurance accepted with prior approval. Languages: Spanish, Cantonese, English. Mon-Fri, 9:30-11:30 am, 2-4 pm.

Chinatown/North Beach Mental Health Services

729 Filbert, San Francisco, CA 94133 • (415) 352-2000 • Fax: (415) 352-2050
http://sfhomeless.wikia.com/wiki/Chinatown_Northbeach_Mental_Health_Services

Community Counseling Service

300 Montgomery St, San Francisco, Suite 925, CA 94104 • (415) 392-5395
(800) 227-3834 • Fax: (415) 392.0391 • www.ccsfundraising.com
ccssanfrancisco@ccsfundraising.com

Conard House

1385 Mission St, San Francisco, CA 94103 • (415) 864-7833 • www.conard.org
admin@conard.org

Provides mental-health services to mentally disabled adult residents of San Francisco; services including counseling, social services, case management, income advocacy, money management, vocational services and housing. The House operates seven supportive housing programs (formerly known as the Hotel Program) and manages 17 cooperative apartments; three community service centers which specialize in money management; and a vocational training center.

Dore Urgent Care Center (DUCC)

52 Dore St, San Francisco, CA • (415) 553-3100
<http://sfhomeless.wikia.com/wiki/Dore>

Open 24-7, DUCC accepts adult clients in psychiatric crisis who do not require hospitalization but need immediate evaluation and treatment. Clients can meet 5150 criteria but they must be willing and able to sign in voluntarily; they must be medically stable with no acute medical conditions (toxic ingestions, cardiac symptoms, altered mental status or intoxication so severe that the client cannot participate in the intake process. Has a short-term crisis residential treatment program with 14 beds (Dore House), with referrals primarily from Dore Clinic.

Exhale

(866) 4-exhale • (866) 439-4253 • www.4exhale.org

A talk-line operated by peer counselors to provide non-judgmental after abortion care for women and their partners, friends and family. Languages: English, and Spanish on Wednesdays. Mon-Fri, 5-10 pm; Sat-Sun, 12-10 pm.

Haight-Ashbury Psychological

2166 Hayes St, San Francisco, CA 94117 • (415) 221-4211 • www.hapsclinic.org

Hyde Street Community Services/ Tenderloin Outpatient Clinic

134 Golden Gate Ave, San Francisco, CA 94102

251 Hyde St, San Francisco, CA 94102 • (415) 673-5700

(888) 246-3333 (Intake) • Fax: (415) 292-7140 • www.hydestreetcs.org

Mental healthcare; individual and group therapy, medication management, case management, and urgent care. Adults must be referred by MH Access (call 1-888-246-3333 or drop-in at South of Market Mental Health at 760 Harrison/4th St) and authorized for service. Languages: Spanish, Cantonese, Lao, English.

♥ Iris Center

333 Valencia St, Suite 222, San Francisco, CA 94103 • (415) 864-2364

Fax: (415) 864-0116 • www.iriscenter.org

Provides services for women, including mental-health counseling, substance-use treatment, HIV counseling, parenting skills, childcare and counseling, and other support and resources for women.

Langley Porter Psychiatric Hospital – UCSF

401 Parnassus Ave, San Francisco CA 94143 • (415) 476-7500.

Marina Counseling Center

2137 Lombard St, San Francisco, CA 94123 • (415) 563-2137

www.marinacounseling.com • janine@marinacounseling.com

Provide counseling to adults, couples, groups and families; fees range from \$25 to \$100, based on ability to pay.

Mental Health Association (MHA) San Francisco

870 Market St, San Francisco, CA 94103 • (415) 241-2927 • Fax: (415) 241-2928

www.mha-sf.org • info@www.mha-sf.org

Affiliated with MHA America and MHA California, the SF center provides prevention and recovery services for mental-health issues, as well as information and referrals, support groups, leadership training sessions for consumers, professional conferences/workshops, and other support services.

Mobile Crisis

(415) 365-8300

Provides emergency psychological site field visits and 5150 assessments.

NAMI-San Francisco (National Alliance on Mental Illness)

Family Service Agency

1010 Gough St, San Francisco, CA 94109 • (415) 905-6264 • www.namif.org

NAMISF@fsasf.org

Affiliated with the national and State organization, NAMI-SF helps connect family members to a network of other families with a mentally ill member. Sponsors free, monthly general membership meetings that are open to the public; each month a different speaker discusses issues relating to mental illness, including research, medications, social security benefits, and job-training programs.

New Generation Health Center (NGHC)

SEE SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

♥ New Leaf Services for Our Community

1390 Market St, Suite 800, San Francisco, CA 94102 • (415) 626-7000

Fax: (415) 626-5916 • TDD: (415) 252-8376 • www.newleafservices.org

intake@newleafservices.org

Individual and group mental-health counseling, substance-use counseling, and social support services for gay, bisexuals, lesbians and transgenders. Fees on a sliding scale. Languages: Spanish, English.

OMI Family Center

1760 Ocean Ave, San Francisco, CA 94112 • (415) 452-2200 • Fax: (415) 334-5712

Provides comprehensive low-cost community-based, culturally competent and consumer guided mental-health services to children and adults, with a focus on the African-American Community.

PGSP (Pacific Graduate School of Psychology)

Kurt & Barbara Gronowski Clinic

5150 El Camino Real, Suite 22, Bldg C, Los Altos, CA 94022 • (650) 961-9300

Fax (650) 961-9310

Serves a population of diverse ethnic, cultural, and sexual orientation backgrounds. Psychotherapy is provided by psychologists-in-training; sliding scale available.

Progress Foundation

368 Fell St, • San Francisco, CA 94110 • 861-0828 • Fax: (415) 861-0257
www.progressfoundation.org • ahopper@progressfoundation.org
 Sonoma County Referral: (707) 526-6902

Provides residential treatment and supported housing as alternatives to institutional treatment for individuals with mental disabilities.

Richmond Area Multi-Services (RAMS)

3626 Balboa St, San Francisco, CA 94121 • (415) 668-5955 • Fax: (415) 668-0246
www.ramsinc.org

Provides community-based, culturally competent and consumer-guided services, with a focus on Asian Americans. Provides outreach and preventive services at many community locations, such as schools, childcare centers, social service agencies and churches. Languages: English, Asian & Pacific Islander, Russian, Spanish.

San Francisco Bay Counseling

1700 Irving St, San Francisco, CA 94122 • (415) 759-9600 • www.sfsuicide.org
 Primary focus is substance-abuse and treatment services.

San Francisco Suicide Prevention

PO Box 191350, San Francisco, CA 94119 • (415) 984-1900 • Fax: (415) 984-1921
24-hr suicide crisis line: (415) 781-0500 • HIV/AIDS Nightline: (415) 434-AIDS or (800) 278-AIDS

Drug line: (415) 362-3400 • Drug Relapse Prevention line: (415) 834-1144
 Mental health: (415) 981-4700

TTY Crisis line: (415) 227-0245 • www.sfsuicide.org

Offers mental-healthcare, community education, substance-use education, information about relapse prevention information, and crisis intervention.
 Languages: Spanish, English.

South of Market Mental Health Center

760 Harrison St, San Francisco, CA 94107 • (415) 836-1700 • Fax: (415) 836-1737

♥ St. James Infirmary

SEE SECTION A.1: INTRODUCTION – ABOUT ST. JAMES INFIRMARY

♥ Westside Community Mental Health Center

SEE SECTION B.8: HIV/AIDS, STI, AND HEPATITIS SERVICES

Westside Crisis Clinic

245 11th St, San Francisco, CA 94103 • (415) 355-0311 • Fax: (415) 355-0349
crisisclinic@westside-health.org

Mon-Fri, 8 am-7 pm; Sat, 9 am-4 pm. Provides culturally competent crisis and urgent-care services to SF adults. A voluntary, drop-in service open to any adult in need of emergency psychiatric care, the Clinic is designed to stabilize low-income residents in a mental-health crisis and refer that person to an appropriate source for follow-up treatment.

SECTION B.12: NEEDLE EXCHANGE SITES (SF)

For a complete listing of Bay Area Syringe Access and Disposal services, download the PDF file at: http://stjamesinfirmary.org/?page_id=731

♥ HIV Prevention Project Needle Exchanges-HPP (San Francisco AIDS Foundation)

(415) 241-5100 • (415) 241-5109

Free weekly needle exchange, info and referrals to social services, and distribution of alcohol wipes, bleach, cotton, condoms and educational info.

Monday: 1-3 pm, 4720 3rd St (Newcomb/Oakdale); 7-9pm, Ivy Street (garage under Tom Waddell)

Tuesday: 10 am-12 pm, 117A 6th St (near Mission); 6-8 pm, Duboce St (Church/Market)

Wednesday: 6-8 pm, 427 South Van Ness (between 15th and 16th)

Thursday: 7-9 pm, Hemlock Alley (Post/Sutter and Polk/Van Ness)

Friday: 12-2 pm, 117A 6th St; 6-8pm, 234 Eddy St (Taylor/Jones)

Saturday: 3-5 pm, 117A 6th St

♥ Homeless Youth Alliance (HYA)

584 Cole St San Francisco, CA

Mondays-Fridays: 5-7pm

Thursdays: LADIES NIGHT @ MNRC 6-8 pm: 165 Capp St (between 16th and 17th)

♥ St. James Infirmary

1372 Mission St, San Francisco, CA 94103 • (415) 554-8494

http://stjamesinfirmary.org/?page_id=19

Tuesdays: 3-6 pm

Thursdays: 4-6pm

♥ Tenderloin Health (Formerly TARC & Continuum)

187 Golden Gate Ave, San Francisco, CA 94102 • (415) 431-7476

Fax: (415) 431-3959 • info@tarcsf.org • www.tarcsf.org

Health promotion, health services and HIV housing for tenderloin residents, breakfast, counseling groups, needle exchange, free and confidential HIV antibody testing and counseling, transgender drop-in groups.

Wednesdays: 6-8 pm

Sundays: 2-4 pm

SECTION B.13: POLICE INFORMATION

ACLU of Northern California

39 Drumm St, San Francisco, CA 94111 • (415) 621-2493 • www.aclunc.org
Provides direct services to address police misconduct in the Bay Area.

Berkeley Copwatch

2022 Blake St, Berkeley, CA 94704 • 510.548.0425 • www.berkeleycopwatch.org
Provides direct services to address police misconduct in the Bay Area.

Center for Special Problems – Offender Services

SEE SECTION B.11: MENTAL HEALTH SERVICES

Idriss Stelley Foundation

2940 16th St, Suite 209, San Francisco, CA 94110 • 415.595.8251
iolmisha@cs.com
Provides direct services to address police misconduct in the Bay Area, including 24-hour crisis phone service, support and counseling services.

Office of Citizen Complaints

25 Van Ness Ave, Suite 700, San Francisco, CA 94102 • (415) 241-7711
Fax: (415) 241-7733 • TTY: (415) 241-7770
www.sfgov3.org/index.aspx?page=419
Handles citizen complaints regarding police misconduct and abuse.

People United for a Better Oakland (PUEBLO)

1728 Franklin St, Oakland, CA 94612 • 510.452.2010 • www.peopleunited.org
Provides direct services to address police misconduct in the Bay Area.

San Francisco Police Department (SFPD) Crimes Against Prostitutes Unit (Sex Crimes)

850 Bryant St, Rm 436, San Francisco, CA 94103 • (415) 553-1361
sfpd_sexual_assault_unit@cisf.ca.us

San Francisco Police Departments (SFPD) Stations

General Phone for SF Police: (415) 553-0123 • General Tip Line: (415) 392-2623
<http://sf.police.org>
Bayview Station: 201 Williams Ave, San Francisco, CA 94124
(415) 671-2300 • Tip Line: (415) 822-8147 • sfpd.bayview.station@sfgov.org
Central Station: 766 Vallejo St, San Francisco, CA 94133 • (415) 553-0123
Tip Line: (415) 392-2623 • sfpd.central.station@sfgov.org
Ingleside Station, Balboa Park: 1 John V. Young Lane, San Francisco, CA 94112
(415) 404-4000 • Tip Line (415) 575-4444
sfpd.ingleside.station@sfgov.org
Mission Station: 630 Valencia St, San Francisco, CA 94110 • (415) 558-5400
Tip Line: (415) 392-2623 • sfpd.mission.station@sfgov.org
Northern Station: 1125 Fillmore St, San Francisco, CA 94115 • (415) 614-3400
Tip Line: (415) 392-2623 • sfpd.northern.station@sfgov.org
Park Station: 1899 Waller St, San Francisco, CA 94117 • (415) 242-3000
sfpd.park.station@sfgov.org

Richmond Station: 461 6th Ave, San Francisco, CA 94118 • (415) 666-8000
Tip Line: (415) 392-2623 • sfpd.richmond.station@sfgov.org
Southern Station: 850 Bryant St, San Francisco, CA 94103 • (415) 553-1373
Tip Line: (415) 392-2623 • sfpd.southern.station@sfgov.org
Taraval Station: 2345 24th Ave, San Francisco, CA 94116 • (415) 553-1612
Tip Line: (415) 242-9753 • sfpd.taraval.station@sfgov.org
Tenderloin Station: 301 Eddy St, San Francisco, CA 94102 • (415) 345-7300
Tip Line: (415) 392-2623 • sfpd.tenderloin.station@sfgov.org

San Francisco Pretrial Diversion Project

SEE SECTION B.10: LEGAL ASSISTANCE

San Francisco Sheriff's Department Administrative Division

City Hall, Rm 456, 1 Dr. Carlton B. Goodlett Place, San Francisco, CA 94102
(415) 554-7225 • Fax: (415) 554-7050 • www.sfsheriff.com

SECTION B.14: QUEER SUPPORT SERVICES

Black Coalition on AIDS (BCA)

SEE SECTION B.8: HIV/AIDS, STI, AND HEPATITIS SERVICES

♥ Community United Against Violence (CUAV)

160 14th St, San Francisco, CA 94103 • (415) 777-5500 • Fax: (415) 777-5565

24-hour crisis line: (415) 333-HELP (4357) • www.cuav.org

24-hour support line for survivors of LGBT violence. Hate violence advocacy and counseling, domestic violence advocacy and counseling. LGBT sensitivity training and domestic violence education.

DeFrank Youth – Billy deFrank LGBT Center

938 The Alameda, San Jose, CA 95110 • (408) 293-2429 (ext 111)

www.myspace.com/defrankyouth • cassieb@defrank.org

Provides LGBTQI, social activities, support groups. Billy deFrank Youth Programs support lesbians, gays, bisexuals, transgenders, and questioning youth in Santa Clara county. They watch movies together, have discussions, go on field trips, plan events and help shape community activists.

Dignity/San Francisco

1329 7th Ave, San Francisco, CA 94122 • (415) 681-2491

www.dignitysanfrancisco.org

A local chapter of Dignity/USA, Dignity/SF is a self-governing faith based community of gay, lesbian, bi-sexual and transgendered Catholics, their families and friends.

Dimensions Clinic, Health Services for Queer and Questioning Youth

SEE SECTION B.7: HEALTHCARE SERVICES — PRIMARY & URGENT HEALTHCARE

Gay & Lesbian Medical Association

459 Fulton St, Suite 107, San Francisco, CA 94102 • (415) 255-4547

Fax: (415) 255-4784 • www.glma.org info@glma.org

Provide advocacy for quality health services for lesbian, gay, bisexual, and transgenders.

GLAAD – Gay & Lesbians Alliance Against Defamation

www.glaad.org

By ensuring that the stories of LGBT people are heard through the media, GLAAD promotes understanding, increases acceptance, and advances equality as part of their mission to eliminate homophobia and discrimination based on gender identity and sexual orientation.

GLBT Studies Dept/Queer Resource Center (@City College of SF)

50 Phelan Ave, Student Union 202, San Francisco, CA 94112

GLBT Studies: (415) 239-3876 • Queer Resource: (415) 452-5752

www.ccsf.edu/services/student_activities/qrc/qrc.htm

Provides education, HIV prevention, information/Referrals, LGBTQI, outreach, social activities, transgender services, youth advocacy and development. Provides a safe, open and confidential atmosphere where lesbian, gay, bisexual, transgender, queer, and questioning students and their allies can gather openly and discuss relevant issues.

