

January
2025-
March
2025

TRIAD HEALTH PROJECT



CLIENT NEWSLETTER

TRIAD HEALTH PROJECT'S

2024

health + justice report



4,698
meals

served at Higher Ground Day Center.



1,122
people tested
were tested
for an STI.



567
people on PrEP
with more than 400 referred to PrEP
resources.



91%
of clients
are undetectable
(viral load of <200)



363
clients
connected to care and health services.



959
bags of groceries
provided to community members all
year



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Womens Hours 1pm
Every Monday



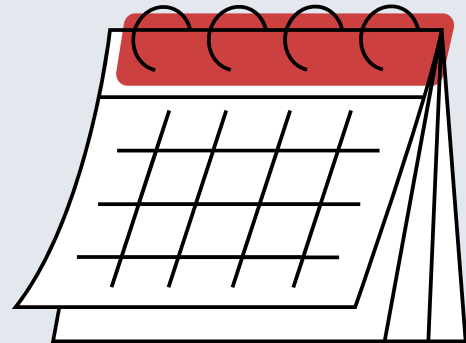
Mens Group 1pm
Every Thursday

Recovery Group
Every Friday 12pm



**LGBTQ+
Support
Group**
10am
2nd and 4th
Tuesday

**Higher
Ground
Client
Groups**



High Point Client Groups and Events



**Client
Lunch** 12-2pm

1st and 3rd
Wednesday of every month



**Expressions: Art
& Music Therapy**

11-12pm
3rd Wednesday of
every month



**Feeling Friday: Mental
Health Support Group**

2-3pm
4th Friday of every
month

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NEED NALOXONE?



ASK YOUR THP CASE
MANAGER FOR A FREE
2 PACK SINGLE DOSE
NASAL SPRAY DEVICE.

DOWNLOAD THE GREATER GUILFORD FOOD FINDER APP

OR CALL 211
TO EASILY FIND FOOD BANKS
AND PANTRIES AND OTHER
RESOURCES NEARBY.



MEDICATION ADHERENCE TIPS



- SET A ROUTINE
- GET A PILL ORGANIZER
- SET AN ALARM
- LEAVE MEDICINE WHERE YOU WILL SEE IT
- CARRY EXTRA DOSES
- RECORD EACH DOSE



Winter Testing Schedule Greensboro

TRIAD HEALTH
PROJECT

Monday

no testing

Tuesday

no testing

Wednesday

walk in wednesdays
9am-7pm

Thursday

appointments
only 9am-4pm

Friday

appointments
only 9am-1pm



Winter Testing Schedule High Point

TRIAD HEALTH
PROJECT

Monday

no testing

Tuesday

walk-ins 9am-7pm

Wednesday

walk-ins &
appointments
9am-2pm

Thursday

walk-ins and
appointments
9am-2pm

Friday

walk-ins and
appointments
9-1pm



We test for:

- **Gonorrhea**
- **Chlamydia**
- **Syphilis**
- **HIV**
- **Hepatitis B**
- **Hepatitis C**
- **Rapid tests for HIV and Hepatitis C**
- **Pregnancy Testing**

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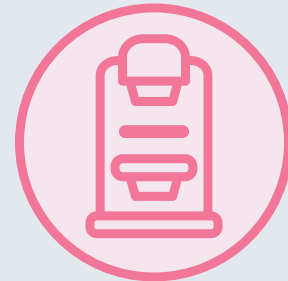
Cone Health



Mobile Medicine Clinic

Services Provided

- Acute disease management (colds, sore throat, flu)
- Chronic disease management (hypertension, diabetes, asthma, COPD)
- Post ED/hospital care for other acute conditions (e.g., pneumonia, cellulitis, etc.)
- No-cost or low-cost lab services for common primary care labs
- Prescriptions and pharmacist support for medication access
- Physical assessments, including sports physicals and wellness exams
- Well child and sick child visits
- Sexually transmitted infection screenings and treatment
- Behavioral health and care coordination
- Referrals to primary and specialty care as appropriate
- Women's health support (referrals for pap smears and mammograms at low or no cost)
- Referrals to dental clinics
- Eye screenings and exams
- Food prescriptions
- Contraceptive resources



Free Mobile Mammography Screenings

At Cone Health
MedCenter for Women
Greensboro, NC

<https://www.conehealth.com/wellness/screenings/>

Mobile
Health
Clinic
Schedule &
Locations



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VOLUNTEER INCOME TAX ASSISTANCE LOCATIONS 2024-2025

Make an appointment for free tax prep assistance for households with an income of \$64,000 or less at www.signupgenius.com/go/HPTax or call 336-883-3041. Sites open 1/27 and run 6 days per week. Must have an APPOINTMENT to be served! More on what to bring to your appointment at irs.gov and search What to Bring to Your Local VITA Site or see the back of this flyer.

