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)

- **Yes**: 86.4%
- **No**: 11.3%
- **Not Sure**: 2.3%
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)

- Yes: 84.1%
- No: 9.1%
- Not Sure: 6.8%
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”
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.
Employee Assistance Program
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.

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
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
- 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
Behavioral Health & Private Insurance
My “Go To” Referral
REFERENCES

6. IAPAC, 2015 – Guidelines for Optimizing the HIV Care Continuum

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