



Harris County Sheriff's Office

Mini Blue Book

Personal Medical Resource Guide



January 2022

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If you have questions about the medical care, referrals or other health related information that you received in the county jail, please contact:

Harris County Sheriff's Office
I.D. Clinic - Counselors office

Lydia: 346 286-2665 or 346 286-2458 (Tues/Thurs)

Flores: 346 286-2664

Maria: 346 286-2651

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We have done our best to provide you with accurate information, but changes do occur, and what was correct when we went to print may no longer be correct. Be sure to call and verify that a service is available before going to an agency.

Inclusion in this booklet does not imply endorsement by the Houston Ryan White Planning Council.

Getting Help - What to do First

After release, your first call should be to your case manager or a community service provider to make an appointment to meet with a case manager.

Your case manager will help you to get registered in the client database (CPCDMS). Together you can create a plan to continue your medical care and address other needs like getting an ID, finding shelter, accessing food pantry and transportation.

Don't wait until the last minute to call your case manager for assistance. The case manager is there to answer questions and help you when you aren't sure what to do.

Write the details of your first appointment and the things you'd like to discuss on the next page.

If circumstances beyond your control keep you from going to your first appointment, call as soon as possible to discuss your situation and reschedule the appointment.

My Appointment

Date: _____ **Time:** _____

Where: _____

With: _____

Phone #: _____

Notes: _____

ADAP

AIDS Drug Assistance Program (ADAP)

TOLL FREE: (800) 255-1090

HOURS: M-F, 8am-5pm (except state holidays)

Once you have been released, call ADAP to let them know. It can take several days to get your meds so call as soon as possible. Sometimes they will need more information or a new application. If necessary, a case manager can help you complete the application and make sure it is correct.

Once enrolled, your assigned pharmacy will need your prescriptions and ADAP ID number to order your meds. your meds should be ready for pick up in a few days.

If you have any questions call ADAP or your case manager for assistance.

***If you have health insurance,** the Ryan White Program may be able to pay for your premiums, co-pays and deductibles. Call Legacy Community Health at 832-548-5111, or ask your case manager for assistance.

My Current Meds

You can use this chart to list your current meds and also any drug allergies or reactions that you've had. This will help you when you see the doctor and also when you go to the pharmacy.

Medication	Dosage	For treatment of...
Lipitor EXAMPLE	40mg/1x day	high cholesterol

Drug Allergies/Reactions:

My Lab Work

CD4 or T-cells help protect the body from infection. On a regular basis, your doctor will draw blood to measure the number of T-cells; the higher the number the better.

The viral load test measures how much virus is in your blood. Unlike CD4 count, a low viral load is better. An *undetectable viral load* does **not** mean that the virus is gone, but that there is less in the blood than the test can measure.

Undetectable = Untransmittable (U=U). The CDC has confirmed that persons living with HIV *“who take antiretroviral therapy as prescribed and maintain an undetectable viral load have effectively no risk of sexually transmitting the virus to an HIV-negative partner.”*

Knowing your numbers can help you watch for changes in your health as well as check the impact of any new treatments. Keep in mind that many things including age, gender, stress, medications, and infections can affect your test results.

My Lab Work

Date	Viral Load	CD4/T-cell

Emergency Homeless Services

Covenant House 1111 Lovett Blvd. 713 523-2231

24 hour shelter for youth ages 18-21. METRO 56, 82.
(Located in the Montrose area, not shown on map)

VA McGovern Center 1418 Preston 713 797-2913 ①

Drop-in center for Veterans. Open 7 days, hours vary.
METRO 6, 20, 30, 48, 137; METROrail: Preston.

Salvation Army 1717 Congress 713 752-0677 ②

Supportive shelter for men and veterans. M-F 8am-4:30pm. METRO 20, 30, 48, 137.

The Beacon 1212 Prairie 713 220-9737 ③

Day shelter services. M-F 7:30am-2pm. METRO 6, 11, 51, 52, 137; METROrail: Preston.

Salvation Army 1603 McGowen 713 650-6530

Supportive shelter for women and families. M-F 8am-4:30pm. METRO 11, 64. (Not shown on map)

Star of Hope 1811 Ruiz 713 227-8900 ④

Men's shelter. M-F 8am-3pm. METRO 6, 30, 48.