IGLHRC – International Gay & Lesbian Human Rights Commission

1360 Mission St, Suite 200, San Francisco, CA 94103 • (415) 561-0633

www.iglhrc.org

Provides human rights advocacy on behalf of people who experience discrimination or abuse on the basis of their actual or perceived sexual orientation, gender identity or expression.

Larkin Street Youth Services

SEE SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

Lesbian, Gay, Bi-sexual, Transgender (LGBT) Community Center

1800 Market St, San Francisco, CA 94102 • (415) 865-5555 • Fax: (415) 865-5501

www.sfcenter.org (Note: See also “Youth Program” below.)

Lighthouse Youth Program – Lighthouse Community Center

1217 A St, Hayward, CA 94541 • (510) 304-7881

www.myspace.com/lighthouseyouthprogram • tinarphillips@yahoo.com

Offers social activities and support groups for LGBTQI and straight allies between 16-24 years of age. The program uses youth empowerment, anti-oppression, youth development, and youth-adult partnership models to create a fun and exciting program for queer youth in southern alameda.

♥ Lyon-Martin Women’s Health Services

SEE SECTION B.7: HEALTHCARE SERVICES — PRIMARY & URGENT HEALTHCARE

LYRIC – Lavender Youth Recreation and Information Center

SEE SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

Magnet, Inc.

SEE SECTION B.8: HIV/AIDS, STI, AND HEPATITIS SERVICES

Metropolitan Community Church (MCC)

1800 Market St, San Francisco, CA 94102 • (415) 863-4434 • www.mccsf.org

skutilek@mccsf.org

Provides food/clothing, LGBTQI, religious support, ministering primarily within the LGBT community and serving as a house of prayer of all people, and a home for queer spirituality.

National Center for Lesbian Rights

SEE SECTION B.10: LEGAL ASSISTANCE

New Leaf Services for Our Community

SEE SECTION B.11: MENTAL HEALTH SERVICES

Our Family Coalition

870 Market St, Suite 872, San Francisco, CA 94102 • (415) 981-1960
344 40th St, Oakland, CA 94609 • (510) 332-0496 • www.ourfamily.org
info@ourfamily.org

Provides education, youth advocacy, social activities, information and referrals.
Promotes the civil rights and well-being of Bay Area lesbian, gay, bisexual, transgender and queer families with children and prospective parents through education, advocacy, social networking and grassroots community organizing.

OutLoud Radio

755 Ocean Ave, San Francisco, CA 94112 • (415) 658-6010
www.outloudradio.org • info@outloudradio.org

Sponsored by LYRIC, OutLoud Radio increases the well-being of lesbian, gay, bisexual, transgender and queer young people by helping them develop the skills and confidence to decide for themselves how they will be represented, advance social justice and make the most of their lives. OutLoud Radio also offers an arts program, employment/job training, and LGBTQIQ.

Pacific Center for Human Growth

2712 Telegraph Ave, Berkeley, CA 94705 • (510) 548-8283
www.pacificcenter.org

Offers a wide range of drop-in peer support groups, information and referral, sliding-scale counseling for individuals and couples, HIV services, a Youth Program, educational community outreach, a Community Resource Center, social activities and simply a safe space to be who you are.

PFLAG – Parents, Families and Friends of Lesbians and Gays

PO Box 640223, San Francisco, CA 94164 • (415) 921-8850 (24-hr helpline)
Fax: (415) 563-6658 • www.pflagsf.org • pflagsf@aol.com

Positive Images

312 Chinn St, Santa Rosa, CA 95404 • (707) 568-5830 • (866) 745-4287
www.posimages.org • posimage@sonic.net

Offers support and advocacy to Sonoma county's gay, lesbian, bisexual, transgender, queer, questioning, and intersex youth and young adults, and educates the greater community. Services include providing information, referrals, youth advocacy, LGBTQIQ, support groups, and transgender services.

Project Outlet

711 Church St, Mountain View, CA 94041 • (650) 965-2020 (ext 22)
www.projectoutlet.org • outlet@chacmv.org

Provides education, LGBTQIQ, outreach and mental-health services, social activities, support groups, and youth advocacy. The group supports and empowers lesbian, gay, bisexual, transgender, queer and questioning youth ages 13-20 living on the Peninsula and South Bay.

Sistah's Steppin' in Pride

PO Box 70302, Oakland, CA 94612 • www.sisthassteppin.org
Provides resources for East Bay lesbian and bisexual women.

Speed Project – SF AIDS Foundation

995 Market St, Suite 200, San Francisco, CA 94103 • (415) 788-5433
www.tspsf.com

Provides positive discussion groups for gay men who use speed.

Stonewall Project

3180 18th St, #202, San Francisco, CA 94110 • (415) 487-3114
www.stonewallsf.org

Offers harm-reduction counseling program for gay and other men who have sex with men (i.e., queer, gay, bisexual, transgender, questioning, or no label) who have questions about speed, want information about speed, or want help dealing with speed. They also host the site www.tweaker.org, which has listings of relevant resources and community events around San Francisco.

Strange, Santa Cruz Youth Services

709 Mission St, Santa Cruz, CA 95060 • (831) 425-3155 • www.sccstrange.cjb.net
• sccstrange@yahoo.com

Serves the multi-racial, intersex, transgender, queer, bisexual, lesbian, gay, and questioning youth of Santa Cruz County and their straight and adult allies.
Provides a safe space for LGBTQIQ, support groups, socializing, and activist work.

Youth Program (See also "LGBT Community Center" above)

1800 Market St, San Francisco, CA 94102 • Age 17 and under: (415) 865-5633
Ages 18-24: (415) 865-5560 • www.myspace.com/youthlgbt
youth@sfcenter.org

Services include an arts program, education, employment/job training, food/clothing, LGBTQIQ, social activities, youth development. A great place people aged 24 and under to hang out and meet new friends. Offers weekly meal nights and an annual queer prom, as well as youth-only events, socials, etc.

SECTION B.15: SEX WORKER ADVOCATES & ORGANIZATIONS: BAY AREA

♥ Dr. Annie Sprinkle

www.anniesprinkle.org

Porn star, prostitute, author, performance artist and Doctor of Sexology, Annie Sprinkle maintains a website that is an informative look at the life of a Sex Worker activist. The site has links to other sex work activists' sites.

♥ BAYSWAN (Bay Area Sex Worker Advocacy Network)

Box 210256 San Francisco, CA 94121 • (415) 751-1659 • www.bayswan.org
Carol Leigh, aka "Scarlot Harlot," has been a Sex Worker activist, performer, playwright and artist since the late 70s. She is a Sex Worker and a leader in Sex Workers' right movement. Her website links to a multitude of wonderful Sex Worker resources.

♥ CAL-PEP

SEE SECTION B.8: HIV/AIDS, STI, AND HEPATITIS SERVICES

♥ C.O.Y.O.T.E. (Call Off Your Old Tired Ethics)

2269 Chestnut St, #452 San Francisco, CA 94123-2607 • (415) 292-2450
www.bayswan.org/coyote.html

Founded by Margo St James in 1973 to work for the repeal of the prostitution laws and an end to the stigma associated with sexual work.

♥ Cyprian Guild

PO Box 423145, San Francisco, CA 94142 • (415) 474-7764

A group of current and transitioning Sex Workers who have worked at least 6 months. Membership by referral and interview only. Available services: "Dirty Tricks" list maintained for Bay Area indoor Sex Workers, social and business networking, monthly discussion group focusing on business related concerns, occasional social events. Languages: Mainly English, with some Asian languages, French, Spanish.

♥ Erotic Service Providers Union (ESPU)

2261 Market St, #548A, San Francisco, CA 94114 • info@espu-ca.org
www.espu-ca.org

♥ Exotic Dancers Alliance (EDA)

1372 Mission St, San Francisco, CA 94103 • www.bayswanorg/eda-sf
Limited Edition posters only through St James Infirmary. Archives maintained on the BAYSWAN website.

♥ Exotic Dancers Union, SEIU Local 790

3288 21st St, #29, San Francisco, CA 94110-2423 • (510) 465-0122 x461
edu@livenudegirlsunionite.com • www.livenudegirlsunionite.com
Supports labor organizing efforts on behalf of exotic dancers locally and nationally.

♥ HOOK (Hustlers Out on Kapitalism)

SF Bay Area: hook.collective@gmail.com • <http://hookcollective.wordpress.com>

♥ Prostitute Education Network

PO Box 210256, San Francisco, CA 94121 • (415) 751-1659 • penet@bayswan.org
www.bayswan.org/penet.html

An online resource guide to Sex Worker political and social issues. Offers a network of information service about legislative and cultural issues as they affect prostitutes and other Sex Workers. The service is comprised of information for Sex Workers and activists/educators who study issues of decriminalization, human rights in the context of prostitution, violence against prostitutes and women, Sex Workers and pornography, as well as current trends in legislation and social policy in the U.S. and internationally.

SAGE Project

1275 Mission St, San Francisco, CA 94103 • (415) 905-5050 • Fax: (415) 905-5054
www.sagesf.org • info@sagesf.org

Offers drug recovery and trauma reduction, case management, harm reduction, psychotherapy, acupuncture, peer counseling support to work within the sex industry, or to leave the industry if desired.

♥ Scarlot Harlot

Carol Leigh aka Scarlot Harlot

PO Box 210256, San Francisco, CA 94121 • (415) 751-1659 • penet@bayswan.org
www.bayswan.org/Scarlot.html

Scarlot Harlot, who has been a Sex Worker activist, performer, playwright and artist since the late 70s, offers website links to other Sex Worker resources. She is a current Sex Worker and a leader in the Sex Workers' rights movement.

♥ Sisters of Perpetual Indulgence

584 Castro St, PMB #392 San Francisco, CA 94114-2594 • (415) 820-9697
www.thesisters.org • Grants/scholarships: www.thesisters.org/grants.html

Works for social activism in San Francisco and queer meccas throughout the world.

Support Group for Sexual Priestesses

(510) 504-6944 • satidakini@yahoo.com

SECTION B.16: SEX WORKER ADVOCATES & ORGANIZATIONS: NATIONAL

NATIONAL NETWORKS & COALITIONS

♥ Desiree Alliance

756 N. Green Valley Pkwy, Suite 104 Henderson, NV 89014-2120 • (866) 525-7967
www.desireealliance.org

♥ Network of Sex Work Projects-North America

www.nswp.org

♥ Sex Workers Outreach Project (SWOP) National—SWOP-USA

912 Cole St, #202, San Francisco, CA 94117 • (877) 776-2004
www.swop-usa.org • info@swop-usa.org

♥ Spread Magazine

(888) 801-9517 • subscriptions@spreadmagazine.org
www.spreadmagazine.org/blog

A magazine written by Sex Workers about various aspects of the industry.

NATIONAL INTERNET SITES

♥ Bound Not Gagged

http://deepthroated.wordpress.com/

A blog created by Sex Worker(s) to provide news updates and critical reviews of sex industry-related issues.

DangerZone 411

www.dangerzone411.com/

Private bad date lists. Membership for Sex Workers only.

My Pinkbook

www.mypinkbook.com

Community forum for women in the adult service industry. No clients.

Sexwork.com

www.sexwork.com • dave@davephx.com

Promotes intimacy and positive, healthy, consenting adult sexuality.

♥ Sex Worker Art Show

www.sexworkersartshow.com/

Traveling performance art show by people from the sex industry.

Sex Worker Online Community

http://community.livejournal.com/sexworkers/profile

Stripperweb

www.stripperweb.com

LISTINGS BY STATE

ARIZONA

♥ SWOP – Tucson

info@swop-tucson.org • www.swop-tucson.org

CALIFORNIA

♥ AIM (Adult Industry Medical) Health Care Foundation

SEE SECTION B.8: HIV/AIDS, STI, AND HEPATITIS SERVICES

♥ C.O.Y.O.T.E-LA

1629 N. Wilcox Ave, #580, Hollywood, CA 90028 • (818) 892-2029
coyotela@FreedomUSA.org • www.coyotela.org

♥ ISWFACE (International Sex Worker Foundation for Art, Culture and Education)

8801 Cedros Ave, #7, Panorama City, CA 91402 • (818) 892-2029 • (818) 892-8109
normaja@webuniverse.net • www.iswface.org

DISTRICT OF COLUMBIA (WASHINGTON DC)

♥ Best Practices Policy Project (BPPP)

821 Upshur St NW, Suite B, Washington, DC 200011
www.bestpracticespolicy.org

♥ Different Avenues

821 Upshur St NW, Suite B, Washington, DC 200011 • (202) 829-2103
www.differentavenues.org

♥ H.I.P.S.-Helping Individual Prostitutes Survive

PO Box 21394 Washington, DC 20009 • (202) 232-8150 • (800) 676-HIPS
Fax: (202) 232-8304 • www.HIPS.org

Serves female, male and trans-gendered individuals engaging in sex work in Washington, DC; offers a 24-hr hotline, an outreach program (including a mobile van), peer education, case management and assistance with acquiring legal documents.

La Clinica del Pueblo

2831 15th St NW, Washington, DC 20009-4607 • (202) 462-4788 • www.lcdp.org
Health services to the Latino/a communities.

Magdalene Meretrix

<http://magdameretrix.livejournal.com>

A sex-positive Whore, Author, and Sex Workers' rights activist.

Woodhull Freedom Foundation

1325 Massachusetts Ave NW, Suite 700, Washington, DC 20008

(202) 628-3333 • (202) 628-3330 • info@woodhullfoundation.org

www.woodhullfoundation.org

Works to affirm sexual freedom as a fundamental human right by protecting and advancing freedom of speech and sexual expression.

GEORGIA**♥ HIRE (Hooking is Real Employment)**

847 Monroe Dr, Suite 102-175, Atlanta, Georgia 30308 • (404) 876-1212

frenchdom@aol.com

Dolores French—a famous prostitute, author, and performance artist, as well as one of the most out spoken women for Sex Workers' Rights—runs this talk-referral line for Sex Workers in Atlanta; they provide phone counseling and give out local referrals.

HAWAII**Waikiki Health Center**

277 Ohua Ave, Honolulu, Hawaii 96815-3695 • (808) 922-4787

ILLINOIS**Chicago Recovery Alliance**

1114 W. 63rd St, Chicago, IL 60621-1316 • (773) 471-0999 • Fax: (773) 471-1240

www.anypositivechange.org

♥ SWOP – Chicago

(312) 252-3880 • sexworkchicago@gmail.com

<http://redlightchicago.wordpress.com>

Young Women's Empowerment Project (YWEP)

2334 W. Lawrence Ave, #209 Chicago, IL 60625 • (773) 728-0127

www.youarepriceless.org

NEVADA**♥ SWOP – Las Vegas (Sin City Alternative Professionals' Association – SCAPA)**

<http://www.scapa-lv.org> • info@swop-lv.org

NEW YORK**Citiwide Harm Reduction**

226 E. 144th St, Bronx, NY 10451 • (212) 292-7718 • www.citidehr.org

♥ FROST'D (Foundation for Research on Sexually Transmitted Diseases, Inc.)

290 Lenox Ave, Basement, New York, NY 10027 • (212) 924-3733

Fax: (212) 239-0387 • info@frostd.org • <http://frostd.org>

♥ North American Task Force on Prostitution (NTPF)

2785 Broadway, #4L, New York, NY 10025-2834 • (212) 866-8854

prisjalex@earthlink.net • www.bayswan.org/NTPF.html

A network of Sex Workers, Sex Worker's rights projects, and allies.

♥ Prostitutes of New York (PONY)

(212) 713-5678 • pony@panix.com • www.bayswan.org/pony.html

A support and advocacy group for all people in the sex industry.

♥ Sex Work Awareness

www.sexworkawareness.org

Conducts research about the sex industry in order to better understand it, develop public education initiatives, conduct media training for Sex Workers to create their own media and advocate for the rights of Sex Workers.

♥ Sex Workers Project – Urban Justice Center

123 William St, 16th Floor, New York, NY 10038 • (646) 602-5617

Fax: (212) 533-4598 • swp@urbanjustice.org • www.sexworkersproject.org

Street Work Project

209 W 125th St, 2nd Floor, New York, NY 10027 • (646) 602-6404

33 Essex St New York, NY 10027

♥ SWANK (Sex Workers Action NY)

swank@riseup.net • <http://swop-nyc.org/wordpress>

www.myspace.com/weareswank

♥ SWOP- NYC

(347) 748-9163 • info@swop-nyc.org • www.swop-nyc.org

OREGON**Council for Prostitution Alternatives**

Montavilla United Methodist Church, 232 SE 80th Ave, Portland, OR 97215

(971) 275-5271 • councilprostitutionalternatives@comcast.net

www.prostitutionalternatives.org

Offers hospitality crisis counseling, advocacy, referrals, yoga night, spa night. Support group Thursdays 7:30-9 pm.

