



“Addressing Mental Disorders: The ‘Missing Link’ to Effective HIV Prevention, Care, Treatment, and Adherence Support”

The National Institute of Mental Health
19th International AIDS Conference 2012

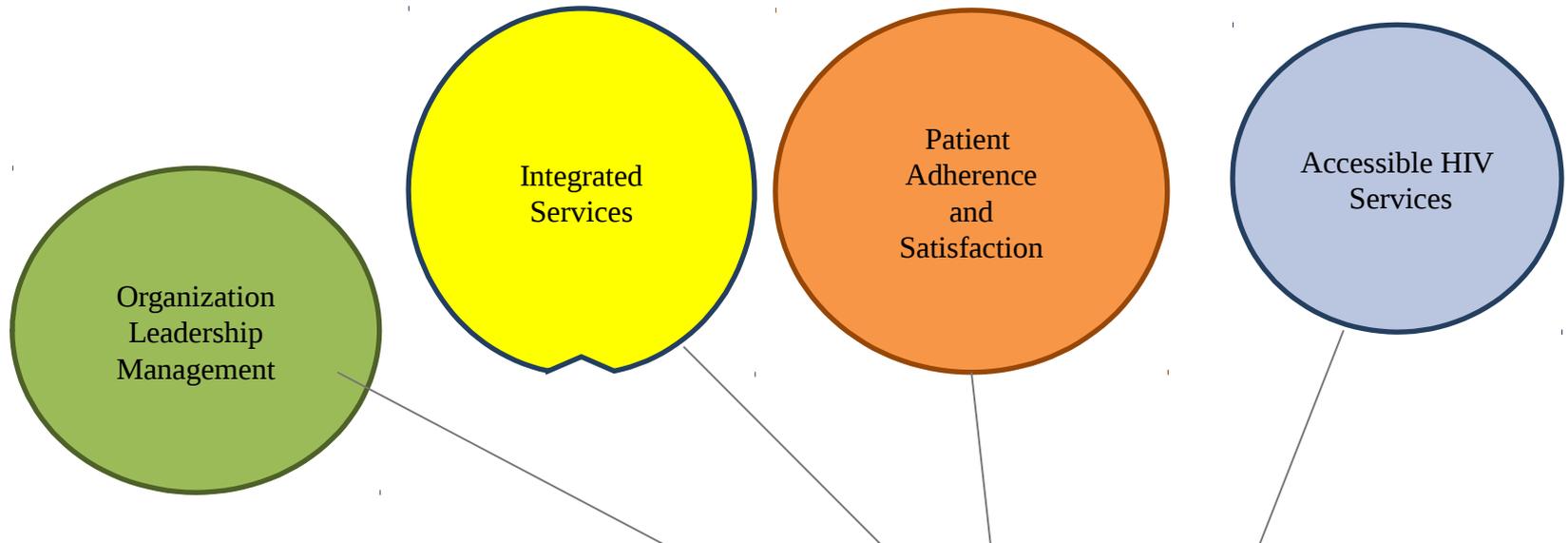
Transmission - Infection - Diagnosis - Medical Care - ART Medication - Adherence
= Viral Load Suppression and HIV Prevention

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Chase Brexton Health Care

Because everyone's health matters.



To all patients Chase Brexton Health Services offers a patient centered medical home with access to HIV Primary Medical Services including and supported by these services: OB/GYN and Pediatric, Mental Health, Medical Case Management, Outreach, Substance Use, Emergency Financial Assistance, Housing and Transportation Assistance , Legal, Health Insurance and Prescription Assistance and Dental Services with sites in Baltimore City/Mount Vernon, Randallstown, Columbia, Glen Burnie, and Easton.

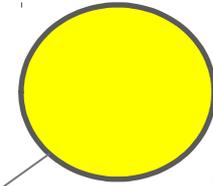
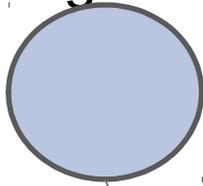
HIV Care and Mortality

- Quality HIV/AIDS care includes antiretroviral medication, appropriate medical visits, screenings and vaccinations, CD4 and Viral Load monitoring. Even with this quality care available **the mortality risk rises significantly for patients with behavioral health risks** such as unhealthy alcohol or illicit drug use, and/or mental health issues. (*Clinical Infectious Diseases 2014*)

Need For Expanded Mental Health and Substance Use Programs

- In June 2015 Maryland's DHMH sent a letter to HIV/AIDS care providers quoting a report from the Centers for Disease Control (CDC) of an outbreak of HIV infection in Indiana among individuals sharing needles. 150 out of 200 tested were identified as HIV infected. The CDC announcement concludes:
“...the out-break points to the need for expanded mental health and substance use treatment.”