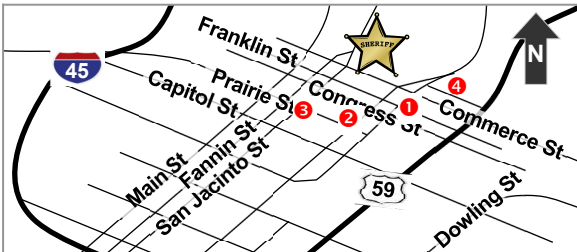
Domestic Violence assistance, shelter, and referrals:

Bay Area Turning Point..... 281 338-7600

Fort Bend County Women's Center.....281 342-4357

Houston Area Women's Center 713 528-2121

Emergency Homeless Services



Coalition for the Homeless

713 739-7514

24 hour information, referrals & crisis management.

Complete a Coordinated Access housing assessment to get on the path to housing. Proof of homelessness required. This is not a voucher program. Intake M-F 9am-1pm: ca@homelesshouston.org or 832 531-6041.

Harris Center 24 Hour Crisis Hotline:

713 970-7070

Assistance and referrals for anyone with an urgent mental health crisis. Press option 1. Text line: 832 479-2135.

Employment Resources

Being productive and active is important for your mental health and financial well being. There are many agencies that offer job readiness, skills training and employment placement. Some can provide you with clothes for going to interviews and work, bus cards, access to a computer, phone, fax and more.

If you are able to work, you will benefit from a steady paycheck, possible health insurance and more choices.

Career and Recovery Resources	713 754-7095
Cypress Assistance Ministries	281 955-5895
Goodwill Job Connection Center	713 590-3123
Humble Area Assistance Ministries	281 446-3663
Memorial Assistance Ministries	713 468-4516
SER-Jobs for Progress	713 773-6000
W Houston Assistance Ministries	832 252-7748
WorkFaith Connection	713 984-9611
Workforce Solutions	1-888-469-JOBS

My Appointment

Date: _____

Time: _____

See page _____ for
address, map and
bus routes.

Where: _____

With: _____

Phone #: _____

Notes: _____

Hepatitis C Testing

Hepatitis C (HCV) is spread through blood to blood contact, such as sharing needles for tattoos, body piercing or injecting drugs, or renal dialysis. There is a small risk of transmission during sex, sharing razors, nail clippers or toothbrushes. You cannot get it from urine, sweat, or casual contact.

There is a vaccine available for Hepatitis A and B but not for Hepatitis C. A special blood test is the only way to tell if you have contracted HCV.

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St. Luke's Liver Health Outreach800-64-LIVER

6620 Main Street, Suite 1505; Houston 77030

Free testing for Hepatitis B and C, clinical trials, treatment information and resources.

My Appointment

Date: _____

Time: _____

See page _____ for
address, map and
bus routes.

Where: _____

With: _____

Phone #: _____

Notes: _____

HIV and STD Testing

It is very important to talk about safer sex with your partners and ask if they have been tested for HIV and STDs. The only way to know if someone has contracted HIV is to get tested.

If you think you have been exposed to an STD get tested and treated as soon as possible. Having an STD increases your risk of contracting HIV or another STD.

See the next page for information on PrEP for the prevention of HIV.

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PrEP for HIV Prevention

PrEP (pre-exposure prophylaxis) is a way to prevent HIV by taking a pill every day. PrEP was approved by the FDA and is safe and highly effective for preventing HIV when it is taken as prescribed.

The providers listed here can provide resources, information and help accessing PrEP.

For more information about PrEP, go to:

www.cdc.gov/hiv/basics/prep.html

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Montrose Center	Page 42
Planned Parenthood	866 383-3103
St. Hope Foundation	Page 44
Thomas Street Health Center	Page 46

Housing Resources

Housing assistance is available to people with low and moderate incomes, including homeless and disabled persons.

Safe, affordable housing can keep you off the streets, out of shelters and on the road to a better life. Call one of the agencies below or speak to your case manager for information.