Multnomah County Health Department

HIV & HCV Prevention • (503) 988.3030 • Fax: (503) 988-3035

www.co.multnomah.or.us/health/hivhcv

Needle Exchange Listing for Portland/Vancouver

(503) 280-1611

♥ Portland Bad Date Line-Outside In Needle Exchange

PO Box 14814 Portland, OR 97293 • (503) 535-3901

PBDLreport@hotmail.com • www.myspace.com/portland_bad_date_line

Started by Danzine in 1998, the PBDL is updated monthly and collects and circulates descriptions of violent and abusive customers in the sex industry.

Outside In is a drop-in center, clinic and needle exchange site for St youth.

SWOC – Sex Worker Outreach Coalition

Portland, OR • (503) 235-5333 • Portland Women's Crisis Line (503) 419-4335

<http://pdxswoc.net>

Women's Inner-community AIDS Resource (WIAR)

1608 SE Ankeny Portland, OR 97214 • (503) 238-4420 • Fax: (503) 238-4610

WIAR provides support for women and children infected with, or affected by, HIV/AIDS. They provide and maintain prevention information, outreach, mental-health services, drop-in services, care services, information and referrals, and other resources.

PENNSYLVANIA

Mazzoni Center-LGBT Health & Well-Being

21 S. 12th St, Philadelphia, PA 19107 • (215) 563-0652 x247 • Fax: (215) 563-0662

www.mazzonicenter.org

They offer physical exams and routine health maintenance, hepatitis screenings, vaccinations, and gynecological services.

Prevention Point Philadelphia

166 W. Leigh Ave, Basement, Philadelphia, PA 19104 • (215) 734-5272

www.preventionpointphilly.org

Project SAFE- Advocacy and Empowerment for Women in the Sex Industry

PO Box 31847 Philadelphia, PA 19133 • (866) 509-SAFE (7233)

safephila@gmail.com • www.safephila.org

WASHINGTON

Home Alive

1122 E. Pike St, #1127 Seattle, WA 98122 • (206) 720-HOME (0606)

info@homealive.org • www.homealive.org

A self-defense class for Sex Workers.

NASEN – North American Syringe Exchange Network

535 Dock St, #112, Tacoma, WA 98402 • (253) 272-4857 • Fax: (253) 272-8415

www.nasen.org

New Beginnings

PO Box 75125, Seattle, WA 98125 • Crisis Line (206) 522-9472

Shelter & Advocacy: (206) 783-4520 • www.newbegin.org

Domestic violence shelter and community advocacy services.

Northwest Network of Bisexual, Transgender, Lesbian and Gay Survivors of Abuse

PO Box 18436, Seattle WA 98118 • (206) 568-7777 • TTY: (206) 517-9670

info@nwnnetwork.org • www.nwnnetwork.org

Street Outreach Services

2028 Westlake Ave, Seattle, WA 98121 • (206) 625-0854

SECTION B.17: SEX WORKER ADVOCATES & ORGANIZATIONS: INTERNATIONAL

INTERNATIONAL NETWORKS & COALITIONS

(To make international calls from the US, dial: 011 and the number)

Asia Pacific Network of Sex Workers (APNSW)

<http://apnswdollhouse.wordpress.com>

Coalition for the Rights of Sex Workers (Montreal Coalition)

(514) 859-9009

♥ Global Network of Sex Work Projects (NSWP)

Registered Office: c/o SCOT-PEP, 70 Newhaven Rd, Edinburgh EH6 5QG,

Scotland UK • +44 131 622 7550 • secretariat@nswp.org • www.nswp.org

A formal network of Sex Worker rights organizations throughout the globe.

Publishes a regular journal, *Research for Sex Work*; maintains global and regional listserves; and manages a website containing some of the most influential and important work on HIV and sex work

Women's Network for Unity

womensnetwork@womynsagenda.org • www.wnu.womynsagenda.org

INTERNATIONAL INTERNET SITES

Commercial Sex Information Services (CSIS)

<http://www.walnet.org/>

International Committee on the Rights of Sex Workers

PO Box 51319, Amsterdam 1007 EH, The Netherlands • +31 (0) 20-693-1300
www.sexworkeurope.org

International Sex Worker Foundation for Art, Culture, and Education

8801 Cedros Ave, #7, Panorama City, CA 91402 • (818) 892-2029
www.iswface.org • iswface@iswface.org

Missingpeople.net

www.missingpeople.net • wleng@missingpeople.net

Documents violence against Sex Workers in Vancouver BC, with links to news articles and stories about missing Sex Workers.

Naked Truth Online SW community

www.nakedtruth.ca

Tais Plus, Kyrgyzstan (SWAN)

www.swannet.org/en/node/19

Travail du Sexe

info@travaildusexe.com • www.travaildusexe.com

Online magazine

X:talk

07914 703 372 • www.xtalkproject.net • xtalk.classes@gmail.com

Free English classes for female, male and trans escorts, working girls, adult service providers and all workers in the sex industry.

LISTINGS BY COUNTRY

ARGENTINA

Ammar

Independencia 766 C1099AAU, Ciudad Autonoma de Bs. As. Argentina
(+54-11) 4361 0092 • (+54-11) 4307 8100 • Fax: (+54-11) 4331 0926
nacional@ammar.org.ar • www.ammar.org.ar

Red De Trabajadoras Sexuales De Latinoamerica y El Caribe

www.redtrasex.org.ar

AUSTRIA

LEFÖ – Counselling, Education and Support for Migrant Women

Kettenbrückengasse 15/4, A-1050 Vienna, Austria • 0043-1-5811881
0043-1-5811882 • office@lefoe.at • www.lefoe.at/

AUSTRALIA

Magenta Sex Worker Project

PO Box 8054, Perth Business Centre WA 6849 • 08 9328 1387
Fax: 08 9227 9606 • www.magenta.org.au

Prostitutes Collective of Victoria (PCV)

10 Inkerman St, St. Kilda, Victoria 3182, Australia • 03-9534-8166
Fax: 03-9525-4492 • pcv@paradigm4.com.au

Resourcing Health and Education in the Sex Industry (Rhed)

10 Inkerman St, St Kilda, Victoria 3182 Australia • +61-3-9534 8166
Fax: +61-3 9525 4492 • sexworker@sexworker.org.au
www.sexworker.org.au

Scarlet Alliance

PO Box 76, Red Hill ACT 260, Australia • +61-2-6239-6098
Fax: +61-2-6239-7871 • scarlet@dynamite.com.au
www.scarletalliance.org.au
National forum for Sex Worker Rights organizations.

♥ Sex Workers Outreach Project (SWOP)

PO Box 1354, Strawberry Hills, NSW 2012, Australia • 02 9319 4866
(800) 622-902 • Fax: 02 9310 4262 • infoswop@acon.org.au
www.swop.org.au

SWOP focuses on safety, dignity, diversity and the changing needs of sex industry workers industry (female, male, or transgender), to foster an environment which enables and affirms individual choices and occupational rights.

South Australian Sex Industry Network (SIN)

PO Box 7072, Hutt St, Adelaide, SA 5000 • 08-8334-1666 • Fax: 08-8363-1046
www.sin.org.au • info@sin.org.au

Provides information, referral, and support on legal, health, HIV/STD prevention, financial and employment issues. SIN and friends are also pressuring for progressive prostitution law reform in South Australia.

W.I.S.E in the ACT (Workers in Sex Employment)

29 Lonsdale St, Braddon ACT, Australia • PO Box 67, Braddon, ACT 2601, Australia
(02) 6247-3443 • Fax: (02) 6247 3446 • sera@spirit.com.au
www.bayswan.org/wise.html

A community-based organization that delivers peer education and support to Sex Workers and their clients in the ACT.

BELGIUM

Entre 2

20 Boulevard d'Anvers (1000) Bruxelles • 02 217 84 72 • Fax: 02 217 6016
entre2bruxelles@gmail.com • www.entre2.org

BRAZIL

Associacao de Prostitutas do Estado de Rio de Janeiro

R Miguel de Frias 718, Estacao, Rio de Janeiro, RJ Brazil • 011-552-1-273-7991
Fax: 011-552-1-286-2657

Davida

Av. Passos 7 c - Centro Rio de Janeiro CEP 20051-040 • +55-21-3298 5850
• davida@davida.org.br • www.davida.org.br

CANADA

Commercial Sex Information Service (CSIS)

PO Box 3075, Vancouver, BC V6B 3X6, Canada • (604) 488-0710
csis@walnet.org • www.walnet.org/csis

Provides information about sex work as it relates to laws, sexual health, commerce and culture.

Feminists Advocating for Rights & Equality for Sex Workers – FIRST

(604) 351-0857 • www.firstadvocates.org

Maggie's Toronto Prostitutes' Safe Sex Project

Cabbagetown Post Office, PO Box 8252, 422 Parliament Street, Toronto,
ON M5A 4N8, Canada

298 Gerrard St East, Toronto, ON M5A 2G7 • +01 (416) 964-0150

Fax: +01 (416) 964-9653 • maggies@ica.net • www.maggiestoronto.com
Provides education and support to assist Sex Workers in their efforts to live and work with safety and dignity. Provides information about health, preventing AIDS and STIs, Canadian law, and clients who are dangerous to Sex Workers.

Prostitutes of Ottawa – POWER

POWERottawa@gmail.com • www.facebook.com/group.php?gid=25239492838

Prostitution Alternatives Counseling and Education Society (PACE)

PO Box 73537 1014 Robson St, Vancouver, BC V6E 1A7, Canada
49 West Cordova St, Vancouver, BC V6B 1C8, Canada • (866) 872-8751
(604) 872-7651 • Fax: (604) 872-7508 • www.pace-society.ca
pace-admin@telus.net

PIVOT Legal Society

678 E. Hastings St, Vancouver, BC V6A 1R1, Canada • (604) 225-9700
getinvolved@pivotlegal.com • www.pivotlegal.org

Sex Professionals of Canada (SPOC)

PO Box #305, 400 Parliament St, Toronto, ON M5A 2Z7, Canada • (416) 364-5603
welcome@spoc.ca • www.spoc.ca

SHIFT

Calgary Cares Centre #110, 1603 10th Ave SW, Calgary, AB, T3C 0J7, Canada
(403) 237-8171 • www.shiftcalgary.org

♥ Stella

2065 Parthenais St, Suite 404, Montréal, QC, H2K 3T1 Canada
(514) 285-8889 (prison calls okay) • (514) 285-1599 • Fax: (514) 285-2465
stellaapp@videotron.ca
www.chestella.org www.walnet.org/csis/groups/stella/index.html

A community-based resource for women, transvestites and transsexuals who work in the sex industry; produces a bad-trick list and a magazine (*ConStellations*).

Stepping Stone Association

2151 Gottingen St, PO Box 47032, Halifax, Nova Scotia B3K 5Y2 Canada
(902) 420-0103 • (514) 859-9009 • rene@stepping-stone.org
www.steppingstonens.ca

Surrey Gerlz Outreach & Drop In

1690 154 St, Surrey, BC V4A 4R9, Canada • www.freepiritmedia.com/SurreyGerlz

♥ WISH Drop-In Centre Society

515-119 W Pender St, Vancouver, BC V6A 1S5, Canada • (604) 669-WISH
Fax: (604) 669-9479 • wishdropincentre@telus.net • www.wish-vancouver.net

CHINA

♥ Action for REACH OUT

PO Box 98108 T.S.T Post Office Tsim Sha Tsui Kowloon, Hong Kong
(852) 2770 1065 • 852-2770-1002 • Fax: 852-2770-1201
Pager: 7110-9318 call 394 • afro@iohk.com
<http://hkaid.med.cuhk.edu.hk/reachout/>

Shanghai Leyi (中文)

Rm 2717, #500 Xinjiang Rd, Shanghai 200070 • 021 6380 1891
shanghaileyi2004@yahoo.com.cn
Prevent HIV/AIDS among MSM and male Sex Worker community

Zi Teng

Hong Kong Post Office Headquarters GPO Box 7450, Hong Kong • 852-2332 7182
Fax: 852- 2390 4628 • ziteng@hkstar.com • <http://ziteng.org.hk>
Zi Teng is a non-government organization formed by people of different working experiences, including are social workers, labor activists, researchers specializing in women's studies, church workers etc., all of whom care and concern about the interest and basic rights of women. Produces and distributes, in Chinese and English, "Things to Know Before You Go", a pre-departure guide for migrating to do sex work in East /South East Asia (download from their website).

CZECH REPUBLIC

Roskoz Bez Rizika (Bliss Without Risk)

Bolzanova 1 11000 Praha, Czech Republik • +420 224 234 453
Fax: +420 224 236 162 • rozkos@volny.cz www.rozkosbezrizika.cz

ENGLAND

English Collective of Prostitutes

Crossroads Women's Centre, 230a Kentish Town Rd, London NW5 2AB, England
00-44-20-7482-2496 • Fax: 00-44-20-7209 4761 • ecp@allwomenscount.net
www.prostitutescollective.net

♥ International Union of Sex Workers

London Entertainment & IUSW GMB Branch c/o Metrosexual Health Unit FF15,
Base Station Saga Centre, 326 Kensal Rd, London W10 5BZ, England
07958 020432 • www.iusw.org • media.contact@iusw.org
branch.secretary@iusw.org
Publishes a magazine (*Respect!*)

London Centre for Personal Safety – Praed Street Project

PO Box 38883, London W12 9XP, England • 020 8743 7828 • 8740 1114
www.londoncentreforpersonalsafety.org • lcps@lcps.demon.co.uk

Manchester Action on Street Health

94-96 Fairfield St, Manchester M1 2WR, England • 0800 183 0499
0161 273 4555 • www.mash.org.uk • info@mash.org.uk

Network of Sex Work Projects – UK

www.uknswp.org/

Outsiders (For disabled people)

4S Leroy House, 435 Essex Rd, London N1 4QP, England • 020 734 8291
Helpline: 0707 499 3527 • www.outsiders.org.uk • info@outsiders.org.uk

Working Men Project

Jefferiss Wing, St Mary's Hospital, Imperial College Healthcare NHS Trust, Praed
St, London W2 1NY, England • 020 33121697 • www.wmplondon.org.uk
sexualhealth@imperial.nhs.uk

FINLAND

United Sex Professional of Finland – SALLI

PL 3, FI-01451 Vantaa, Finland • 358 40 510 2114 • www.salli.org

FRANCE

Cabiria

PO Box 1145, F-69203 Lyon Cedex 01, France • + (33) 4 78 30 02 65
Fax: + (33) 4 78 30 97 45 • www.cabiria.asso.fr

They work on preventing STIs, HIV, hepatitis and drug addiction (through risk reduction), and also on gaining access to health services and fundamental rights.

Entr'Acte

17 rue Jemmapes 59000, Lille, France • 03 2055 6466 • Fax: 03 2006 110
www.entractes-gpal.org • gpal.entractes@orange.fr

Syndicat du Travail Sexuel- STRASS

06 23 06 8701 • contact@strass-syndicat.org • www.strass-syndicat.org

GAUTEMALA

Mujer

Apartado Postal #3005 Correo Central, Zona 1, Guatemala Ciudad, Guatemala
502 2432-2519 • leeresponder@gmail.com • www.mujer.cfsites.org

GERMANY

Beratungsstelle für Migrantinnen Hurenselbsthilfe

Nauwieserstraße 18 66111 Saarbrücken, Germany • 0681 373636 • 0172 6843100
A counseling center for migrant women; operated by Sex Workers.

Hurenselbsthilfe Saarbrücken e. V.

Nauwieserstraße 18 66111 Saarbrücken, Germany • 0681 373631
hurenselbsthilfe@freenet.de

HYDRA e.V.

