

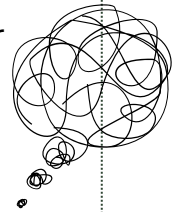
ATLANTA MWCCS

spring NEWSLETTER

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THIS NEWSLETTER IS YOURS

Are you interested in seeing something in the newsletter that you haven't? Would you like to be featured in the newsletter?

Let us know by telling any of the study staff or sending an email to macswihscs@emory.edu.



ATLANTA MWCCS COMMUNITY ADVISORY BOARD

Tyrone Baxter
Board Member

D'Angelo Morrison
Local CAB Chair

February Brown Hill
Board Member

Malcolm Reid
Board Member
National CAB Representative

Mashanda Burton
Local CAB Chair

Patsy Sarnor
Secretary

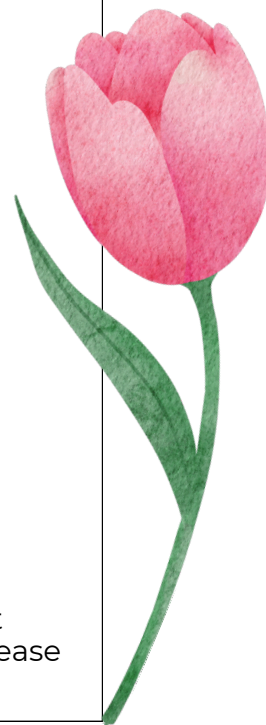
Kelley Joseph
Board Member

Joseph Smith
Board Member
National CAB Representative

Africa McCladdie
Board Member

Kelliann Tucker
Board Member

The Community Advisory Board serves as representatives of our participant population. Do you have any questions or concerns for your CAB members? Please email them to macswihscs@emory.edu.



ATLANTA MWCCS 2025 CALENDAR OF EVENTS

Friday, June 13



Saturday, August 3



Thursday, December 11



DATES TO REMEMBER



May 18
HIV Vaccine
Awareness
Day



May 19
National Asian
and Pacific
Islander HIV/AIDS
Awareness Day



June 5
HIV Long-Term
Survivors
Awareness Day



June 8
National
Caribbean-
American HIV/AIDS
Awareness Day



June 27
National HIV
Testing Day





Photo and recipe courtesy of
Dr. Carolyn Williams' *Meals That Heal*
Find more recipes at bit.ly/cwmeals

CHEF'S CORNER

Chipotle Chicken Lettuce Cups

Ingredients:

- 1 tbsp avocado oil
- 1 lb lean ground chicken
- 2 chipotle peppers in adobo, chopped
- 1 tbsp adobo sauce
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp ground cumin
- ½ tsp ground coriander
- 1 tsp smoked paprika
- ¾ tsp kosher salt
- ½ cup water
- 1 head butter lettuce

Optional toppings: fresh cilantro, queso fresco, sliced red onions, lime wedges, avocado

Directions:

1. Separate and wash lettuce leaves. Let dry on a clean towel.
2. In a large skillet, heat oil over medium-high heat. Add ground chicken and cook 5 minutes or until done, stirring to crumble while cooking. Drain excess liquid from pan.
3. Add chipotle peppers, adobo sauce, onion powder, garlic powder, cumin, coriander paprika, salt, and water, stirring to combine over low heat. Let cook 1 to 2 minutes or until sauce thickens slightly.
4. Spoon 1/3 cup filling into each lettuce leaf. Add toppings of choice and drizzle with Cilantro Crema (below) if desired. Serve immediately.

Cilantro Crema:

Combine 2 tablespoons olive or avocado oil, ½ cup plain Greek yogurt, juice of 1 lime (about 3 tablespoons), 1/3 to ½ cup cilantro leaves, 1 chopped jalapeno (optional), and ½ teaspoon salt in the bowl of a food processor. Cover and process 15 seconds or until smooth. Serve immediately or refrigerate until needed.



RESOURCE ROUNDUP

Mental Health America of Georgia

mhageorgia.org
(866) 570-0787

Learn about common types of mental health conditions and access helpful mental health resources.

National Alliance on Mental Illness Georgia

420 Presidential Parkway
Suite 200
Atlanta, GA 30340

namiga.org
(770) 234-0855

NAMI provides support, education, training, and advocacy to promote recovery and improve the quality of life for individuals and families affected by mental illness.

National Suicide Prevention Lifeline

(800) 273-8255
TTY: (800) 799-4889

Free and confidential support 24/7 for anyone in distress. Talk to a trained counselor if:

- You feel overwhelmed or in crisis
- You're concerned about a loved one
- You need help finding mental health services

REMINDER: IRS REPORTING REGULATIONS

If you participate in one or more research studies, you are **required** to report income that totals **\$600** or more in a calendar year on your IRS Form 1099-MISC, Miscellaneous Income.

Striking Out Stress



Written by Kayla Wright and Charles Fountain

Our recent Bowling Night and Birthday Celebration proved to be more than just fun; it was a meaningful mental health boost for many of our participants. One participant shared that the event came at the perfect time, offering a much-needed break from daily stress and anxiety.

Between the friendly competition, shared laughter, and games that were played, participants were able to unwind and feel connected to others in a supportive space. Events like these remind us that simple moments of joy and community can go a

long way in supporting mental wellness. These small moments of connection can help ease feelings of isolation, improve mood, and support emotional well-being.

Taking time to step away from daily pressures, even briefly, can have lasting effects on managing stress and improving overall mental wellness. Supporting mental health is essential because how we feel emotionally impacts our ability to heal, connect, and thrive. We're grateful to everyone who joined and made the afternoon a special one!

COORDINATOR'S CORNER



APRIL

STRESS AWARENESS MONTH

What is stress?