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AIDS Foundation Houston **Page 30**

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Catholic Charities **Page 38**

City of Houston HOPWA 713 868-8328

Housing Opportunities for Persons with AIDS: short-term rent, mortgage & utility assistance, community residences. Call for a list of current providers.

Harris Co. Housing Resource Ctr 713 927-4955

Information on programs that provide emergency financial assistance, home repairs, affordable housing, and much more. Call or email HRC@hctx.net to reach a resource navigator.

My Appointment

Date: _____

Time: _____

See page _____ for
address, map and
bus routes.

Where: _____

With: _____

Phone #: _____

Notes: _____

Mental Health Counseling

There are many things that can make you feel alone, depressed, angry or confused. Sometimes help is needed to sort things out.

Individual, couple, family and group counseling is available. Services are often provided free of charge or based on your personal income.

If you need someone to talk to, please contact one of the agencies below or call your case manager for help.

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Harris Center 24 Hr Crisis Hotline 713 970-7070

Nat'l Suicide Prevention Lifeline 800 273-8255

Trevor Project (*specializes in LGBTQI+ youth*)

Call 866 488-7386 or text START to 678678

My Appointment

Date: _____

Time: _____

See page _____ for
address, map and
bus routes.

Where: _____

With: _____

Phone #: _____

Notes: _____

Substance Use Treatment

When living with a chronic illness, the use of alcohol and drugs can weaken the body. There is help for anyone who wants to become or stay alcohol or drug free. Services are often free of charge or based on your personal income.

Contact one of the agencies below for more information or call your case manager for help to find the best treatment for your situation.

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Avenue 360 Health & Wellness	Page 34
Career & Recovery Resources	713 754-7000
The Montrose Center	Page 42
ReCenter Houston	832 649-6696

If you need additional support, call one of these groups to find a meeting in your area.

Alcoholics Anonymous	713 686-6300
Cocaine Anonymous	713 668-6822
Narcotics Anonymous.....	713 661-4200

My Appointment

Date: _____

Time: _____

See page _____ for
address, map and
bus routes.

Where: _____

With: _____

Phone #: _____

Notes: _____

Transportation Resources

It can be very hard to access medical services without your own transportation. Before your release date, ask the ID Clinic staff for a METRO bus pass to be used for your first visit to an agency or clinic. Once you are registered in the Ryan White Program, your case manager will be able to provide additional bus passes. Add your own funds to your bus pass to ride everywhere at reduced cost!

If you didn't get a bus pass at release, the agencies below offer METRO bus passes to get you to your medical appointments. Some may also help with transportation to social service providers.

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METRO offers a variety of services - METRO bus, METRORail, & METROLift. For information on fares & schedules visit www.ridemetro.org or call 713 635-4000.

My Appointment

Date: _____

Time: _____

See page _____ for
address, map and
bus routes.

Where: _____

With: _____

Phone #: _____

Notes: _____

Service Providers



**Association for the Advancement
of Mexican Americans**

204 Clifton Street
Houston, TX 77011

PHONE: (713) 926-9491

WEB: www.aama.org

HOURS: Monday-Friday, 8am-5pm

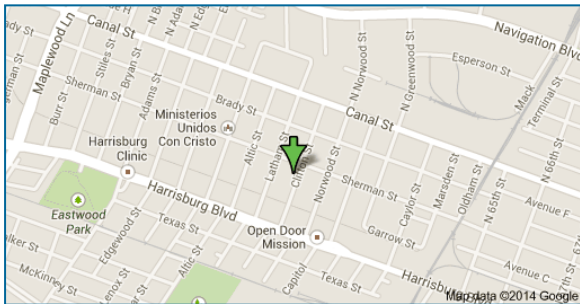
METRO: 20, METRORail



AAMA provides individual and family counseling related to substance use; HIV/Hep C/TB testing and risk reduction counseling, and HIV related case management and can help connect you to medical care, transportation, housing and other services.

Other services include free GED, ESL and computer classes, cultural events, sports activities, summer camp for students, and prevention and parenting skills training.

