Behavioral Health & HIV: Lessons Learned from the Trenches
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**Behavioral Health and HIV**
- Mental health and substance use disorders can increase participation in high-risk behaviors
- Mental health symptoms can mask HIV-illness symptoms
- Directly related to morbidity and mortality among persons with HIV/AIDS

“2 out of every 5 individuals with HIV meet the diagnostic threshold for mood and anxiety disorders.” - SAMHSA

- 1 in 3 have symptoms of depression
- 1 in 5 meet criteria for diagnosis of substance use or dependence
- 1 in 12 have co-occurring mental health and substance-related disorders

Source: Substance Abuse and Mental Health Services Administration (SAMHSA; 2016)

**HIV in Texas**
- 70,000+ people in Texas living with HIV
  - Approximately 7,500 in Tarrant County
- Additional 17,000 estimated to be living with undiagnosed HIV
- 4,800+ new diagnoses in 2013
- 78% male, 22% female
- 37% black, 30% Hispanic/Latino, 29% white
  - Black males are about 4 times more likely to have HIV diagnosis than are white males
- Mode of exposure:
  - 63% male-to-male sexual contact
  - 26% heterosexual contact
  - 11% injection drug use

Source: AIDSvu (2016); Texas Department of State Health Services (2012)

**Vision for National HIV/AIDS Strategy**
“The United States will become a place where new HIV infections are rare, and when they do occur, every person, regardless of age, gender, race/ethnicity, sexual orientation, gender identity or socioeconomic circumstance, will have unfettered access to high-quality, life-extending care, free from stigma and discrimination.”


**HIV and STIs**
- Human immunodeficiency virus (HIV)
- Syphilis
- Gonorrhea
- Chlamydia
- Hepatitis B

**MHMR Tarrant HIV Services**
- Work with community as outreach specialists
- Services include:
  - Educational groups based on the ABC (Abstinence, Behavioral Change and Condom Use) model
  - HIV prevention presentations
  - Screenings for detoxification
  - HIV and Hepatitis C virus (HCV) testing, counseling, referrals and follow-ups

**HIV Early Intervention**
- Intensive case management for adults with HIV
- Services include:
  - Personalized support to participants
  - Substance use treatment and counseling
  - Referrals to community resources
  - Advocacy
  - Individualized case service plan
  - Mentor and support group meetings

**HIV Outreach and Prevention**
- Work with community as outreach specialists
- Services include:
  - Educational groups based on the ABC (Abstinence, Behavioral Change and Condom Use) model
  - HIV prevention presentations
  - Screenings for detoxification
  - HIV and Hepatitis C virus (HCV) testing, counseling, referrals and follow-ups

**HIV Early Intervention Case Management Team**
- 100+ individuals served each year
- 68% of individuals accessed substance use treatment
- 58% of individuals accessed medical care

**HIV Services by the Numbers**
- Over the last 5 years:
  - 58,250 at-risk individuals received outreach
  - 43,730 high-risk individuals received outreach
  - 7,625 individuals HIV tested
  - 7,595 individuals HCV tested

**University (U) Prevent**
- Substances use and HIV-prevention services for at-risk minority college students
- Services provided at 10 universities
- Services include:
  - Substance use, HIV and HCV prevention
  - Prevention counseling
  - HIV and HCV testing
  - Follow-up support
- Over the last 5-year grant period:
  - 6,967 contacts were made
  - 5,147 received safe-sex skills training
  - 2,042 individuals HIV tested
  - Significant reductions in risky sexual and substance use behaviors

**HIV Care Continuum**
- Primary care
- Specialized care
- Health care coordination
- Support services
- Follow-up care

Source: Clinician Consultation Center (2015)

**Prevention Outreach Team**
- Outcomes:
  - 70,000+ people in Texas living with HIV
  - 7,500 in Tarrant County
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**Got the Scope?**
- MSSA
- CMS
- CDC
- SAMHSA

**Adapted from:** Clinician Consultation Center (2015)

**Grant funded since 2000**

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