

Behavioral Health Care & Insurance

SF HIV Frontline Workers
FOG Bootcamp IV
October 5, 2018

■ WHO IS HERE?

- **Name**
- **Agency**
- **# of years working in HIV in SF**
- **How is client engagement in HIV prevention or care impacted by their mental health condition(s)?**

In my role, I regularly interact with clients whose **substance use** negatively affects their ability to engage in HIV care or prevention services
(ex: take PrEP or HIV treatment consistently, come to appointments as scheduled)



In my role, I regularly interact with clients whose **mental health condition** negatively affects their ability to engage in HIV care or prevention services
(**ex: consistently use condoms, take HIV meds daily**)

6.8%
Not Sure

9.1%
No

84.1%
Yes

■ LITERATURE SAYS...

- Depression** in PLWH may be associated with
- Accelerated HIV disease progression
 - Decreased immune functioning
 - Nonadherence to HIV medication regimens
 - Increased risk of mortality ¹

■ LITERATURE SAYS...

Depression as a barrier to care

Higher PHQ-9 score in un-retained PLWH

12.5% vs. 33.3%

Support - family & social

PLWH retained in care are more likely to report social support and disclosure of HIV status to family ²

■ LITERATURE SAYS...

Depression 2-5x higher in PLWH
(especially in women) ⁴

Anxiety 15.8% PLWH vs 2.1% Gen Public ⁵

Trauma & Serious Mental Illness

increase likelihood for HIV infection

40-70% PLWH have experienced trauma
(20x general population) ⁴

“

**Anxiety, depression, and
traumatic stress
“increase risk of acquiring HIV
and HIV treatment failure”⁶**

■ IAPAC, 2015

Optimizing the HIV Care Continuum

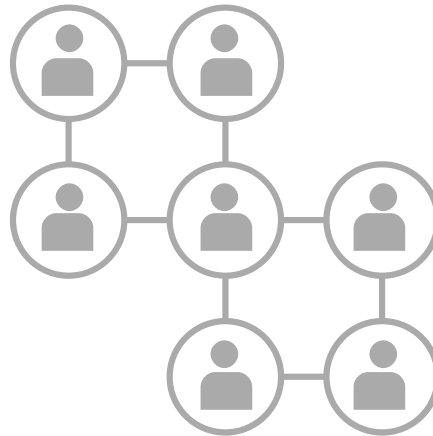
Proactive steps are recommended to **identify and manage** clinical mental health disorders (e.g., anxiety, depression, and traumatic stress) and/or mental health issues related to HIV diagnosis, disclosure of HIV status, and/or HIV treatment.





MEDI-CAL MANAGED CARE

Most people in Medi-Cal must enroll in a managed care plan after enrolling in either Traditional or Medi-Cal Expansion.



60 days
to
choose
a plan

**Changes: Call Health Care Options to switch plans,
or to make changes**



Behavioral Health Access Center

1380 Howard St. 1st Floor

(415) 503-4730 – client self-referral

(415) 503-4730 – provider referral

Mon to Fri 8a – 5p




**SAN FRANCISCO
HEALTH PLAN™**



beacon
health options

outpatient mental health benefit

SERVICES

- **Individual & group evaluation & treatment (therapy)**
 - **Psychological testing**
 - **MH & alcohol use screening & counseling**
 - **Psychiatric consultation**
- 

■ MILD TO MODERATE IMPAIRMENT

- **DSM V mild, moderate, severe**
- **Severe indicators**
 - frequent psychiatric hospitalizations ○**
 - housing instability ○ incarcerations ○**
 - violent or aggressive behavior ○**
 - difficulty / inability managing ADLs**
- **Need for more than weekly therapy?**
likely CBHS client

NETWORK



- Independent providers
- SFDPH Primary Care Clinics
 - Castro-Mission ○ Ocean Park ○ Tom Waddell, et al
- SF Community Clinic Consortium
 - HealthRight 360 ○ Mission Neighborhood Health Center ○ Native American ○ North East Medical Services (NEMS), et al

SERVICES

- **Consultation**
- **Care Coordination**

for case managers, primary care providers





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(855) 371-8117

BeaconHealthOptions.com



Behavioral Health & Private Insurance



My “Go To” Referral



REFERENCES

1. Pyne JM, Fortney JC, Curran GM, et al. Effectiveness of collaborative care for depression in HIV clinics. Arch Intern Med. 2011; 171(1):23-31
2. Colasanti et al (2017) Individual and Structural barriers to retention
3. HIV.gov <https://www.aids.gov/hiv-aids-basics/staying-healthy-with-hiv-aids/taking-care-of-yourself/mental-health/>
4. Substance Abuse and Mental Health Services Administration and Health Resources and Services Administration, The Case for Behavioral Health Screening in HIV Care Settings. HHS Publication No. SMA-16-4999. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2016.
5. American Psychiatric Association, psychiatry.org (2017) Physicians Resource; HIV and Anxiety fact sheet
6. IAPAC, 2015 – Guidelines for Optimizing the HIV Care Continuum

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