My Appointment



**Date
& Time:**

**Contact
person:**

Notes:

Service Providers



400 Austin Street

Richmond, TX 77469

PHONE: (281) 342-4530

WEB: www.myaccesshealth.org

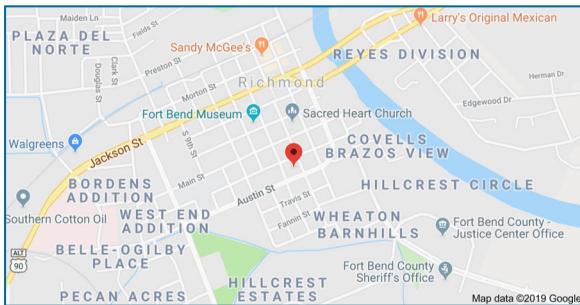
HOURS: Mon-Fri 7am-7pm, Sat 8am-12pm



AccessHealth is a Federally Qualified Health Center with 6 clinics in Fort Bend and Waller counties, providing medical care for all ages, women's services, behavioral health care, dental care, chronic illness management, lab, pharmacy, immunizations, medication assistance, and WIC.

The HIV Program includes CPCDMS registration and offers medical case management to adults to ensure treatment support. Individual, family, and couples counseling is offered to all ages. Gas cards for transportation as needed/available.

My Appointment



**Date
& Time:**

**Contact
person:**

Notes:

Service Providers



6260 Westpark Dr., Suite 100
Houston, TX 77057

PHONE: (713) 623-6796

WEB: www.aidshelp.org

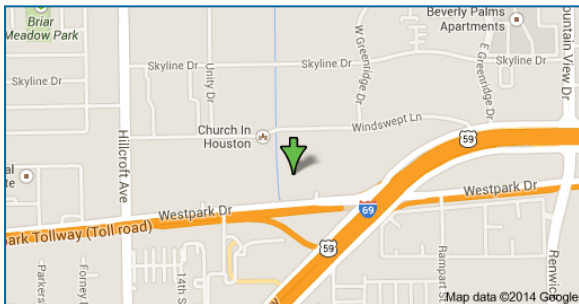
HOURS: Mon-Fri, 9am-5pm. Call for intake.

METRO: Hillcroft Transit Center



AFH provides services to people affected by and living with HIV. Programs include the Bridge Re-Entry Initiative for those who are homeless exiting incarceration; the CARE program for those who are homeless; Housing and supportive services, and housing for homeless youth age 18-24, regardless of HIV status; Medical Transportation for eligible recently released individuals; and Prevention Services including HIV/STI testing and linkage to treatment, PrEP, nPep, Rapid Start, and more.

My Appointment



**Date
& Time:**

**Contact
person:**

Notes:

Service Providers



AIDS Healthcare Foundation

WEB: <https://hivcare.org>

HOURS: Monday-Friday, 8am-5pm



Binz Healthcare Center

1200 Binz Street, Suite 1290; Houston 77004

PHONE: (713) 524-8700

METRO: 1, 34, METRORail

Full service clinic providing CPCDMS registration, comprehensive medical care and case management to people living with HIV. Call for info about PrEP.

Fannin Healthcare Center

7400 Fannin Street, Suite 1118; Houston 77054

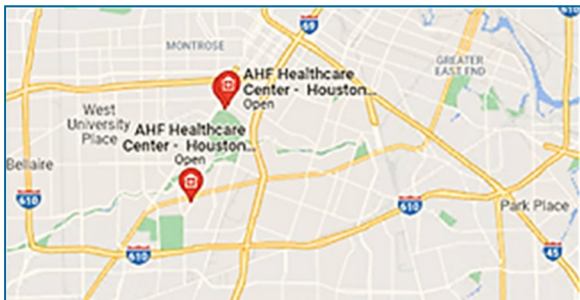
PHONE: (713) 520-6360

METRO: 84, METRORail

Gynecologist, well woman exams, and prenatal care for women living with HIV; clinical trials.

Out of the Closet thrift store - 1435 Westheimer.
AHF pharmacy onsite, free HIV testing.