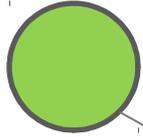
Providing Behavioral Health Services at Chase Brexton Health Care



Chase Brexton has a fully integrated HIV/AIDS health care delivery system that includes:

- Primary Medical Care with Infectious Disease Specialists.
- An on-site Pharmacy to fill HIV medication prescriptions.
- Medical Case Management with licensed case workers and outreach workers
- Behavioral Health (Mental Health and Substance Use Treatment)
- Medication Support Team/Intensive Case Management
- Oral Health
- Emergency Financial Assistance (transportation, co-pays, housing assistance)

Good Management Supports Quality Services at Chase Brexton



- Executive Leadership and the Board of Directors Require and Support Excellence in HIV/AIDS Health Care Services:
 1. Quality Management (QM) Department provides an annual Quality Management Plan, reports to the QM Committee , to Executive leadership and to the Board of Directors.
 2. IT Department maintains electronic systems and accurate data.
 3. HIV Committee, representative of management and program directors, meets monthly for program planning and evaluation.
 4. Dedicated and competent program staff who receive continuous supervision and training.

Mental Health Services at Chase Brexton

- Patient care in a POD... convenient access to services provided by a multidisciplinary team.
- Mental Health may begin with a therapist in the medical exam room and then
 1. An Individual assessment and care plan is developed and monitored and
 2. Individual and group counseling is provided.

Chase Brexton Research Study

Mental Health Services and Viral Load Suppression

March 2015

- Reviewed 2,775 HIV-positive patients records
- 50.56% (1403) of those reviewed have at least one common mental health diagnosis (e.g. depression, anxiety, and/or substance use).
- These patients tended to have variable viral load rates and
- 1186 (84.53%) of the patients with a mental health diagnosis but not engaging at all with Behavioral Health Care in CY2015 had a VL suppression rate of 83.94% .
- 49.44% of those reviewed were without Behavioral Health issues and had an overall 85.43% Viral Load suppression rate.

Viral Load Suppression Rates

(study continued)

- For patients receiving mental health services, VL suppression rate seems to correlate with the level of engagement in mental health services:
- 1-2 visits (n=69) = 76.12% VL suppression rate.
- 3-4 visits (n=24) = 81.82% VL suppression rate.
- 5-6 visits (n=14) = 85.71% VL suppression rate.
- 7-8 visits (n=16) = 93.75% VL suppression rate.
- 9-10 visits(n=12)= 90.91% VL suppression rate.
- 11+ visits(n= 82)= 89.04% VL suppression rate.

Viral Load Suppression Rates

Ryan White Mental Health Staffing

Chase Brexton has 27 full time staff engaged in various percentages of time (equivalent to a total of 3.45 full time positions) to work in Ryan White funded Mental Health Services.

Of the 3.45 full time equivalent positions:

- RWA funds = equivalent of 2 full time positions.
- RW B (State)= equivalent of 0.95 full time position.
- RW C funds = equivalent of 1.08 full time positions.
- 2777 total Ryan White patients seen in 2015
- 307 RW Mental Health patients seen in 2015

Expanding Mental Health Services

- Additional funding is needed to recruit and maintain Mental Health Providers; but
- There is a national shortage of Mental Health Providers particularly Psychiatrists,
- Lack of bi-lingual Psychiatrists and therapists,
- Need to Integrate HIV Healthcare and Mental Health Care ,and other support services, and
- HIV-positive patients need to value and commit to Mental Health Care.

Mental Health Problems

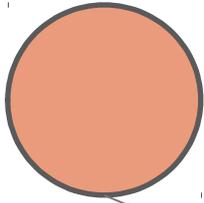
Mental Health problems affect all of us:

- Mental Health problems affect the way we think, feel and behave,
- Making it harder to take medicines on time, and
- Making it harder to keep health appointments or take advantage of a support network.

Positive Mental Health is Important

Mental Health is as important as physical health because it generally results in :

1. Better functioning at home, school, work and in relationships and in keeping health care appointments and taking medication as scheduled
2. More effective coping with life's difficulties.
3. Taking better care of ourselves and our families.
4. Making meaningful contributions to the community.



Final Message

- Mental Health is an important part of staying healthy when living with HIV.
- Living with HIV increases the risk for developing mental health conditions.
- HIV-positive individuals need to be able to discuss mental health issues with the healthcare team and tell them about any changes in thinking or feeling.
- Mental health conditions are treatable. Recovering from them will support keeping up with medical care and an extended life.