Kopenicker Str. 187-188 10998 Berlin, Germany • 0 30 6 11 00 23
Fax: 0 30 6 11 00 21 • konkat@hydra-ev.org • www.hydra-ev.org

Kassandra

Breite Gasse 1, 90402 Nürnberg, Germany • 0911/44 28 89
 Fax: 0911/ 44 09 33 • kassandra@kassandra-nbg.de
<http://www.kassandra-nbg.de>

Madonna

Gubstahlstrasse 33 44793 Bochum, Germany • 49 (0) 234 68 57 50
 Fax: 49 (0) 234 68 57 51 • www.madonna-ev.de

Nitribitt

Stader Str. 1 28205 Bremen, Germany • 0421/44 86 62 • Fax: 0421/49 86 031
nitribitt_ev@web.de • www.nitribitt-bremen.de

Phoenix e. V

Postfach 47 62 Bergmannstr, 3 30159 Hannover, Germany • 0511/1 46 46

Straps & Grips

c/o Aids Hilfe Herwarthstr, 2 48143 Munster, Germany • 0251/4 30 31

INDIA**♥ Durbar Mahila Samanwaya Committee (DMSC)**

12/5 Nilmoni Mitra St, Kolkata 700006, India • +91-33-2530-3148
dmsc@durbar.org • www.durbar.org

Sex workers organized to create solidarity and collective strength among a larger community of Sex Workers to demand decriminalization of adult sex work and secure the right to form a trade union. DMSC created the Sonagachi project, which lobbies for the recognition of Sex Workers' rights and full legalization, runs literacy and vocational programs, and provides micro loans.

Paulo Longo Research Initiative

www.plri.org/

A collaboration of scholars, policy analysts and Sex Workers that aims to develop and consolidate ethical, interdisciplinary scholarship on sex work to improve the human rights, health and well being of women, men and transgenders who sell sex.

Sangama

Number 9, ABABIL Patil Cheluvappa St JC Nagar (MR Palya) Bangalore 06, India
 23438840/43 • sangama@sangama.org • <http://sangama.org>

Sangram-Sampada Gramin Mahila Sanstha

Aarohan, Ghanshyamnagar Madhav Nagat Rd, Sangli 416 416, India
 0233 2312191 • info@sangram.org • www.sangram.org • Balaji Nagar,
 Kupwad Rd, Sangli 41 6416, India

♥ Sex Workers' Forum of Kerala

Kerala Convent Rd, Vanchiyoor Post, Trivandrum, South India • +91 + 471 + 368142
swfk@asianetindia.com

INDONESIA**GAYa NUSANTARA**

Jl. Mojo Kidul I No 11A Surabaya 60285, Indonesia • +62 31– 5914668
GAYaNUSA@gateway.cosi.com

Lentera – PKBI-DIY

Jl. People's Army I/705 Yogyakarta Mataram JT 55 231, Indonesia
 + 62 274 586767 • Fax: +62 274 513566 • www.pkbi-diy.info
office@pkbi-diy.info

JAMAICA**Caribbean Vulnerable Communities**

4 Upper Musgrave Ave, Kingston10, Jamaica, West Indies • 1 876 564 1041
 Fax: 1 876 931 2304 • bwelsh@cvccoalition.org

IWICC (Ionie Whorms Inner-City Counseling Centre)

155 Church St, Kingston, Jamaica, West Indies • 948-3 805/2948
 Provides counseling, prevention and referral services for substance abusers and HIV/AIDS clients.

Jamaica Forums for Lesbians, All-Sexuals and Gays (J-FLAG)

PO Box 1152, Kingston 8, Jamaica, West Indies • Helpline: (876) 978-8988
admin@jflag.org • www.jflag.org

MALAYSIA**Pink Triangle Foundation**

No. 7C/1, Jalan Ipoh Kecil Off Jalan Raja Laut 50350, Kuala Lumpur, Malaysia
 603-40444611 • Fax: 603-40444622 • ptf@ptfmalaysia.org
www.ptfmalaysia.org

MALI**Danaya So**

BPE: E62 Rue 14/ Porte 1220 Bamako, Mali, Africa • +223-20-215321
danayaso@danayaso.org • www.danayaso.org

MEXICO**Asociación en PRO Apoyo a Servidores (APROASE A.C.)**

María Alejandra Gil Cuervo, Melchor Ocampo 212-504, Col. Cuauhtémoc, CP 06500
 México DF, México • 5255 + 10 422 672 • aproase@yahoo.com
<http://www.redtrasex.org.ar/mexico.htm>

NEW ZEALAND

New Zealand Prostitutes Collective (NZPC)

202 Willis St, PO Box 11-412 Wellington, NZ • +64-4-382-8791

Fax: +64-4-801-5690 • info@nzpc.nz • www.nzpc.org.nz

An organization of current and past Sex Workers established to support the rights of sex industry workers. NZPC lobbies for the repeal of prostitution laws in accordance with the models of decriminalization. They have drop-in centers throughout New Zealand—in Auckland, Tauranga/Waikato, Taranaki/New Plymouth, Hawkes Bay, Palmerston North, Christchurch and Dunedin.

NETHERLANDS

De Rode Draad

Kloveniersburgwal 47 1001 JX Amsterdam • 020 6243366 • Fax: 020 6200383

info@rodedraad.nl • http://rodedraad.nl

European Network Male Prostitution

Stadhouderskade 159 1074 BC, Amsterdam, The Netherlands • 31 0 20 6721192

ICRSE (International Committee on the Rights of Sex Workers in Europe)

PO Box 51319, Amsterdam 1007 EH, The Netherlands • +31 (0) 20 693 1300

www.sexworkeurope.org

Prostitution Information Centre (PIC)

De Wallenwinkel Enge Kerksteeg 3 1012 AV Amsterdam, The Netherlands

06 13 57 27 99 • pic@pic-amsterdam.com • www.pic-amsterdam.com

The PIC can be found in the middle of the Red Light District. They have leaflets, magazines and books.

Soa AIDS Netherlands

Keizersgracht 390 1016 GB Amsterdam, The Netherlands • 020 62 62 669

Fax: 020 62 75 221 • www.soaids.nl • info@soaids.nl

TAMPEP International Foundation (Transnational AIDS/STD Prevention Among Migrant Prostitutes in Europe Project)

Foundation Obiplein 4 1094 RB Amsterdam, The Netherlands

+31 (0)20 692 69 12 • Fax: +31 (0)20 608 00 83 • http://tampep.eu

info@tampep.eu

A European project combining research and active intervention with the direct involvement of Sex Workers. A model of intervention, TAMPEP reaches more than 20 different nationalities of women and transgender people from Central and Eastern Europe, South East Asia, Africa and Latin America.

NIGERIA

AYPIN (Association of Positive Youths Living with HIV/AIDS in Nigeria)

Civil Society Building 4, Jaba close, off Dunukofia St, Opp FCDA gate Garki Area 11, Abuja, Nigeria • +234-09-7830410 • http://www.apyin.net

NNWEI (Action Group on Adolescent Health)

College of Health Sciences, Nnamdi Azikiwe, University Teaching Hospital,

PMB 5001 Nnewi, Nigeria 435001 • +234 802 977 1100

www.campusactivism.org/displaygroups-3100.html

PERU

Miluska Vida y Dignidad

Av Tacna, Piso 13, Oficina 135, Peru • 51+1 388 6497 • 995594225

www.miluskavidaydignidad.iespana.es miluskavidaydignidad@yahoo.es

POLAND

Tada

Ul. Malkowskiego 9/2 70-305 Szczecin, Poland • +48 91 433 44 58

infor@tada.pl • www.tada.pl

SCOTLAND

Scot-PEP

70 Newhaven Rd, Edinburgh EH6 5QG, Scotland • +44 0131 622 7550

Fax: +44 0131 622 7551 • www.scot-pep.org.uk • voice@scot-oeo.org.uk

A group for/by Sex Workers with needle exchange van and bad-date sheet.

SOUTH AFRICA

DISA Sexual Reproductive Health Clinic

15 Lebensraum Place Hurlingham Manor Sandton • PO Box 2392 Crameview 2060

011-787-1222 • 011-866-2286 • Fax: 011-7878-2371

disa@icon.co.za • www.safersex.co.za

Provides healthcare and abortions for women, including Sex Workers.

Gender Project Community Law Centre

Private Bag X 17, Bellville 7535, South Africa • +27 21 959 2950

Fax: +27 21 959 2411 • www.communitylawcentre.org.za/clc-projects/gender

Network of Sex Work Projects

PO Box 13914 Mowbray 7705, South Africa • +27 21 448 2883

Fax: +27 21 448 4347

Sex Worker Education & Advocacy Taskforce (SWEAT)

Salt River Cape Town 7915, Cape Town, South Africa • PO Box 373 Woodstock

7925 Cape Town, South Africa • 021-448-7875 • www.sweat.org.za

Provides services to promote safer sex, health and human rights among Sex Workers; actively advocates for the decriminalization of sex work in South Africa.

SPAIN

Colectivo Hetaira

C/ Fuencarral, 18, 4 degrees F 28004 Madrid, Spain • 915 232 678
hetaira@colectivohetaira.org • www.colectivohetaira.org

Cruz Roja Juventud

C/o Rafael Villa s/n El Plantio 28023 Madrid, Spain • 902 22 22 92
Fax: + 34 91 335 44 55 • informa@cruzroja.es • www.cruzroja.es

Grupo de Trabajo Sexual

www.gtsexual.red2002.org.es

SURINAME

Suriname Men United

PO No. 708, Paramaribo - Suriname 597 – 411087
info@surinamemenunited.com • www.surinamemenunited.com/

SWEDEN

Les Putes

www.lesputes.org • contact@lesputes.org

Rose-Alliance Swedent

46739369468 • osealliance@europa.com • http://www.rosealliance.se
The national organization for sex- and erotic workers in Sweden.

SWITZERLAND

Aspasie

36, rue de Monthoux Paquis, Genève CH-1201, Switzerland • + 41-22-732-6828
Fax: + 41-22-731-0246 • www.aspasie.ch • aspasie@aspasie.ch

THAILAND

Collective of Sex Workers and Supporters (COSWAS)

www.coswas.org

♥ Empower Foundation (Education Means Protection of Women Engaged in Re-creation)

57/60 Tivanond Rd, Nonthaburi 11000, Thailand • 0-2526-8311 • Fax: 0-2526-3294
www.empowerfoundation.org • badgirls@empowerfoundation.org
Offers assistance to women prostitutes and Sex Workers in the nightlife entertainment industry of Thailand.

SWING Foundation (Service Workers IN Group)

Building No. 3, 5th Floor SOI Patpong 1 Surlyawong Rd, Bagrak, Bangkok
10500 66-02-632-9501 • Fax: 66-632-9503
swingthailand@yahoo.com • www.swingthailand.org

UGANDA

WONETHA – Uganda

PO Box 31762, Namirembe Rd, K'la, Uganda • +256-414-667-730 /
+256 -774-603-754 • wonetha@gmail.com/ • kmacklean@yahoo.com
www.wonetha.4t.com
A women's organization/network for the advocacy of human rights.

SECTION B.18: SOCIAL SUPPORT SERVICES

Allen Temple Health & Social Services Ministries

8715 International Blvd, Oakland, CA 94621 • (510) 544-3914

www.allen-temple.org/socialserv.htm

Provides case-management services, crisis intervention, counseling for victims of domestic violence, education, HIV testing/prevention/education services, mental-health referrals, STI screening, substance-use counseling to help support low-income families' ability to maintain healthy living environments. Also provides food and clothing as well as emergency shelter/housing.

Central City Hospitality House

SEE SECTION B.3: EDUCATION & SKILL BUILDING SERVICES

Creativity Explored SF

3245 16th St, San Francisco, CA 94103 • (415) 863-2108

www.creativityexplored.org

Provides opportunities for people with developmental disabilities to create, exhibit and sell their art.

Dolores Street Community Services

SEE SECTION B.8: HIV/AIDS, STI, AND HEPATITIS SERVICES

Family Service Agency of San Francisco

SEE SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

♥ Glide Memorial Church

SEE SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

Horizons Unlimited of San Francisco

440 Potrero Ave, San Francisco, CA 94110 • (415) 487-6700

www.horizons-sf.org • info@horizons-sf.org

Offers case management, education, HIV prevention, outreach, substance-abuse services, support groups, youth development, employment assistance/job training. Horizons' primary goal is to engage, educate, and inspire youth.

Languages: English, Spanish

Independent Living Resource Center

649 Mission St, 3rd Floor, San Francisco, CA 94105 • Phone: (415) 543-6768

TTY: (415) 543-6318 • Fax: (415) 543-6318 • www.ilrcsf.org • info@ilrcsf.org

Provides the necessary services to help disabled persons achieve independence; acts as an advocate for individuals who experience disability-related barriers or discrimination; and serves in an advocacy role to promote new systems and community change so individuals with disabilities have full access to services, physical structures, and activities.

KAIROS Counseling Program of Shanti

730 Polk St, 3rd Floor, San Francisco, CA 94109 • (415) 674-4700

Fax: (415) 674-0371 • www.shanti.org

Offers individual counseling and weekly support groups to caregivers and/or family members of people living with life threatening diseases. Languages: Spanish, English.

♥ Mission Neighborhood Resource Center (MNRC)

SEE SECTION B.7: HEALTHCARE SERVICES — HYGIENE & DROP-IN CENTERS

New Leaf Services for Our Community

SEE SECTION B.11: MENTAL HEALTH SERVICES

♥ Roaddawgz

SEE SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

St. Anthony Foundation Free Medical Clinic

SEE SECTION B.7: HEALTHCARE SERVICES — PRIMARY & URGENT HEALTHCARE

St. Luke's Women's Center

SEE SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

San Francisco Independent Living Skills Program

225 Valencia St, San Francisco, CA 94103 • (415) 934-4202 • www.sfilsp.org

Provides case management, crisis intervention, education, help with employment/job training, financial assistance, tutoring, and youth development services to enable eligible youth to acquire the skills and resources necessary for self-sufficiency. Populations include former and current foster children and eligible young people from probation and mental-health referrals.

Self-Help for the Elderly

SEE SECTION B.9: HOUSING ASSISTANCE

Tenderloin Self Help (Central City Hospitality House)

SEE SECTION B.7: HEALTHCARE SERVICES — HYGIENE & DROP-IN CENTERS

Visual Aid

57 Post St, Suite 905, San Francisco, CA 94104 • (415) 777-8242

Fax: (415) 777-8240 • www.visualaid.org • julie@visualaid.org

Provides programs for professional visual artists who have life-threatening illnesses to encourage them to continue their work.

Women's Building

3543 18th St, San Francisco, CA 94110 • (415) 431-1181 • (415) 861-8969

www.womensbuilding.org

Provides a community resource room with critical access to resources for employment, housing, healthcare, domestic violence, childcare and parenting, sexual harassment, and legal services. Also has a drop-in childcare center. Languages: Spanish, English

SECTION B.19: SUBSTANCE-USE & TREATMENT SERVICES

A Man's Place

SEE SECTION B.9: HOUSING ASSISTANCE

A Woman's Place

SEE SECTION B.7: HEALTHCARE SERVICES — HYGIENE & DROP-IN CENTERS

Adult Children of Alcoholics

PO Box 3216 Torrance, CA 90510 • (310) 534-1815 • (888) 4al-anon

www.adultchildren.org

A 12-Step program for women and men who grew up in alcoholic or otherwise dysfunctional homes.

AI-Anon/Alateen

50 Oak St, #308 San Francisco, CA 94102 • (415) 626-5634 • Fax: (415) 625-5633

www.ncwsa.org

Alcoholics Anonymous Central Office

1821 Sacramento St, San Francisco, CA 94109 • (415) 674-1821 • www.aasf.org

A 24-hour meeting information line for San Francisco and Marin. This office has a bookstore of AA materials.

Asian American Recovery Services

2024 Hayes St, San Francisco CA 94117 • (415) 750-5111 • Fax: (415) 386-2048

www.aars-inc.org

Inpatient and outpatient drug rehab and de-tox, health education, counseling, crisis intervention, case management and referrals. Languages: Cantonese, Mandarin, Tagalog, Vietnamese and English.

BAART/FACET - Bay Area Addiction Research and Treatment

433 Turk St, San Francisco, CA 94109 • (415) 928-7800 • www.baartcdp.com

A private organization that owns and operates eleven clinics in California counties, each of which provides individualized care for diverse adult populations seeking treatment for chemical dependence or substance-use. Offers a program for pregnant women on methadone. Languages: Spanish and English.