My Appointment



**Date
& Time:**

**Contact
person:**

Notes:

Service Providers



2150 West 18th Street, Suite 300
Houston, TX 77008

PHONE: (713) 426-0027

WEB: <https://avenue360.org>

HOURS: Mon-Thurs 8am-6pm; Friday 8am-5pm

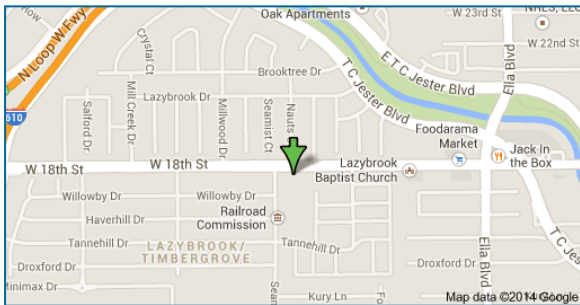
METRO: 26



Avenue 360 is a Federally Qualified Health Center with 7 clinics across the Houston area providing medical care for adults and children, women's services, mental health services, HIV/STD/syphilis/Hep C testing, and onsite pharmacy.

Services for people living with HIV include CPCDMS registration, case management, bus passes, medical and dental care, medication assistance, housing related services, adult day program, and Omega House hospice.

My Appointment



**Date
& Time:**

**Contact
person:**

Notes:

Service Providers



BEE BUSY WELLNESS CENTER

MEDICAL • DENTAL • EMOTIONAL WELLNESS

8785 W Bellfort St • Houston, Texas 77031 • (713) 771-2292

8785 W. Bellfort

Houston, TX 77031

PHONE: (713) 771-2292

WEB: <https://mybbwc.org>

HOURS: Monday-Friday, 8:30am-6pm

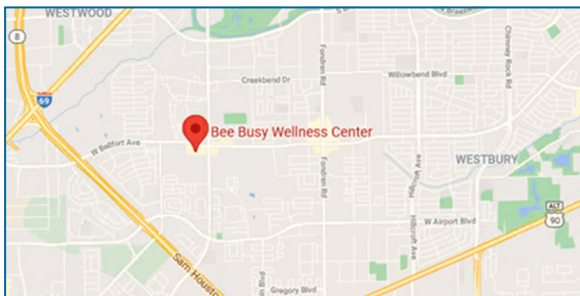
METRO: 68, 8, 46



BBWC is a Federally Qualified Health Center, providing medical care for adults and children, women's services, dental care, health screenings, weight management, pharmacy, x-ray & ultrasound, preventative care, PrEP and nPEP for HIV prevention, STI screening and treatment, athletic physicals, immunizations/vaccinations, mental health care, and health education.

Services are provided regardless of ability to pay.

My Appointment



**Date
& Time:**

**Contact
person:**

Notes:

Service Providers



2900 Louisiana Street
Houston, TX 77006

PHONE: (713) 526-4611

WEB: www.catholiccharities.org

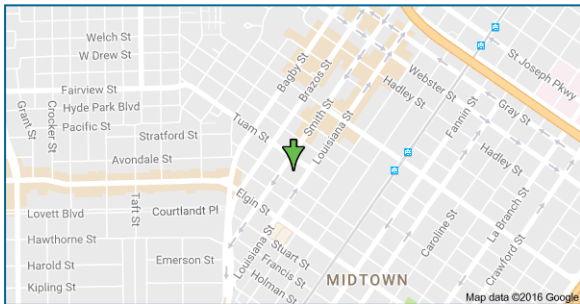
HOURS: Monday-Friday, 8am-5pm

METRO: 82



Provides rental assistance to low income families and individuals facing eviction; behavioral health services for individuals and families of any income level; Disaster Recovery Program; Family Assistance Program providing emergency food and financial assistance; education and employment services for single mothers; supportive programs for seniors and women veterans; and supportive services and legal assistance for refugees and immigrants, including shelter and foster care for children who come to the U.S. alone.