DAY OF THE WEEK	LOCATION	HOURS
Monday	Macedonia 401 Lake Avenue, HP	2 p-4 p
Tuesday	The Arc of High Point 153 Bellevue Drive, HP	9 a-11 a
Tuesday	YWCA High Point 155 W. Westwood Avenue, HP	5 p-6 p
Wednesday	GTCC Jamestown 601 E. Main Street, Jamestown	4 p-6 p
Thursday	High Point Library 901 N. Main Street, HP	5 p-7 p
Thursday	Community & Neighborhood Development Center 201 4 th Street, HP	9a-11a
Friday	West End Ministries 903 W. English Road, HP	3 p-5 p
Saturday	Community & Neighborhood Development Center 201 4 th Street, HP	2 p-4 p

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What to bring to a Volunteer Income Tax Assistance Location:

- Proof of identification (driver's license, state photo ID or other government issued identification that includes a photo)
 - Social Security cards for you, your spouse and dependents
- Note: If you need to request a replacement card or update your Social Security record, go to Social Security number & card to find the best way to do this.
- An Individual Taxpayer Identification Number (ITIN) assignment letter may be substituted for you, your spouse and your dependents if you do not have a Social Security number
 - Proof of foreign status, if applying for an ITIN
 - Birth dates for you, your spouse and dependents on the tax return
 - Wage and earning statements (Form W-2, W-2G, 1099-R, 1099-Misc) from all employers
 - Social Security Benefit Statements (SSA-1099), if applicable
 - Interest and dividend statements from banks (Forms 1099)
 - Health Insurance Exemption Certificate, if received
 - A copy of last year's federal and state returns, if available
 - Proof of bank account routing and account numbers for direct deposit such as a blank check
 - To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms
 - Total paid for daycare provider and the daycare provider's tax identifying number such as their Social Security number or business Employer Identification Number
 - Forms 1095-A, B and C, Health Coverage Statements
 - Copies of income transcripts from IRS and state, if applicable

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HIGH POINT UNIVERSITY
PRO BONO PHYSICAL THERAPY
CLINIC

FREE PUBLIC HEALTH SCREENINGS

**Join us for physical wellness checks and learn
about ways to improve your overall health!**

**Martin Luther King Jr. Day
January 20th, 2025
10am-2pm**

HPU Pro Bono Physical Therapy Clinic
1030 Mall Loop Road, High Point, NC 27262

(Located in the old Oak Hollow Mall
between Target and the Courtyard Marriot)

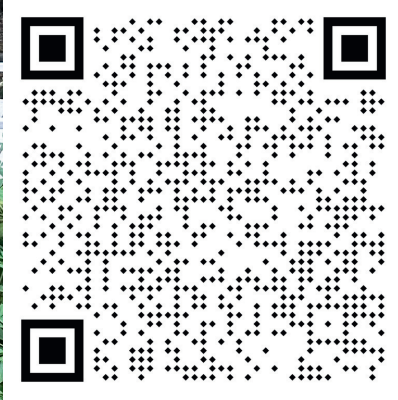


VISIT OUR HIGHER GROUND DAY CENTER



HIGHER GROUND

Higher
Ground
Monthly
CALENDAR



Have questions, concerns,
or accessibility needs?

Call the Higher Ground
phone number!

336-274-5637

Reminder: Higher Ground is a community space for Triad Health Project clients or potential clients only. Please reach out to House Manager if you have questions about visiting Higher Ground.

VISIT OUR HIGH POINT OFFICE AND COMMUNITY GARDEN



Have questions, concerns, or accessibility needs?

Julie McKnight
Director of High Point Services
jmcknight@triadhealthproject.org

Reminder: HP office workshops and events are for Triad Health Project clients or potential clients. Please reach out to Julie McKnight if you have questions about visiting HP office for events.