BAKER PLACES, INC.

600 Townsend, Suite 300, San Francisco, CA 94107 • (415) 864-4655

Fax: (415) 869-6623 • www.bakerplaces.org

Acute Residential

4th Avenue House: Residential detoxification, in a small (10-bed) social setting, with medical support and intensive stabilization of up to 3 weeks.

7th Street Program: A short term, post-detox, residential treatment program with 17 beds, providing evaluation, assessment, short-term treatment and discharge planning for multiply diagnosed adults.

Grove Street House: An intensive crisis residential treatment program focusing on up to 10 adults with co-occurring mental-health and substance-use disorders. Can offer up to 60 days for stabilization and future treatment planning.

Fremont Place: A medically managed detoxification residence, treatment and support program for up to 14 men, with a 7- to 21-day length of stay.

Westside Lodge: A large (36-bed) multi-service program including separate intensive residential and day treatment components as well as specialized programming for monolingual Asian clients. Focusing on individuals with histories of long-term institutionalization and acute crises and provides a stay of between 60 and 180 days in a supportive environment.

Transitional Residential

Acceptance Place: A 12-bed transitional residential treatment program for gay men in the early stages of substance-use recovery.

Baker Street House: A 16-bed transitional residential treatment facility, serving individuals with serious and persistent mental-health problems.

Ferguson Place: A 12-bed transitional residential treatment program providing services to adults who have a "triple diagnosis"—i.e., co-existing mental-health, substance-use and HIV/AIDS-related disorders.

Robertson Place: A 12-bed transitional residential treatment program with a day treatment component focusing on adults who have been "dually diagnosed" with co-occurring mental-health and substance-use disorders.

Supported Community Living Services

Assisted Independent Living Program (AILP): A full spectrum of clinical care coordination services are provided to adults with serious and persistent mental-health problems. Supported, permanent housing in cooperative living settings is included in an array of services to over 120 individuals.

Baker Places' Vocational Rehabilitation: An array of pre-vocational counseling, skills, training, education, employment, school and job referrals are offered.

Baker Supported Living Program (BSLP): This program serves 92 men and women who are coping with HIV/AIDS-related conditions and substance-use problems. Clinical care coordination, evaluation and assessment, as well as rental subsidies and permanent housing are included.

Castro Country Club: A clean and sober gathering space and coffee shop.

Integrated Services Network: Offers mental-health, substance-use and HIV/AIDS related counseling and care coordination services in conjunction with the Department of Public Health, Tom Waddell Clinic, Department of Human Services and the Corporation for Supportive Housing. Baker staff work in concert with the housing providers of ten SROs/Hotels in the Tenderloin, South of Market and Mission districts, serving over 700 individuals.

Odyssey House: This is a 10-bed, permanent housing site offering care coordination and group living to men and women, primarily African American, with long standing mental-health problems.

Bayview Hunters Point Foundation, Methadone Maintenance Program

1625 Carroll St San Francisco, CA 94124 • (415) 822-8200 • Fax: 822-6822

TTY/TDD (415) 822-2241 • www.bayviewci.org

substance.abuse@bayviewci.org

Outpatient substance-use treatment facility and youth services.

BSLP

3450 3rd St, Building 2-A, San Francisco, CA 94124 • (415) 864-1515

(415) 864-2086

Mix of mental-health and substance-abuse services

Casa Segura-The Safe House

5323 Foothill blvd. Oakland, CA 94601 • (510) 434-030 • www.casasegura.org

info@casasegura.org

Chemical Awareness & Treatment Services

1171 Mission St, San Francisco, CA 94103 • (415) 241-1199 • (415) 241-1176

www.catsinc.org • admin@catsinc.org

Cocaine Anonymous

(415) 821-6155 (helpline/recorded information)

DanceSafe

c/o HRC 22 West 27th St, 5th Floor, New York, NY 10001 • www.dancesafe.org

Nationwide coalition focusing on harm reduction in the rave/nightclub community.

Delancey Street Foundation

600 Embarcadero, San Francisco, CA 94107 • (415) 957-9800

Fax: (415) 546-0602

www.delanceystreetfoundation.citysearch.com/6.html

This two-year residential program teaches life and job skills to anyone 18 years and older, who is physically healthy.

East Bay Community Recovery Project (EBCRP) – Project Pride

SEE SECTION B.8: HIV/AIDS, STI, AND HEPATITIS SERVICES

Epiphany Center for Families in Recovery

100 Masonic Ave, San Francisco, CA 94118 (415) 567-8370 • Fax: (415) 292-5531

www.msjsse.org

Freedom from Alcohol and Drugs

SEE SECTION B.9: HOUSING ASSISTANCE

Friendship House Association of American Indians

SEE SECTION B.9: HOUSING ASSISTANCE

♥ Glide Memorial–Extended Family Recovery Program

SEE SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

Golden Gate for Seniors

637 Van Ness Ave San Francisco, CA 94110 • (415) 626-7553 • www.catsinc.org

A drug treatment center for men and women ages 55 and older. Fees on a sliding scale. Offers groups, referrals and ancillary services, including acupuncture.

Haight-Ashbury Free Clinic

Alcohol Treatment Services: 425 Divisadero St, Suite 201 San Francisco, CA 94117

(415) 487-5634 • www.hafci.org

Outpatient drug and alcohol treatment for men and women.

Drug Detox, Rehabilitation and After Care Program: 529 Clayton St, San Francisco, CA 94117 • (415) 565-1908

Outpatient detox, HIV education, counseling and testing, prevention case management and outreach.

Residential Substance-abuse Services Lode Star: Treasure Island 1441 Chinook Ct, San Francisco, CA 94130 • (415) 394-9079 • Fax: (415) 864-6162

Residential treatment for HIV+ women.

Smith Ryan House: Treasure Island 1440-A Chinook Ct, San Francisco, CA 94117 (415) 394-5864

Harbor Light Detox Center (Salvation Army)

1275 Harrison St, San Francisco, CA (415) 503-3000

www.sfharborlight.org/detox.html

A residential alcohol and drug detox program.

♥ Harm Reduction Coalition (HRC)

1440 Broadway, Suite 510, Oakland, CA 94612 • (510) 444-6969

Fax: (510) 444-6977 • www.harmreduction.org

Provides harm-reduction-based education, interventions, and community organizing. HRC fosters alternative models to conventional health and human services and drug treatment; challenges traditional participant/provider relationships; and provides resources, educational materials, and support to health professionals and drug users in their communities to address drug-related harm.

Harm Reduction Therapy Center

423 Gough St, San Francisco CA 94102

Provides services for women's rehabilitation, outpatient substance-abuse treatment, and drug rehabilitation.

Henry Ohloff House

Men's Residential Programs: 601 Steiner St San Francisco, CA 94117

(415) 621-4388 • Fax (415) 621-6219

Henry Ohloff North: 5394 Nave Dr, Novato, CA 94949 • (415) 883-2494

Fax (415) 883-2574

Ohloff Outpatient Programs:

San Francisco Outpatient Program: 2191 Market St, Suite A San Francisco, CA 94114 • (415) 575-1100 • Fax (415) 575-1106

Marin Outpatient Program: 1205 3rd St San Rafael, CA 94902 • (415) 451-3411 Fax (415) 485-6079

♥ Iris Center

SEE SECTION B.11: MENTAL HEALTH SERVICES

Isis Clinic

SEE SECTION B.7: HEALTHCARE SERVICES — PRIMARY & URGENT HEALTHCARE

Jelani Inc

1601 Quesada Ave, San Francisco, CA 94124 • (415) 822-5977 • (877) 253-5264
 Fax: (415) 822-5943 • www.jelaniinc.org

Provides substance-abuse treatment for women, women/men with children and families. Also provides family services and services for the children of clients. Three residential programs offer a comprehensive approach through modified therapeutic communities, case management and after-care.

Joe Healy Medical Detoxification

120 Page St, San Francisco CA 94102 • (800) 559-9503

Offers a residential short-term drug rehab program for sober living (30 days or less); a residential long-term drug rehab treatment for sober living (more than 30 days); outpatient day treatment for drug rehabilitation and substance-abuse treatment

Latino Commission

301 Grand Ave, Suite 301, South San Francisco, CA 94080 • (650) 244-1444
 Fax: (650) 244-1447 • www.thelatinocommission.org

A residential and outpatient drug and alcohol treatment program for men and women.

Marijuana Anonymous

PO Box 460024, San Francisco, CA 94146 • (415) 325-4785 • www.madistrict1.org
 Twelve-Step meeting information and contact numbers for people who think they have a problem with marijuana.

Marin Services for Women

1251 S. Eliseo Dr, Greenbrea, CA 94904 • (415) 924-5995
www.marinservicesforwomen.org • msw@mswinc.org
 Specializing in the unique needs of women.

McMillan/Fell Drop-In Center

39 Fell St, San Francisco, CA 94102 • (415) 241-1180
 A drop-in counseling and referral center to agencies, detox and treatment programs. Languages: Spanish, Mandarin, English.

Mission Counsel on Alcohol Abuse for the Spanish Speaking

820 Valencia St, San Francisco, CA 94110 • (415) 826-6767 • Fax: (415) 826-6774
www.missioncouncil.org • smithl@missioncouncil.org
 Individual, group and family counseling for persons ages 18 and older with problems related to alcohol and other drugs. AA and NA meetings.

Nar-Anon

(415) 292-3241 • www.naranoncalifornia.org • sf.naranon@gmail.com
 A 12-step fellowship for friends and family of addicts.

Narcotics Anonymous

78 Gough St, San Francisco, CA 94102 • (415) 621-8600 • www.sfna.org
 Hotline provides peer counseling and/or meeting information.
 Languages: Spanish, English.

New Leaf Services for Our Community

SEE SECTION B.11: MENTAL HEALTH SERVICES

Opiate Treatment Outpatient Program

SF General Hospital Building 90, Ward 93, 1001 Potrero Ave, San Francisco, CA 94110 • (415) 206-8412

Detox program, studies and groups. Conducts ongoing research studies for active substance users. Languages: Spanish, English.

Ozanam Center (St. Vincent de Paul Society)

SEE SECTION B.7: HEALTHCARE SERVICES — HYGIENE & DROP-IN CENTERS

Palm Avenue Detox

2251 Palm Ave, San Mateo, CA 94403 • (650) 513-6500 • Fax: (650) 345-7023
www.horizonservices.org

A social model detoxification program serving men and women of San Mateo County.

Pinhurst Lodge Women's Treatment

1156 Valencia St, San Francisco • (415) 642-1184
 2685 30th Ave, San Francisco, CA 94116 • (415) 681-1262

Project Ninety (P-90)

720 S. "B" St San Mateo, CA 94401 • (650) 579-7881 • www.project90.org
 Provides inpatient and outpatient treatment for men.

Redwood Center

100 Edmonds Rd, Redwood City, CA 94062 • (650) 366-5723
 A residential treatment program for men with substance-use issues.
 Transportation provided.

St. Anthony Foundation Free Clinic

SEE SECTION B.7: HEALTHCARE SERVICES — PRIMARY & URGENT HEALTHCARE

St. Vincent de Paul Society – Ozanam Center

SEE SECTION B.7: HEALTHCARE SERVICES — HYGIENE & DROP-IN CENTERS

Safe House

SEE SECTION B.9: HOUSING ASSISTANCE

SAGE Project

SEE SECTION B.15: SEX WORKER ADVOCATES & ORGANIZATIONS: BAY AREA

Salvation Army – Adult Rehabilitation Center

1500 Valencia St, San Francisco, CA 94110 • (415) 643-8000
 Fax: (415) 695-0647 • www.satruck.org
 Provides treatment for men and women.

SBDC New Life Center

1080 Folsom St San Francisco, California 94103 • (415) 255-7434
 (877) 300-7044 x1
 Provides drug rehab and alcohol addiction treatment.

Speed Project – SF AIDS Foundation
SEE SECTION B.14: QUEER SUPPORT SERVICES

The Stepping Stone Recovery House
255 10th Ave, San Francisco, California 94118 • (415) 751-5921
Fax: (415) 751-5130 • www.the-stepping-stone.org • thestep@pacbell.net
A residence for working women in early stages of recovery from alcohol abuse.

Stimulant Treatment Outpatient Program (STOP)
3180 18th St, Suite 202, San Francisco, CA 94110 • (415) 502-5777
Fax: (415) 502-5764 • www.ucsf.edu/qhpsych
Intensive outpatient treatment services for cocaine, crack or methamphetamine use.

Stonewall Project
SEE SECTION B.14: QUEER SUPPORT SERVICES

TLC Sober Living Houses
(800) 852-7374 • www.tlcreidential.com
Provides clean and sober living environments in the Bay Area.

Treatment Access Program (TAP)
1663 Mission St, #204, San Francisco, CA 94103 • (415) 522-7100
www.sanfrancisco.networkofcare.org • tom.hagan.sfdph.org
Provides substance-abuse screening, referral and placement for treatment services. Off-site interim services for clients awaiting placement in a program.

Twelve Step Programs
4049 Judah St, San Francisco CA 94122 • (415) 566-4357

Walden House
520 Townsend St, San Francisco, CA 94103 • (415) 554-1100
www.waldenhouse.org
Offers a variety of programs that provide drug treatment and HIV/AIDS programs for men, women and MTF transgendered adults and youth through individual counseling, group therapy, day treatment, residential, and aftercare programs.

Westside Community Mental Health Center Methadone Program
1301 Pierce St, San Francisco, CA 94117 • (415) 563-8200 • Fax: (415) 563-5985
www.westside-health.org • methadone@westside-health.org
Provides methadone detoxification and maintenance.

♥ Westside Community Mental Health Center Substance-abuse Services
245 11th St, San Francisco, CA 94103 • (415) 355-0311 • Fax: (415) 355-0349
www.westside-health.org • outpatient@westside-health.org
Substance-use, mental-health, HIV/AIDS, and women's services

Women's Recovery Association
1450 Chapin Ave, Burlingame, CA 94010 • (650) 348-6603
www.womensrecovery.org
Provides inpatient and outpatient treatment for women.

SECTION B.20: TRANSGENDER SUPPORT SERVICES

Ark of Refuge, Inc. – Transcending
SEE SECTION B.7: HEALTHCARE SERVICES — PRIMARY HEALTHCARE

The Asylum Program – Lawyer's Committee for Civil Rights
SEE SECTION B.10: LEGAL ASSISTANCE

Center for Special Problems
SEE SECTION B.11: MENTAL HEALTH SERVICES

Central City Hospitality House
SEE SECTION B.7: HEALTHCARE SERVICES — HYGIENE & DROP-IN CENTERS

Community Health Advocacy Project-Bay Area Legal Aid
50 Fell St, San Francisco, CA 94102 • (415) 982-1300
www.baylegal.org/client-services/health-care-access

♥ Community United Against Violence (CUAV)
SEE SECTION B.14: QUEER SUPPORT SERVICES

Dimensions Health Services for LGBTQ Youth
SEE SECTION B.7: HEALTHCARE SERVICES — PRIMARY & URGENT HEALTHCARE

El/La Para TransLatinas (Native American AIDS Project)
(415) 864-7278 • <http://www.myspace.com/ellaparatranslatinas>
el.latgprogram@yahoo.com
Developed for the TransLatina community in and around the Mission District in San Francisco, this agency provides services for the prevention of HIV, counseling, and referrals to other transgender services.

Female to Male International (FTMI)
160 14th St, San Francisco, CA 94103 • (415) 553-5987 • www.ftmi.org
The largest, longest running educational organization serving FTM transgendered people and transsexual men, offering a quarterly FTM newsletter, support groups and meetings, special events and resources.

Gender Diversity Project (GDP)
www.ccsf.edu/Departments/Health_Education_and_Community_Health_Studies/HIV/gdp
Formerly Transgender VOICES Transgender RIGHTS, GDP is a service-learning project of the HIV/STI Prevention Studies at CCSF.

Intersex Society of North America
979 Golf Course Dr, #282, Rohnert Park, CA 94928 • Fax: (801) 348-5350
www.isna.org
A public awareness, education and advocacy organization that works to create a world free of shame, secrecy and unwanted surgery for intersex people. Offers a newsletter, films, information and additional resources.