My Appointment



**Date
& Time:**

**Contact
person:**

Notes:

Service Providers



1415 California Street
Houston, TX 77006

PHONE: (832) 548-5100

WEB: www.legacycommunityhealth.org

HOURS: Mon-Fri 8am-8pm, Sat 8am-5pm

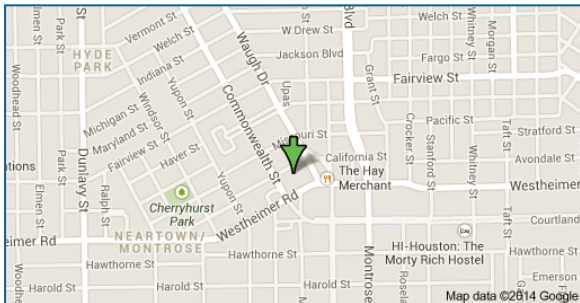
METRO: 82



Legacy is a Federally Qualified Health Center with 16 locations in SE Texas, providing medical care for all ages, women's services, chronic illness management, dental and vision care, behavioral health care, gender health and wellness, HIV/STD screening and treatment, prevention education and PrEP, nutritional counseling, personal training, and pharmacy.

Services for people living with HIV also include CPCDMS registration, case management, bus passes, and assistance with medications, co-pays and health insurance costs.

My Appointment



**Date
& Time:**

**Contact
person:**

Notes:

Service Providers



401 Branard Street, 2nd Floor
Houston, TX 77006

PHONE: (713) 529-0037

WEB: www.montrosecenter.org

HOURS: Monday-Friday, 8am-7pm

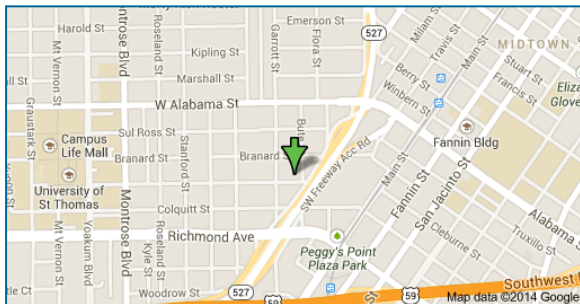
METRO: 25



Provides individual, couple and group mental health counseling; individual and group outpatient substance use treatment and 12-step groups; and peer-based Recovery Coaching.

Services for people living with HIV also include re-entry services (discharge planning), CPCDMS registration, short term rent and deposit assistance through HOPWA, emergency financial assistance, bus cards, case management and service linkage.

My Appointment



**Date
& Time:**

**Contact
person:**

Notes:

Service Providers



6800 West Loop South, Suite 560
Bellaire, TX 77401

INTAKE: (713) 778-1300

WEB: www.offeringhope.org

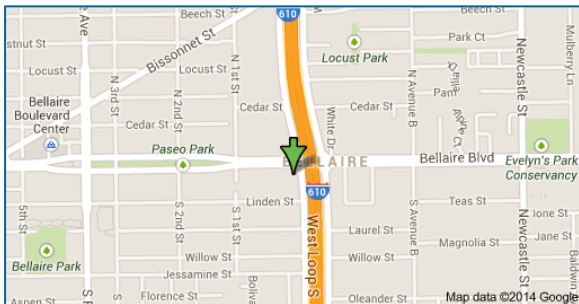
HOURS: Mon-Thurs 8am-6pm; Fri 9am-2pm

METRO: 2



SHF is a Federally Qualified Health Center with 5 locations in 4 counties in SE Texas, providing medical care for all ages, women's services, chronic illness management, dental and vision care, podiatry, behavioral health services, psychiatry, HIV/STD/Hepatitis C screening and treatment, prevention education and PrEP, case management and service linkage, CPCDMS registration, bus passes/van transportation, clinical research, nutritional counseling and onsite pharmacy.

My Appointment



Date
& Time:
Contact
person:

Notes:

Service Providers

THOMAS STREET HEALTH CENTER

2015 Thomas Street
Houston, TX 77009

PHONE: (713) 873-4000

HOURS: Monday-Friday, 7:30am-4:30pm

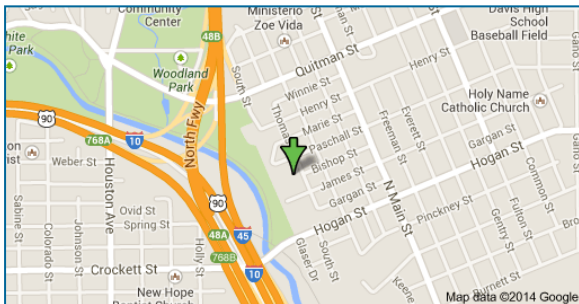
METRO: METROrail



TSHC was the first freestanding HIV clinic in the US. Services provided include CPCDMS registration, HIV primary care, including women's, adolescent, and transgender health, Rapid Start of medications for newly diagnosed, specialty care, case management, behavioral health, physical therapy and wellness, ADAP pharmacy, access to clinical trials, HIV prevention (HIV testing, PrEP/nPEP), on-site eligibility, and patient transportation assistance.

