

Addressing the Mental Health Needs of PLWHA: Models and Lessons Learned

An Initial Literature Review
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Presentation Overview

- I. Need for Mental Health Services for PLWHA
- II. Models of Mental Health Service Provision
 - A. Integrated/Comprehensive Care Approach
 - B. Recovery Approach
- III. Lessons Learned

Need for Mental Health Services for PLWHA

- High incidence of mental illness and substance use among HIV positive patients¹.
- 13-23 % of HIV-infected individuals have symptoms of both mental and substance use disorders².
- Among adults receiving HIV care in the US, more than half presented with a psychiatric illness and 42% reported illicit substance use³.
- The rate for mental illness is 33-50% for PLWHA vs. 25% for the general population⁴.

¹ Klinkenberg, W. D., S. Sacks, et al. (2004). "Mental disorders and drug abuse in persons living with HIV/AIDS." *AIDS Care* **16**(sup1): 22-42.

² Galvan, F. H., M. A. Burnam, et al. (2003). "Co-occurring psychiatric symptoms and drug dependence or heavy drinking among HIV-positive people." *Journal of psychoactive drugs* **35**(sup1): 153-160.

³ Bing, E. G., M. A. Burnam, et al. (2001). "Psychiatric disorders and drug use among human immunodeficiency virus-infected adults in the United States." *Archives of general psychiatry* **58**(8): 721-728.

⁴ Aidala, A., L. Gunjeong, et al. (2008). Need for Mental Health Services, Service Use, and Pathways to Care. *CHAIN Report*.



Models of Mental Health Service Provision

A. Integrated/Comprehensive Care Approach⁵

- **Systematic coordination** of general and behavioral healthcare
- Integrating mental health, substance abuse, and primary care services produces the **best outcomes** and proves the **most effective approach** to caring for people with multiple healthcare needs
- BUT, good evidence is still lacking.

⁵ CIHS. "What is Integrated Care?" Retrieved February 13, 2014, from <http://www.integration.samhsa.gov/about-us/what-is-integrated-care>.



Integrated/Comprehensive Approach

- **Integrated Model for Triply Diagnosed Individuals⁶**
 - Individual counseling, group treatment and psychiatric medication management tailored to the client's stage of readiness.
 - **Result: Reduction in alcohol use and psychiatric symptoms; Increased ART and psychotropic medication usage**

⁶ Bouis, S., S. Reif, et al. (2007). "An integrated, multidimensional treatment model for individuals living with HIV, mental illness, and substance abuse." *Health & social work* 32(4): 268-278.



Integrated/Comprehensive Approach

- **Model of Integrated Primary Care for HIV-positive patients with underlying substance use and mental illness – Project Vista⁷**
 - Provision of supportive services i.e. housing, transportation and insurance coverage.
 - Staff includes master's level mental health counselor with extensive experience working with HIV-infected individuals
 - **Result: Lower CD4 counts**

⁷ Zaller, N., F. S. Gillani, et al. (2007). A model of integrated primary care for HIV-positive patients with underlying substance use and mental illness. *AIDS Care*, Routledge. 19: 1128-1133.



Integrated/Comprehensive Approach

- Spencer Cox Center for Health (NYC)
 - Primary Care providers are HIV specialists
 - Peer navigators assist in client education, case management, coordination and tx advocacy
- FECS Services for People with HIV/AIDS (Long Island)
 - Includes supportive counseling within mental health
 - Services are co-located

Self-reported
increased
retention
rates



Recovery Approach

- “Recovery involves, at its most basic, reclaiming a meaningful life”⁸
- While recovery is not an intervention that providers can make, all services can contribute (or not) to the outcomes and experience of recovery (e.g., well-being, self-esteem, valued roles, symptom reduction, empowerment, etc.)⁹

⁸ Compton, M. T. (2010) "Mental Illness in 2010: Putting the Recovery Model Into Practice." *Medscape Psychiatry & Mental Health*.

⁹ Farkas, M. (2007). "The vision of recovery today: what it is and what it means for services." *World Psychiatry* 6(2): 68.



Recovery Approach

- 4 key values that support the recovery process¹⁰
 1. **Person Orientation**
 - Promote access to resources and environments outside the mental health system
 2. **Person Involvement**
 - Outcomes are better for people who have an opportunity for meaningful involvement in the planning and delivery of their services
 3. **Self-Determination/Choice**
 - Cornerstone of a recovery process
 - Opportunity to choose goals, methods and providers
 4. **Growth Potential**
 - Hope for the future is an essential ingredient in all recovery oriented services.

¹⁰ Farkas, M., C. Gagne, et al. (2005). "Implementing recovery oriented evidence based programs: Identifying the critical dimensions." *Community Mental Health Journal* 41(2): 141-158.



Lessons Learned

1. **Multi-disciplinary** provider coordination and collaboration is crucial.
2. Linkages with **ancillary services** such as housing and transportation may have demonstrated impact on improved patient outcomes.
3. **Capacity development** through skills and cultural competence training may be considered as a strategy to facilitate building trusting relationships between provider and client.
4. **Co-location** of services is integral to streamline client case management and service provision.
5. **Peer support, navigation and advocacy** play a role in client engagement, linkage to care and retention.
6. **Recovery approach** is a strategy that needs further investigation, particularly in addressing the mental health needs of PLWHA.



References

- ¹ Klinkenberg, W. D., S. Sacks, et al. (2004). "Mental disorders and drug abuse in persons living with HIV/AIDS." *AIDS Care* **16**(sup1): 22-42.
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- ⁷ Zaller, N., F. S. Gillani, et al. (2007). A model of integrated primary care for HIV-positive patients with underlying substance use and mental illness. *AIDS Care*, Routledge. 19: 1128-1133.
- ⁸ Compton, M. T. (2010) "Mental Illness in 2010: Putting the Recovery Model Into Practice." Medscape Psychiatry & Mental Health.
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- ¹⁰ Farkas, M., C. Gagne, et al. (2005). "Implementing recovery oriented evidence based programs: Identifying the critical dimensions." *Community Mental Health Journal* **41**(2): 141-158.



Thank you!

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