♥ **Legal Aid Society-Employment Law Center**

SEE SECTION B.10: LEGAL ASSISTANCE

♥ **Lyon-Martin Women's Health Services**

SEE SECTION B.7: HEALTHCARE SERVICES — PRIMARY & URGENT HEALTHCARE

LYRIC (Lavender Youth Recreation and Information Center)

SEE SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

♥ **New Leaf Services for Our Community**

SEE SECTION B.11: MENTAL HEALTH SERVICES

Pacific Center for Human Growth

SEE SECTION B.14: QUEER SUPPORT SERVICES

♥ **St. James Infirmary**

SEE SECTION A.1: INTRODUCTION — ABOUT ST. JAMES INFIRMARY

♥ **Tenderloin Health (Formerly TARC & Continuum)**

SEE SECTION B.8: HIV/AIDS, STI, AND HEPATITIS SERVICES

Tom Waddell Health Center

SEE SECTION B.7: HEALTHCARE SERVICES — PRIMARY & URGENT HEALTHCARE

♥ **Trans:Thrive (API Wellness Center)**

815 Hyde St, 2nd Floor, San Francisco, CA 94109 • (415) 409-4101

www.transthrive.org

A drop-in center by and for the trans community.

Transgender Law Clinic (TLC)

SEE SECTION B.10: LEGAL ASSISTANCE

Walden House-The Transgender Recovery Program

SEE SECTION B.19: SUBSTANCE-USE & TREATMENT SERVICES

SECTION B.21: TRANSPORTATION ASSISTANCE

Department of Motor Vehicles

1377 Fell St, San Francisco, CA 94117 • (800) 777-0133 • www.dmv.ca.gov

Municipal Railway – Regional Transit Discount Cards

2630 Geary Blvd, San Francisco, CA 94115 • (415)923-6070 • Fax: (415) 292-5531

www.sfmta.com

Mon, Tue, Wed: 10:30 am-4:00 pm.

Paratransit Brokers of San Francisco

68 12th St, San Francisco, CA • (415) 351-7000 • www.sfparatransit.com

Paratransit is for people who cannot use fixed-route public transportation because of side effects of living with a disability. Available to persons of all ages and types of disabilities.

Languages: Spanish, Chinese, Vietnamese, Russian, English.

SECTION B.22: UTILITIES ASSISTANCE

AT&T Universal Lifeline Service

San Francisco, CA • (800) 446-5651 • www.att.com

California Public Utilities Commission

505 Van Ness Ave, San Francisco, CA 94102 • (415)703-1170
www.cpuc.ca.gov

Pacific Gas & Electric CARE Program

123 Mission St, San Francisco, CA 94105 • (800)743-5000 • www.pge.com
Provides 20% discount on energy to qualifying low- or fixed- income clients.
Languages: Spanish & English.

Pacific Gas & Electric REACH Program

240 Turk St, San Francisco, CA 94102 • (800) 933-9677 • www.pge.com
A one-time energy relief program, for low-income clients who experience a sudden, unplanned emergency and are unable to make their monthly payment.
Languages: Spanish & English.

B.22

SECTION B.23: VIOLENCE PREVENTION & INTERVENTION SERVICES

Adult Protective Services

San Francisco Department of Public Health (SFPDH)
PO Box 7988, San Francisco, CA 94120 • (415) 557-5230
(800)-814-0009 • www.sfhhsa.org

Asian Perinatal Advocates Family Support Center

SEE SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

Asian Women's Shelter

SEE SECTION B.9: HOUSING ASSISTANCE

Bayview Hunter's Point Foundation

4301 3rd St, San Francisco, CA 94124 • (415) 648-5785 • www.bayviewci.org
A neighborhood-based primary prevention program designed to reduce the incidence of intentional traumatic injury in three neighborhoods. Implements strategies for community mobilization, including the establishment of Neighborhood Youth and Adult Councils, Peace Leadership Education and Violence Prevention Work Projects.

Center for Special Problems

SEE SECTION B.11: MENTAL HEALTH SERVICES

♥ Community United Against Violence (CUAV)

SEE SECTION B.14: QUEER SUPPORT SERVICES

Cooperative Restraining Order Clinic (CROC)

3543 18th St, Box #5, San Francisco, CA 94110 • (415) 864-1790
Appt: (415) 255-0165 • Fax: 415-241-9491 • www.probono.net
Helps women survivors of domestic violence in San Francisco obtain restraining orders against their abusers at the Woman's Building and at Bay Area Legal Aid.

Domestic Violence Anonymous

333 Valencia St, San Francisco, CA 94110 • (415) 681-4850
A 12-step program for women and men who, through shared experience, strength, hope and honesty are recovering from domestic violence.

Donaldina Cameron House

920 Sacramento St, San Francisco, CA 94108 • (415) 781-0401
Fax: (415) 781-0605 • www.cameronhouse.org
The Donaldina Cameron House is a faith based community organization that provides assistance to the youth, adults and families of the Asian community in San Francisco through counseling, peer group support, crisis intervention, leadership development and education. Languages: Cantonese, Mandarin, Shanghainese, Vietnamese and English.

B.23

Fight & Build

371 5th St, San Francisco, CA 94107 • (415) 495-2025
www.fightandbuild.com • info@fightandbuild.org

Director Anne Lundbom offers full and partial scholarships to low-income families and individuals. Free martial arts classes to anyone under the age of 20! Self defense classes. Sensitivity issues for Sex Workers and transgendered folks.

♥ Girl Army

103 International Blvd, Oakland, CA 94606 • (510) 496-3443 • www.girlarmy.org
girlarmy@lists.riseup.net

Provides sliding scale self defense training for women and transgenders of all cultural backgrounds.

♥ Impact Bay Area (formerly Bay Area Model Mugging -BAMM)

1724 Mandela Pkwy, Suite 1, Oakland, CA 94607 • (510) 208-0474

Fax: (510) 208-0475 • www.impactbayarea.org • info@impactbayarea.org
Teaches "Impact", a unique form of self-defense for mind, body and voice.

♥ La Casa De Las Madres

1850 Mission St, Suite B, San Francisco, CA 94103 • (415) 503-0500
Adult crisis line: (877) 503-1850 • Teen crisis line (877) 923-0700
www.lacasa.org • info@lacasa.org

Offers two crisis lines and an emergency residential shelter to women, teens and children survivors of domestic violence, while providing counseling and family-based services and referrals. Languages: English, Spanish, Tagalog, French; also utilizes the "Language Line", if necessary.

Manalive Violence Prevention Programs

3338 17th St, Suite 202, San Francisco, CA 94110 (415) 861-8614
(866) man-a-live • Fax: (415) 861-8621 • Hotline: (415) 924-1070
www.manaliveinternational.org • mmanalive@comcast.net

Manalive Violence Prevention Programs goal is to help men stop their violence and recruit successful graduates of their programs to become community violence prevention and restoration activists.

MOVE – Men Overcoming Violence Youth Program

1385 Mission St, Suite 300, San Francisco, CA 94103 • (415) 626-6683 (ext 310)
Fax: (415) 626-6704 • www.menovercomingviolence.org • move@slip.net

Provides comprehensive intervention and prevention through wrap-around services and accountability strategies for young male batterers and perpetrators of domestic violence, many of whom also have been victims of domestic violence in the past.

National Domestic Violence Hotline

24-hr crisis line: (877) 799-7233 • TTY: (800) 787-3224 • www.ndvh.org
Provides crisis intervention and information about domestic violence and referrals to local service providers to victims of domestic violence (or those calling on their behalf).

P.O.C.O.V.I.

474 Valencia St, Suite 150, San Francisco, CA 94103 • (415) 552-1361

Crisis: (415) 244-6904 • Fax: (415) 552-1361 • pocovi@msn.com
Provides peer support and counseling classes, in Spanish, for men (particularly Latinos) who are batterers, to help stop the cycle of violence. Mon-Fri 1-4:30 pm.

♥ Riley Center

SEE SECTION B.11: MENTAL HEALTH SERVICES

SAGE Project

SEE SECTION B.15: SEX WORKER ADVOCATES & ORGANIZATIONS: BAY AREA

San Francisco District Attorney's Office – Family Violence Project

850 Bryant St, Rm 320, San Francisco, CA 94103 • (415) 553-1865

Fax: (415) 553-1034

Provides advocacy within the criminal justice system for victims; training for criminal justice personnel and community outreach and education.

♥ San Francisco District Attorney's Office – Victim services

850 Bryant St, Rm 320, San Francisco, CA 94103 • (415) 553-9044

Fax: (415) 553-1034

Provides legal advocacy, crisis intervention, emergency assistance, orientation to the criminal justice system, court accompaniment, victim impact statement assistance, resources and referrals, assistance with victim compensation applications, case-status disposition and follow-up counseling. Anyone who is a victim of a violent crime may access services. Languages: Spanish, Cantonese, Mandarin, Vietnamese, Cambodian, Italian, Russian, Armenian, English.

San Francisco Night Ministry

1031 Franklin St, San Francisco, CA 94109 • (415) 441-0123

www.nightministry.com • sfnightministry@aol.com

Volunteers provide counseling and referral services for anyone in crisis from 10:00 p.m. to 4:00 a.m. (utreach in the downtown areas of SF, and are willing to travel.

San Francisco Police Department (SFPD) Crimes Against Prostitutes Unit (Sex Crimes)

SEE SECTION B.13: POLICE INFORMATION

San Francisco School of Circus Arts

755 Frederick, San Francisco, CA 94117 • (415) 759-8123 • www.circuscenter.org
info@circuscenter.org

Offers a program called "Aviatrix" for women who have experienced violence in their lives; the class provides training in basic circus skills and clowning to help participants in their recovery process.

♥ San Francisco Women Against Rape (SFWAR)

3543 18th St #7, San Francisco, CA 94110 • (415) 861-2024 • Fax: (415) 861-2092

Crisis: (415) 647-RAPE (7273) • www.sfwar.org • info@sfwar.org

SFWAR offers direct services to support survivors of rape and sexual assault, their friends and family members in the form of a 24-hour crisis line, medical & legal advocacy as well as counseling. Provides adult and teen prevention and education in the form presentations, community outreach and in written materials. Services available in a variety of languages.

Shalom Bayit

3543 18th St #10, San Francisco, CA 94110 • (510) 451-8874

(866) SHALOM-7 • www.shalom-bayit.org • info@shalom-bayit.org

A grassroots organization dedicated to empowering Jewish women survivors of domestic violence; educating the Jewish community; and promoting Jewish issues with the domestic violence movement.

Sojourner Truth Foster Family Service Agency

SEE SECTION B.1: CHILDREN, YOUTH, AND FAMILY SERVICES

Survivors of Incest Anonymous – Bay Area Group

www.siaawso.org • www.sia.fabglitter.org

Trauma Recovery & Rape Treatment Center

2727 Mariposa St, Suite 100, San Francisco, CA 94110 • (415) 437-3000

Fax: (415) 437-3050 • traumarecoverycenter.org

They provide culturally sensitive medical and mental-healthcare for adults who have experienced traumatic events/injuries in their lives.

Mon-Fri, 8 am-5 pm (Tues evenings until 7 pm).

W.O.M.A.N., Inc. (Women Organized to Make Abuse Nonexistent, Inc.)

333 Valencia St, Suite 450, San Francisco, CA 94103 • (415) 864-4777

Crisis: (415) 864-4722 • (877) 384-3578 • Fax: (415) 864-1082

www.womaninc.org

A community-based, multi-service, bi-lingual organization serving female survivors of domestic violence in the Bay Area. Provide a 24-hour crisis line, legal assistance, individual and group counseling, community education and outreach, a Latina program, and a domestic violence program for lesbians.

♥ Women Defending Ourselves

PO Box 61124, Palo Alto, CA 94306 • (510) 601-0141 • (415) 289-7944

wdo@wdo.org

Offers self-defense classes to women and girls throughout the Bay Area.

SECTION B.24: VISION SERVICES

American Foundation for the Blind

50 California St, San Francisco, CA 94111 • (415) 392-4845 • (800) 232-5463

Fax: (415) 392-0383 • www.afb.org

Provides information and referrals for local/state/national agencies and organization serving persons who are blind or visually impaired. Services are free. Sign language. Wheelchair accessible. Mon-Fri, 8:30 am-4:30 pm.

California Pacific Medical Center (CPMC) – Eye Clinic

2333 Clay St, San Francisco, CA 94111 • (415) 600-3901 • www.cpmc.org

Provides comprehensive diagnostic and therapeutic services for eye problems including: cataract surgery, retina detachment repair, glaucoma filtering surgery, blepharoplasty, strabismus repair, and corneal transplantation. Glasses and contacts are not dispensed.

California Telephone Access Program (CTAP)

(800) 806-1191 • TTY: (800) 889-3974 • Fax: (800) 704-4636 • www.ddtp.org

Pacific Bell provides telephone equipment and services for individuals who are vision or hearing impaired or disabled. Languages: Spanish, Sign Language. Wheelchair/restroom accessible. Mon-Fri, 7 am-6 pm; Sun, 9 am-4 pm.

Rose Resnick Lighthouse for the Blind and Visually Impaired

214 Van Ness Ave, San Francisco, CA 94102 • (415) 431-1481

TTY: (415) 431-4572 • Fax: (415) 863-7568 • www.lighthouse-sf.org

Offers adjustment services for people who are losing or have lost their vision; an adult education and recreation program that includes adult classes, a circulating Braille library and referrals for counseling. Provides orientation and teaches independent living skills, and has a technology center and computer classes. Languages: Spanish, Tagalog, Sign Language, English. Mon-Fri, 9 am-5 pm.

San Francisco General Hospital-Eye Clinic

1001 Potrero Ave, 4th Floor, M21, San Francisco, CA 94110 • (415) 206-8000

Appts: (415) 206-4420 • (415) 206-8677 • Fax: (415) 206-3842

www.sfgghed.ucsf.edu

Provides eye exams and prescriptions for glasses, but does not make glasses. Services include eye surgery and glaucoma/cataracts assistance. Accepts referrals for free eyeglasses for homeless patients after approval by Social Services. Fees on sliding scale. Languages: Spanish, Cantonese, Tagalog, Vietnamese, Russian, English. Mon-Fri, 8:30 am-6 pm (closed 12-1 pm).