Harris Health System has medical and dental clinics throughout Harris County: www.harrishealth.org.

My Appointment



**Date
& Time:**

**Contact
person:**

Notes:

Helpful Resources

AVDA

713 224-9911

<https://avda-tx.org/>

Free legal representation for victims of domestic abuse: protective order, divorce, child custody, and child support. Advocates provide safety planning, help with crime victims compensation, trauma counseling, referrals and more. M-F 8a-5p.

Dispute Resolution Center

713 274-7100

<https://drc.harriscountytexas.gov>

Free mediation service to help resolve disputes out of court for matters such as landlord/tenant, consumer/merchant, divorce & more. No legal advice or criminal matters. M-F, 8a-5p.

Harris Co. Housing & Community Resource Center

HRC@csd.hctx.net

832 927-4955

<https://housingandcommunityresources.net>

Resources for housing and related services, employment, medical, transportation, clothing, food, disaster recovery, Covid-19, etc. M-F 8am-4:30pm or search online 24 hours.

Notes

[illegible]

Helpful Resources

Medicaid **800 252-8263**

www.benefits.gov

Information about Texas Medicaid and the Children's Health Insurance Program (CHIP).

Medicare **800 633-4227**

www.medicare.gov

Information and assistance with Medicare.

METRO **713 635-4000**

www.rideMETRO.org

Information about bus routes and schedules.
Available 8am-5pm daily.

Michael E. DeBakey VAMC **713 791-1414**

Medical care for Veterans; bus passes available for clients of the HIV Clinic. M-F 8am-4:30pm; emergency room open 24 hours.

Social Security **800 772-1213**

www.ssa.gov

Information, forms, office locator. Live help available M-F 8am-7pm; automated system available 24 hours.

[illegible]

Helpful Phone Numbers

TX Attorney General - Child Support 800 252-8014
www.oag.state.tx.us/child-support

Assistance to establish paternity, as well as establish, enforce and modify child support.

For non-custodial parent assistance with access and visitation, call 866-292-4636 M-F 1-5pm, or go to www.txaccess.org.

Texas Center for Justice and Equity 512 441-8123
www.texascjc.org

The TCJE advocates to end mass incarceration, shift funds to community support, and reduce racial inequities in the criminal legal system. Provides a comprehensive online database of resources, searchable by county.

TDCJ Parole - Houston Region III Reentry Center
4949 W. 34th St, #115; Houston 713 956-1478
Education programs, AA/NA groups, clothes closet (men and women), employment services and more for parolees in Harris and Fort Bend counties.

HCSO Re-entry Services



Harris County Sheriff's Office (HCSO), in collaboration with various local agencies, has created a Reentry Center to provide reentry resources at the Joint Processing Center.

The Reentry Center is located so that ex-offenders may visit as they are being discharged from the jail. The Reentry Center has case managers with a wealth of resource information as well as community partners from local agencies on site to help assist individuals being released to obtain housing, medical care, mental health services, substance use treatment and other services needed by you and/or your family.

Please be sure to stop by on your way out to get information on how to access the services you and your family need!

Need help? Dial 2-1-1, a free helpline operated by the United Way of Greater Houston.

A great way to find the help you need is by calling 2-1-1. Get free, confidential information and referrals to places that can assist with food, housing, employment, counseling and much more. Just dial 2-1-1 from anywhere in the state - available 24 hours a day, 7 days a week in many languages.

You can also search the United Way database online:
<http://referral.unitedwayhouston.org/>

To have a complete copy of the Blue Book resource guide mailed to you for FREE, please call:

**Ryan White Planning Council
Office of Support**

832 927-7926

<http://rwpcHouston.org>

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