Stress is the presence of feelings of worry or mental discomfort caused by a difficult situation.¹ Stressful events can lead to feeling numb, sad, headaches, and substance use.²

Is stress normal?

Yes! However, there are ways to manage it. Good stress management is important to your mental health and physical well-being. Check out a few suggestions below for ways to manage stress:



Healthy Diet

Fruits, veggies, & whole grains can improve your mood.



Walk in the Park

Cliché, but being active & outside can improve your day.



Recharge

A good night's sleep benefits your energy, focus, & overall health.



Dear Diary

Clear your mind & express yourself freely with the comfort of privacy.



Stay Connected

Reach out to friends and family to relieve stress.



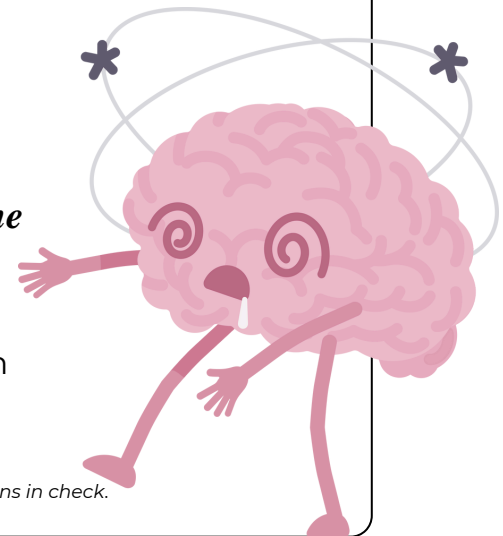
Just Laugh

Laughing is a feel good activity.



Melody Medicine

Play music that puts you in a good mood and turn it up.



¹ World Health Organization. (2023, February 21). Stress.

² The American Institute of Stress. (2024, May 22). Stress Awareness Month: Tips for keeping tensions in check.

³ Mayo Clinic. (2023, August 3). Stress Relievers: Tips to tame stress.

MAY

What is mental health?

Mental health is your emotional, mental, and social well-being that effects how you think, feel, and act, and is shown in how you handle stress, socialize, and make decisions.⁴

Why is Mental Health Awareness Month important?

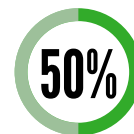
This observance brings awareness to mental health, provides education to the public to reduce stigma, and promotes support of individuals affected by mental health conditions.⁵

MENTAL HEALTH AWARENESS MONTH

Mental Health Fast Facts⁵

1 in 5 
U.S. adults experience mental illness a year.

1 in 6 
U.S. youth have a mental health condition.



of all lifetime mental illness starts at 14 years old and **75%** by 24 years old.

What Does Support Look Like?⁶

Notice signs?
Talk about
your concerns.



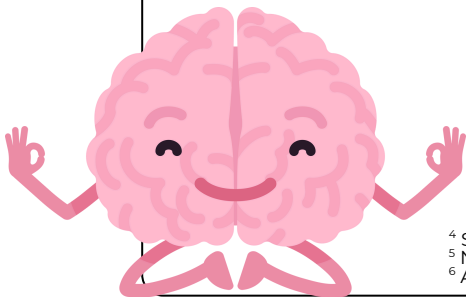
Be (or look for)
a listening ear.



Educate yourself
about mental health
conditions (*for yourself
or loved ones*).



Create a safe space
by being patient,
caring, and
judgement free.



*If you or someone you knows needs support,
call or text the **Suicide and Crisis Lifeline** at
988 or go online to **988lifeline.org**.*

⁴ Substance Abuse and Mental Health Services Administration. (2024, November 8). *Mental Health*.

⁵ National Council for Mental Wellbeing. (n.d.). *Mental Health Awareness Month 2025*.

⁶ American Psychiatric Association. (2022). *Helping a Loved One Cope With Mental Illness*.

UPCOMING VISITS

Baseline/Annual Visit

**BEFORE YOUR
BASELINE/ANNUAL
VISITS:**



No food or drinks after midnight the day before your visit, **except water**. Drink plenty of water!



Complete full informed consent or re-consent, as needed



Review and update contact information
(for study purposes and ClinCard)



Lab visit
(up to 23 tubes of blood)



Physical exam



GYN exam
(assigned female at birth only)



In-person or computer-assisted interview



Fibrosan of your liver
(liver health)



Frailty assessment
(for participants 40 years and older)



Neuropathy assessment
(nerve damage questionnaire)



Photograph of teeth



BrainBaseline Assessment of Cognition and Everyday Function (BRACE)
(completed on iPad)



Pulmonary Function Test (PFT)
(tests lung health)
(requires additional time and offered if not completed at short visit)



Computerized Adaptive Test for Mental Health (CAT-MH)
(tests for mood disorders and behavioral health - completed on iPad)

Short Visit



Complete full informed consent or re-consent, as needed



PFT
(tests lung health)
(requires additional time and offered if not completed at short visit)



BRACE+
(completed on iPad)
(if not completed during earlier visit)



Lab visit
(up to 23 tubes of blood)



In-person or computer-assisted interview

Echocardiogram

We will schedule your ECHO at your baseline/core or CIDI visit.

An echocardiogram (or ECHO) is an ultrasound of the heart. This test takes a closer look at your heart, using sound waves to create pictures of the heart, showing how the heart is beating and pumping blood.

It will be done one-time only.

Composite International Diagnostic Interview (CIDI)

We will schedule your CIDI interview sometime between your core and short visit.

Some MACS/WIHS CCS participants will be asked to complete a CIDI interview based on length of time in study. The CIDI interview is a one-time, in-depth mental health evaluation completed separate from the core and short visits.

No blood draws or physical exams are needed at this visit.