SECTION B.25: INDEX OF AGENCIES

24-Hour Suicide Prevention, 223
3rd Street Youth Clinic, 203

A Man's Place, 211, 256
A Miner Miracle, 185
A Woman's Place, 196, 211, 256
Academy of Art College 178
Access Helpline, 223
ACLU of Northern California, 228
Action for REACH OUT, 246
Acupressure Institute, 178
Acupuncture & Integrative Medicine College, Berkeley, 178, 194
Adolescent Health Working Group, 19
Adult Children of Alcoholics, 256
Adult Protective Services, 267
African Immigrant & Refugees Resource Center, 217
AIDS Emergency Fund, 203
AIDS Health Project, 203
AIDS Hotline, 203
AIDS Legal Referral Panel, 203, 217
AIDS Project East Bay, 203
AIM (Adult Industry Medical) Health Care Foundation, 204, 237
Alameda County Bar Association, 217
Al-Anon/Alateen, 256
Alcoholics Anonymous Central Office, 256
All Saints' Episcopal Church, 190
Allen Temple Health & Social Services Ministries, 254
Alliant International University/California School of Professional Psychology, 178
Alternative Family Institute , 223
American Cancer Society, 197
American Civil Liberties Union (ACLU of Northern California), 217
American College of Traditional Chinese Medicine, 178, 194
American Diabetes Association, 197
American Foundation for the Blind, 271
American Heart Association, 197
American Red Cross, 197
Ammar, 243
Annie Sprinkle, Dr., 234
API Legal Outreach (Asian Pacific Islander), 217
Ark of Refuge, Inc. – Transcending, 263
Ark of Refuge, Inc., 198, 211
Arriba Juntos, 185
Art Institute of California – San Francisco, 178
Asia Pacific Network of Sex Workers (APNSW), 242
Asian American Recovery Services, 256
Asian Health Services, 198, 204
Asian Law Caucus, 217

Asian Pacific Islander Wellness Center, 198, 204
 Asian Perinatal Advocates Family Support Centers, 169, 267
 Asian Women's Shelter, 211, 267
 Asociación en PRO Apoyo a Servidores (APROASE A.C.), 249
 Aspasie, 252
 Assembly Member Tom Ammiano (13th District), 217
 Associacao de Prostitutas do Estado de Rio de Janeiro, 244
 At the Crossroads, 169
 AT&T Universal Lifeline Service, 266
 Aurora Dawn Foundation Marty's Place, 211
 AYPIN (Association of Positive Youths Living with HIV/AIDS in Nigeria), 251

BAART/FACET – Bay Area Addiction Research & Treatment, 256
 Baker Places, Inc., 211, 257
 Balboa Teen Health Center, 198
 Bar Association of San Francisco – Volunteer Legal Services Program, 217
 Bay Area Lawyers for Individual Freedom (BALIF), 218
 Bay Area Legal Aid East Bay, 218
 Bay Area Legal Aid North Bay, 218
 Bay Area Legal Aid Peninsula, 218
 Bay Area Legal Aid San Francisco, 218
 Bay Area Legal Aid South Bay, 218
 Bay Area Perinatal AIDS Center (BAPAC) – University of California at San Francisco (UCSF), 169, 198
 Bay Area Women's & Children's Center, 169
 Bay Area Young Positives, 169, 204
 Bay Area Youth Agency Consortium (BAYAC), 169
 BAYSWAN (Bay Area Sex Worker Advocacy Network), 234
 Bayview Business Resource Center, 185
 Bayview-Hunter's Point Foundation HIV/AIDS & Emotional Support Unit, 204
 Bayview-Hunter's Point Foundation, 267
 Bayview-Hunter's Point Foundation, Methadone Maintenance Program, 258
 Bayview-Hunter's Point Multi-service Drop-in Facility, 190, 196, 211
 Beratungsstelle für Migrantinnen Hurenselbsthilfe, 247
 Berkeley City College, 178
 Berkeley Copwatch, 228
 Berkeley Free Clinic, 198
 Bernal Heights Neighborhood Center, 198
 Best Practices Policy Project (BPPP), 237
 Black Coalition on AIDS (BCA), 204, 211, 230
 Body Electric School – Massage, 178
 Body.com, The, 204
 Bound Not Gagged, 236
 BSLP, 258

C.O.Y.O.T.E. (Call Off Your Old Tired Ethics), 234
 C.O.Y.O.T.E.-L.A., 237
 Cabiria, 247
 Cabrillo College, 178
 Caduceus Outreach Services, 223
 California College of the Arts, 178

California Counseling Institute, 223
 California Culinary Academy, 178
 California Department of Fair Employment & Housing, 211
 California Department of Public Health Office of Viral Hepatitis Prevention Program, 204
 California Department of Rehabilitation, 185
 California Employment Development Department – Career Link, 185
 California Hepatitis Alliance, 205
 California Institute of Integral Studies (CIIS), 178, 223
 California Lawyers for the Arts, 218
 California Pacific Medical Center (CPMC) – Eye Clinic, 271
 California Pacific Medical Center (CPMC), 198
 California Public Utilities Commission, 266
 California State University, 179
 California Student Aid Commission, 179
 California Telephone Access Program (CTAP), 271
 California Youth Crisis Line, 170
 CAL-PEP, 205, 234
 CalWorks – San Francisco Department of Human Services, 189
 Cameron House, 170
 Cañada Community College, 179
 Cannabis Clubs Directory – San Francisco, 194
 Care Through Touch Institute, 194
 Career Resources Development Center (CRDC), 185
 Caribbean Vulnerable Communities, 249
 Casa Segura – The Safe House, 258
 Castro-Mission Health Center, 198
 Catholic Charities of San Francisco, 205
 Catholic Charities Peter Claver Community Center, 211
 Center for Special Problems – Offender Services, 228
 Center for Special Problems, 223, 263, 267
 Center for Young Women's Development, 170
 Central City Hospitality House, 179, 194, 196, 211, 254, 255, 263
 Central City SRO Collaborative, 211
 Chabot College, 179
 Chemical Awareness & Treatment Services (CATS), 258
 Chi Nei Tsang Institute for Healing Within, 194
 Chicago Recovery Alliance, 238
 Child & Adolescent Sexual Abuse Resource Center – SF Child Abuse Council (CASRC), 171
 Child-Abuse Prevention Program, 171
 Children's Health Center, 170
 Children's Protective Services (CPS) – Emergency Hotline, 170
 Children's Council of San Francisco, 170
 Chinatown Child Development Center, 170
 Chinatown Community Development Center, 212
 Chinatown Public Health Center, 176, 198, 205
 Chinatown Youth Center, 171
 Chinatown/North Beach Mental Health Services, 223
 Chinese Medicine Treatment Resources, 205
 Citiwide Harm Reduction, 239

City Clinic/San Francisco City Clinic, 199, 205
 City College of San Francisco, 179
 City Team Ministries, 190
 City TEAM Work Transitional Shelter, 212
 Clinical Trials, 205
 Coalition for the Rights of Sex Workers (Montreal Coalition), 242
 Coalition on Homelessness, 212
 Cocaine Anonymous, 258
 Cole Street Youth Clinic, 171
 Colectivo Hetaira, 252
 Collective of Sex Workers & Supporters (COSWAS), 252
 College of Alameda, 179
 College of Marin, 179
 College of San Mateo, 179
 Commercial Sex Information Service (CSIS), 242, 244
 Commission on Aging, 218
 Commission on the Status of Women, 218
 Community Counseling Service, 224
 Community Educational Services, 185
 Community Health Advocacy Project-Bay Area Legal Aid, 263
 Community Health Network (SFDPH), 199
 Community Housing Partnership, 212
 Community United Against Violence (CUAV), 218, 230, 263, 267
 Compass Community Services, 212
 Compass Point Nonprofit Services, 180
 Comprehensive Child Crisis Services, 171
 Conard House, 224
 Congresswoman Nancy Pelosi, 218
 Connecting Point, 212
 Consumer Credit Counseling Service, 189
 Contra Costa Community College, 180
 Cooperative Restraining Order Clinic (CROC), 267
 Council for Prostitution Alternatives, 239
 Creativity Explored SF, 254
 Cruz Roja Juventud, 252
 Curry Senior Center, 190, 199
 Cyprian Guild, 234

Danaya So, 249
 DanceSafe, 258
 Dancing Doula Birth Services, 171, 194
 DangerZone 411, 236
 Davida, 244
 Davies Medical Center, 199
 De Rode Draad European Network Male Prostitution, 250
 DeFrank Youth – Billy deFrank LGBT Center, 230
 Delancey Street Foundation, 186, 258
 Denti-Cal, 176
 Department of Fair Employment & Housing, 218
 Department of Industrial Relations – State Labor Commission, 186
 Department of Industrial Relations San Francisco (CAL-OSHA), 186

Department of Motor Vehicles (DMV), 265
 Desiree Alliance, 236
 DhamiBoo Reiki Practice & Teaching, 194
 Diablo Valley College, 180
 Diamond Youth Shelter, 171, 196, 212
 Different Avenues, 237
 Dignity/San Francisco, 230
 Dimensions Health Services for LGBTQ Youth, 194, 196, 230, 263
 DISA Sexual Reproductive Health Clinic, 251
 Disability Evaluation Assistance Program-Tom Waddell Health Center, 189
 Dolores Street Community Services, 206, 212, 254
 Domestic Violence Anonymous, 267
 Dominican University of California, 180
 Donaldina Cameron House, 267
 Dore Urgent Care Center (DUCC), 224
 Durbar Mahila Samanwaya Committee (DMSC), 248

East Bay Community Recovery Project (EBCRP) – Project Pride, 206, 258
 El Ambiente/AGUILAS, 206
 El/La Para TransLatinas (Native American AIDS Project), 263
 Employment Development Department Job Search Center, 186
 Employment Law Center Legal Aid Society, 219
 Empower Foundation (Education Means Protection of Women Engaged in Re-creation), 252
 English Collective of Prostitutes, 246
 Entr’Acte, 247
 Entre 2, 244
 Epiphany Center for Families in Recovery, 258
 Episcopal Community Services, 212
 Equal Employment Opportunity Commission (EEOC), 186, 219
 Equal Rights Advocates, Inc., 219
 Erotic Service Providers Union (ESPU), 234
 Evergreen Valley College, 180
 Eviction Defense Collaborative, 213, 219
 Exhale, 224
 Exotic Dancers Alliance (EDA), 234
 Exotic Dancers Union, SEIU Local 790, 234

Fair Employment & Housing Commission, 219
 Family Link, 213
 Family Service Agency of San Francisco, 172, 199, 213, 254
 Fashion Institute of Design & Merchandising, 180
 Father Francis Homeless Project, 190
 Female to Male International (FTMI), 263
 Feminists Advocating for Rights & Equality for Sex Workers – FIRST, 244
 Fight & Build, 268
 First AME Zion Church, 190
 First Friendship Institutional Baptist Church, 190
 Food Not Bombs, 190
 Foothill-De Anza College, 180
 Forensic AIDS Project, 206

Foundation Center, 180
 Freedom from Alcohol & Drugs, 213, 258
 Friendship Banquet – St Mark’s Lutheran Church, 191
 Friendship House Association of American Indians, 213, 258
 FROST’D (Foundation for Research on Sexually Transmitted Diseases, Inc.), 239

Gay & Lesbian Medical Association, 230
 GAYa NUSANTARA, 249
 Gender Diversity Project (GDP), 263
 Gender Project Community Law Centre, 251
 General Assistance Advocacy Project (GAAP), 189
 Girl Army, 268
 GLAAD – Gay & Lesbians Alliance Against Defamation, 230
 GLBT Studies Dept – Queer Resource Center (@City College of SF), 231
 Glide Memorial – Extended Family Recovery Program, 258
 Glide Memorial – Health Clinic, 172, 194, 199
 Glide Memorial – Training & Employment Services, 186
 Glide Memorial Church, 191, 254
 Glide-Goodlett HIV/AIDS Project, 206
 Global Network of Sex Work Projects (NSWP), 242
 Golden Gate Community, Inc. (New Door Ventures), 172
 Golden Gate for Seniors, 258
 Golden Gate University, 180
 Golden Monkey Acupuncture, 195
 Goodwill Industries, 186
 Grupo de Trabajo Sexual, 252

H.I.P.S – Helping Individual Prostitutes Survive, 237
 Haight-Ashbury Food Program – Job Training, 186
 Haight-Ashbury Free Clinic, 199, 259
 Haight-Ashbury Psychological, 224
 Haight-Ashbury Youth Outreach Team (HAYOT), 172
 Hamilton Family Center, 213
 HAPS HIV Testing (San Francisco General Hospital), 206
 Harbor Light Detox Center (Salvation Army), 259
 Harm Reduction Coalition (HRC), 259
 Harm Reduction Therapy Center, 259
 Hastings Law School – University of California, 180
 Health Initiatives for Youth, 172
 Healthy Families Program – Alameda Alliance for Health, 199
 Helplink Immigrant Assistance Line, 219
 Helplink, 186, 213
 Henry Ohloff House, 259
 Hepatitis C Support Project, 206
 Hepatitis Foundation, 206
 Hermanos de Luna y Sol (MNHC/UCSF- Clínica Esperanza), 207
 Highland Hospital Department of Dental & Oral Surgery, 176
 HIRE (Hooking is Real Employment), 238
 HIV Consumer Rights Advocacy Project, 207
 HIV Prevention Project Needle Exchanges –
 HPP (San Francisco AIDS Foundation), 227

HIV/Hepatitis C in Prison (HIP) Committee, 207
 Home Alive, 240
 Homeless Advocacy Project (HAP) – Bar Association of San Francisco, 213
 Homeless Children’s Network (HCN), 214
 Homeless Prenatal Program, 214
 Homeless Youth Alliance (HYA), 172, 227
 HOOK (Hustlers Out on Kapitalism), 234
 Horizons Unlimited of San Francisco, Inc., 173, 254
 Hospice by the Bay, 200, 214
 Housing Rights Committee of San Francisco, 214
 Huckleberry House Youth Program, 173
 Hurenselbsthilfe Saarbrücken e. V., 247
 Hyde Street Community Services /Tenderloin Outpatient Clinic, 224
 HYDRA e.V., 247

ICRSE (International Committee on the Rights of Sex Workers in Europe), 250
 Idriss Stelley Foundation, 228
 Iglesia Bautista Balboa Eben-Ezer (ULJAD), 191
 Iglesia Latina Americana de las Adventistas 7 Dia, 191
 IGLHRC – International Gay & Lesbian Human Rights Commission, 231
 Immigrant Legal Resource Center, 219
 Immune Enhancement Project (IEP), 195
 Impact Bay Area (formerly Bay Area Model Mugging, BAMB), 268
 Independent Living Resource Center, 254
 Institute for Advanced Study of Human Sexuality, 180
 Institute for Community Health Outreach – Nia Project, Early Intervention Project,
 Action Point II, 180
 Institute for Community Health Outreach, 180
 Instituto Familiar de la Raza, 173, 219
 International Committee on the Rights of Sex Workers, 242
 International Gay & Lesbian Human Rights Commission (IGLHRC), 214
 International Sex Worker Foundation for Art, Culture, & Education, 242
 International Union of Sex Workers, 246
 International Visitor Leadership Program (Formerly International Diplomacy
 Council), 219
 Intersex Society of North America, 263
 Iris Center, 207, 259, 224
 Isis Clinic, 200, 260
 ISWFACE (International Sex Worker Foundation for Art, Culture & Education), 237
 IWICC (Ionie Whorms Inner-City Counseling Centre), 249

Jamaica Forums for Lesbians, All-Sexuals & Gays (J-FLAG), 249
 Jean Shelton Acting School, 180
 Jelani Inc., 260
 Jewish Family & Children’s Services, 173
 Jewish Vocational Services (JVS), 187
 Job Corps Admissions for Women, 187
 JobStar San Francisco, 187
 Joe Healy Medical Detoxification, 260
 John F. Kennedy University, 180
 Justice Now (Network on Women), 219

KAIROS Counseling Program of Shanti, 255
Kaiser Permanente, 200
Kassandra, 248

La Casa De Las Madres, 268
La Clinica del Pueblo, 237
La Raza Centro Legal, 219
Laney Community College, 180
Langley Porter Psychiatric Hospital – UCSF, 225
Larkin Street Youth Center, 173, 231
Las Positas College, 181
Latino Commission, 260
Latino Family Center, 200
Lavender Youth Recreation & Information Center (LYRIC), 173, 231, 264
Law Office of Elizabeth D. Long, 220
Law Office of John Lee, 220
Law Office of Michael Stephanian, 220
Law Office of Tony Serra, 220
Lawyers Committee for Civil Rights SF – The Asylum Program, 220, 263
LEFO – Counseling, Education & Support for Migrant Women, 243
Legal Aid Society – Employment Law Center, 187, 220, 264
Legal Services for Children, Inc., 220
Legal Services for Prisoners with Children, 220
Lentera – PKBI-DIY, 249
Les Putes, 252
Lesbian, Gay, Bi-sexual, Transgender (LGBT) Community Center, 231
Lighthouse Youth Program – Lighthouse Community Center, 231
Lincoln University, 181
Linea Nocturna, 207
London Centre for Personal Safety – Praed Street Project, 246
Los Medanos College, 181
Lyon-Martin Women’s Health Services, 200, 230, 264

Macedonia Missionary Baptist Church, 191
Madonna, 248
Magdalene Meretrix, 238
Magenta Sex Worker Project, 243
Maggie’s Toronto Prostitutes’ Safe Sex Project, 245
Magnet, 207, 231
Maitri, 214
Make-A-Wish Foundation, 173
Manalife Violence Prevention Programs, 268
Manchester Action on Street Health, 246
Marijuana Anonymous, 260
Marin AIDS Project, 207
Marin Services for Women, 260
Marina Counseling Center, 225
Maxine Hall Health Center (SFDPH), 200
Mazzoni Center-LGBT Health & Well-Being, 240
McKinnon Institute of Professional Massage & Body Work, 181
McMillan/Fell Drop-In Center, 260

Meals on Wheels of San Francisco, 191
Media Alliance, 181
MediaLink – Bay Area Video Coalition, 187
Mental Health Association (MHA) San Francisco, 225
Merritt College, 181
Metropolitan Community Church (MCC), 231
Mills College, 181
Miluska Vida y Dignidad, 251
Miss Marty’s School of Beauty & Hair Styling, 181
Missingpeople.net, 242
Mission College, 181
Mission Counsel on Alcohol Abuse for the Spanish Speaking, 260
Mission Housing Development Corporation, 214
Mission Neighborhood Health Center – Latinos en Extasis Youth Program, 174
Mission Neighborhood Health Center, 174, 200, 207
Mission Neighborhood Resource Center (MNRC), 196, 214, 255
Missionaries of Charity, 191
Mobile Crisis, 225
Mobilization Against AIDS, 207
MOVE – Men Overcoming Violence Youth Program, 268
Mujer, 247
Multnomah County Health Department, 239
Municipal Railway – Regional Transit Discount Cards, 265
My Pinkbook, 236

Naked Truth Online SW Community, The, 242
NAMI – San Francisco (National Alliance on Mental Illness)
Family Service Agency, 225
Napa Valley College, 181
Nar-Anon, 260
Narcotics Anonymous, 260
NASEN – North American Syringe Exchange Network, 240
National Center for Lesbian Rights, 220, 231
National Center for Youth Law (NCYL), 220
National Domestic Violence Hotline, 268
National Hispanic University, 181
National Holistic Institute School of Massage, 181
National Labor Relations Board (NLRB), 221
National Women’s Political Caucus, 221
Native American AIDS Project, 208
Native American Health Center, 200
Natural Resources Labor Assistant (Doula) Training Program, 181
Needle Exchange Listing for Portland/Vancouver, 240
Network of Sex Work Projects – North America, 236
Network of Sex Work Projects – UK, 247
Network of Sex Work Projects, 251
New Beginnings, 214
New College of California, 181
New Generation Health Center (NGHC), 174, 200, 225
New Leaf Services for Our Community, 225, 231, 255, 261, 264
New Zealand Prostitutes Collective (NZPC), 250

Nightline – HIV Support Counseling, 208
 Nitribitt, 248
 NNEWI (Action Group on Adolescent Health), 251
 North American Task Force on Prostitution (NTFP), 239
 North East Medical Services, 176, 208
 North Peninsula Dining Center, 191
 Northwest Network of Bisexual, Transgender, Lesbian & Gay Survivors of Abuse, 214
 Notre Dame de Namur University, 182

 Oakland Institute of Automotive Technology, 182
 OASIS Clinic, 208
 Ocean Park Health Center, 176, 200
 Office of Citizen Complaints, 228
 OMI Family Center, 225
 Opiate Treatment Outpatient Program, 260
 Our Family Coalition, 232
 OutLoud Radio, 232
 Outsiders (For disabled people), 247
 Overeaters Anonymous, 191

 P.O.C.O.V.I., 269
 Pacific Academy of Homeopathy, 182
 Pacific Center for Human Growth, 232, 264
 Pacific Gas & Electric CARE Program, 266
 Pacific Gas & Electric REACH Program, 266
 Pacific Graduate School of Psychology, 182
 Pacific Union College, 182
 Page Street Baptist Center Living Room, 191
 Palm Avenue Detox, 261
 Paratransit Brokers of San Francisco, 265
 Partner Counseling & Referral Services (SFDPH), 208
 Paulo Longo Research Initiative, 248
 People United for a Better Oakland (PUEBLO), 228
 Peralta Community Colleges, 182
 Pets Are Wonderful Support (PAWS), 208
 PFLAG – Parents, Families & Friends of Lesbians & Gays, 232
 PGSP (Pacific Graduate School of Psychology) Kurt & Barbara Gronowski Clinic, 225
 Phoenix e. V, 248
 Pinhurst Lodge Women's Treatment, 261
 Pink Triangle Foundation, 249
 PIVOT Legal Society, 245
 Planned Parenthood, 200, 229
 Pomegranate Clinic, 195
 Portland Bad Date Line-Outside In Needle Exchange, 240
 Positive Images, 232
 Positive Resource Center, 189, 208
 Potrero Hill Health Center, 176, 201
 Prevention Point Philadelphia, 240
 Progress Foundation, 226

Project Ninety (P-90), 261
 Project Open Hand, 191
 Project Outlet, 232
 Project Read Adult Literacy Program, 182
 Project SAFE – Advocacy & Empowerment for Women in the Sex Industry, 240
 Prostitute Education Network, 235
 Prostitutes Collective of Victoria (PCV), 243
 Prostitutes of New York (PONY), 239
 Prostitutes of Ottawa – POWER, 245
 Prostitution Alternatives Counseling & Education Society (PACE), 245
 Prostitution Information Centre (PIC), 250
 Providence Baptist Church, 192

Q Action – Stop AIDS Project, 174
 Quan Yin Healing Arts Center, 195

Raphael House, 214
 Red De Trabajadoras Sexuales De Latinoamerica y El Caribe, 243
 Redwood Center, 261
 Renaissance Entrepreneurship Center, 187
 Resourcing Health & Education in the Sex Industry (Rhed), 243
 Richmond Area Multi-Services (RAMS), 226
 Riley Center, 215, 269
 Roaddawgz, 174, 255
 Rose Resnick Lighthouse for the Blind & Visually Impaired, 246
 Rose-Alliance Sweden, 252
 Roskoz Bez Rizika (Bliss Without Risk), 246

Safe House, 215, 261
 SAGE Project, 195, 235, 261, 269
 Salvation Army – Adult Rehabilitation Center, 261
 Samuel Merritt College School of Nursing, Physical & Occupational Therapy, 182
 San Francisco Adult Viral Hepatitis Resource Guide, 208
 San Francisco AIDS Foundation-HPP NEX Site, 208, 227
 San Francisco Art Institute, 182
 San Francisco Bay Counseling, 226
 San Francisco Board of Supervisors (As of July 2010), 221
 San Francisco Chamber of Commerce – Job Forum, 188
 San Francisco City Clinic, 199, 205
 San Francisco Conservatory of Music, 182
 San Francisco Dental Society Hotline, 176
 San Francisco Department of Building Inspection, 215
 San Francisco Department of Human Services, 192
 San Francisco Department of Public Health AIDS Office/
 HIV Prevention Section, 208
 San Francisco District Attorney's Office – Victim Services, 269
 San Francisco District Attorney's Office – Family Violence Project, 269
 San Francisco Food Bank Emergency Food Box Program, 192
 San Francisco Free Clinic, 208
 San Francisco General Hospital – Eye Clinic, 271
 San Francisco General Hospital (SFGH), 201

San Francisco Hepatitis B Collaborative, 209
 San Francisco Housing Authority, 215
 San Francisco Housing Development Corporation (SFHDC), 215
 San Francisco Human Rights Commission, 215, 221
 San Francisco Independent Living Skills Program, 255
 San Francisco Institute of Architecture & Ecological Design, 182
 San Francisco Labor Council AFL-CIO, 188
 San Francisco Lock School, 182
 San Francisco Mayor's Office, 221
 San Francisco Medical Society, 209
 San Francisco Night Ministry, 269
 San Francisco One Stop Career Centers, 188
 San Francisco Police Department (SFPD) Crimes Against Prostitutes Unit (Sex Crimes), 228, 269
 San Francisco Police Department (SFPD), 228, 229, 269
 San Francisco Pretrial Diversion Project, 221, 229
 San Francisco Public Defender's Office, 221
 San Francisco Rent Board, 215, 221
 San Francisco Rescue Mission, 192
 San Francisco School of Bartending, 182
 San Francisco School of Circus Arts, 174, 182, 269
 San Francisco School of Massage & Body Work, 183
 San Francisco Sex Information (SFSI), 209
 San Francisco Sheriffs Department, 229
 San Francisco State University, 183
 San Francisco Suicide Prevention, 226
 San Francisco Tenant's Union, 215, 221
 San Francisco VA Medical Center, 201
 San Francisco Women Against Rape (SFWAR), 269
 San Jose City College, 183
 San Jose State University, 183
 San Mateo County Community College District, 183
 San Mateo County General Hospital (SMCGH), 176
 Sangama, 248
 Sangram-Sampada Gramin Mahila Sanstha, 248
 Santa Clara University, 183
 Santa Rosa Junior College, 183
 SBDC New Life Center, 261
 Scarlet Alliance, 243
 Scarlot Harlot, 235
 Scot-PEP, 251
 Secretary of State Debra Bowen, 221
 Self-Help for the Elderly, 215, 255
 Senator Barbara Boxer, 221
 Senator Dianne Feinstein, 222
 Senator Leland Yee, 222
 Sex Professionals of Canada (SPOC), 245
 Sex Work Awareness, 239
 Sex Worker Art Show, 236
 Sex Worker Education & Advocacy Taskforce (SWEAT), 251
 Sex Worker Online Community, 236

Sex Worker Outreach Coalition (SWOC), 240
 Sex Workers Action New York (SWANK), 239
 Sex Workers Forum of Kerala, 248
 Sex Workers Outreach Project (SWOP) – Chicago, 238
 Sex Workers Outreach Project (SWOP) – Las Vegas, 238
 Sex Workers Outreach Project (SWOP) – NYC, 239
 Sex Workers Outreach Project (SWOP) – Tucson, 237
 Sex Workers Outreach Project (SWOP) – Australia, 244
 Sex Workers Outreach Project (SWOP) National – SWOP-USA, 236
 Sex Workers Project – Urban Justice Center, 239
 Sexwork.com, 236
 Shalom Bayit, 270
 Shanghai Leyi (中文), 246
 Shanti Project, 209
 Shelter Plus Care Programs (S+C), 216
 SHIFT, 245
 Silicon Valley College, 183
 Silver Avenue Family Health Center, 177, 201
 Sin City Alternative Professionals' Association (SCAPA), 238
 Sistah's Steppin' in Pride, 232
 Sisters of Perpetual Indulgence, 235
 Skyline Community College, 183
 Small Claims Court, Legal Advisor's Office, 222
 Soa Aids Netherlands, 250
 Social Security Administration, 189
 Sojourner Truth Foster Family Service Agency, 174, 270
 Solano Community College, 183
 Sonoma State University, 183
 South Australian Sex Industry Network (SIN), 244
 South Beach Homeless Resource Center, 197, 209
 South of Market Health Center, 201
 South of Market Mental Health Center, 226
 Southeast Health Center, 176, 201
 Special Programs for Youth, 174
 Speed Project – SF AIDS Foundation, 233, 262
 Spread Magazine, 236
 St. Anthony Foundation Dining Room, 192
 St. Anthony Foundation Free Clothing Program, 197
 St. Anthony Foundation Free Medical Clinic, 201, 225, 261
 St. James Infirmary, 7, 8, 9, 192, 195, 201, 209, 226, 227, 264
 St. John Coltrane AOC, 192
 St. Luke's Women's Center, 174, 255
 St. Luke's Hospital, 201
 St. Luke's Neighborhood Clinic, 201
 St. Martin de Porres, 192, 197
 St. Mary's College, 183
 St. Mary's Medical Center, 201
 St. Peter & Paul Catholic Church, 192
 St. Peter's Housing Committee, 216
 St. Vincent de Paul Society – Multi-Service Center-South (MSC South), 216
 St. Vincent de Paul Society – Ozanam Center, 197, 261

St. Vincent de Paul Society – Vincentia Help Desk, 192
 Stanford University, 183
 STD Checkup, 209
 Stella, 245
 Stepping Stone Association, 245
 Stepping Stone Recovery House, The, 262
 Stimulant Treatment Outpatient Program (STOP), 262
 Stonewall Project, 233, 262
 Stop AIDS Project, 209
 Strange, Santa Cruz Youth Services, 233
 Straps & Grips, 248
 Street Outreach Service, 241
 Street Work Project, 239
 Stripperweb, 237
 Sunset Health Services, 209
 Support Group for Sexual Priestesses, 235
 Suriname Men United, 252
 Surrey Gerlz Outreach & Drop In, 245
 Survivors of Incest Anonymous – Bay Area Group, 270
 SWING Foundation (Service Workers IN Group), 252
 Swords to Plowshares, 216
 Syndicat du Travail Sexuel – STRASS, 247

 T.H.E. Center for Youth, 175
 Tada, 251
 Tais Plus, Kyrgyzstan (SWAN), 242
 TALK LINE Family Support Center – Child Abuse Prevention Program, 175
 TAMPEP International Foundation (Transnational AIDS/STD Prevention Among
 Migrant Prostitutes in Europe Project), 250
 Teen Crisis Line (La Casa de las Madres), 175
 Tenderloin Health (Formerly TARC & Continuum), 210, 227, 264
 Tenderloin Housing Clinic, 216
 Tenderloin Neighborhood Development Corporation (TNDC), 216
 Tenderloin Outpatient Clinic/Hyde Street Community Services, 224
 Third Baptist Church, 193
 TLC Sober Living Houses, 262
 Tom Waddell Health Center, 202, 210, 264
 Trans: Thrive (API Wellness Center), 264
 Transgender Law Clinic (TLC), 222, 264
 Trauma Recovery & Rape Treatment Center, 270
 Travail du Sexe, 243
 Treasure Island Job Corps, 188
 Treatment Access Program (TAP), 262
 Tri-City Health Center, 210
 Twelve Step Programs, 262

 UCSF at Mount Zion -Hepatitis B Clinic, 210
 United Council of Human Services, 193
 United Sex Professional of Finland – SALI, 247
 University of California at Berkeley – Boalt Hall School of Law, 183
 University of California at Berkeley – Graduate Admissions, 184

University of California at Berkeley – Undergraduate Admissions, 184
 University of California at San Francisco (UCSF) – Dental Clinic, 177
 University of California at San Francisco (UCSF) – Family Dental Clinic, 177
 University of California at San Francisco (UCSF) – School of Dentistry, 184
 University of California at San Francisco (UCSF), 202
 University of San Francisco (USF), 184
 University of the Pacific (UOP) – School of Dentistry, 177

 Veteran's Hospital Dental Services, 177
 Vietnamese Youth Development Center (VYDC), 175
 Visual Aid, 255

 W.I.S.E in the ACT (Workers in Sex Employment), 244
 W.O.M.A.N., Inc. (Women Organized to Make Abuse Nonexistent, Inc.), 270
 Waikiki Health Center, 238
 Walden House Adolescent Unit, 175
 Walden House, 226, 264
 Welcome Ministry, 193
 Westside Community Mental Health Center Methadone Program, 262
 Westside Community Mental Health Center Substance-Abuse Services, 262
 Westside Community Mental Health Center, 210, 226
 Westside Crisis Clinic, 226
 Wise Touch Acupressure, 195
 WISH Drop-In Centre Society, 245
 Women Defending Ourselves, 270
 Women in Community Service (WICS), 188
 Women Infants & Children (WIC), 193
 Women's Building, 255
 Women's Community Clinic, 202, 210
 Women's Employment Rights Clinic – Golden Gate University Law Clinics, 188
 Women's Initiative for Self-Employment, 188
 Women's Inner-community AIDS Resource (WIAR), 240
 Women's Network for Unity, 242
 Women's Recovery Association, 262
 WONETHA – Uganda, 253
 Woodhull Freedom Foundation, 238
 Working Men Project, 247
 WORLD (Women Organized to Respond to Life Threatening Disease), 210
 World School of Massage & Holistic Healing Arts, 184

 X:talk, 243

 Young Women's Empowerment Project (YWEP), 238
 Youth Program, 233

 Zen Hospice Project, 195
 Zi Teng, 246

How to Use this Guide

The information throughout the following pages is meant to provide you with helpful tips so that you can make informed choices about your health and well-being. Part A of this guide includes articles written and edited by Sex Workers, SJI staff and experts in specific areas. Part B of the guide contains a list of over 700 organizations that provide services that may be of assistance to you or Sex Workers you know. Referrals include: Social Service referrals and information in the areas of Harm Reduction, Substance Use Counseling and Treatment, Mental Health Counseling and Treatment, Housing Assistance, Transportation Assistance, Child Care Assistance, and Financial Assistance. Legal referrals in the areas of criminal, civil, labor and employment law, public benefits, disability, and family issues are also provided.

Organizations with a ♥ have received In-Service trainings from St. James Infirmary staff and/or collaborated and/or networked with us to provide comprehensive services to Sex Workers. As with any resource guide, fact checking the accuracy of contact information for outside agencies is time consuming. We hope that all of the agencies are represented accurately and respectfully. If your agency is not represented accurately, or if you would like to have a ♥ by your name, please send the updated information or an in-service request via email to: resourceguide@stjamesinfirmary.org

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