

HIV Learning Network

The CQUIN Project for Differentiated Service Delivery

[www.cquin.icap.columbia.edu](http://www.cquin.icap.columbia.edu)



# Mental Health and HIV Integration within DSD Programs

HIV Coverage, Quality, and Impact Network



# Housekeeping

- 90-minute webinar with framing presentations followed by a panel discussion with Q&A
- Slides and recording will be available on the CQUIN website ([www.cquin.icap.columbia.edu](http://www.cquin.icap.columbia.edu))
- Please type questions in the Q&A box located on the toolbar at the bottom of your screen
- If you would prefer to speak, please use the “raise hand” function on the toolbar and we will unmute you so that you have control of your microphone
- If you are a French or English speaker, please ask your question in your language of choice and the interpreters will translate as needed



# Welcome/ Bienvenue



**Peter Preko**

CQUIN Project Director

ICAP at Columbia University

- Be sure you have selected the language of your choice using the “Interpretation” menu on the bottom of your screen.
- Assurez-vous d’avoir sélectionné la langue de votre choix à l’aide du menu <<Interprétation>> en bas de votre écran Zoom.



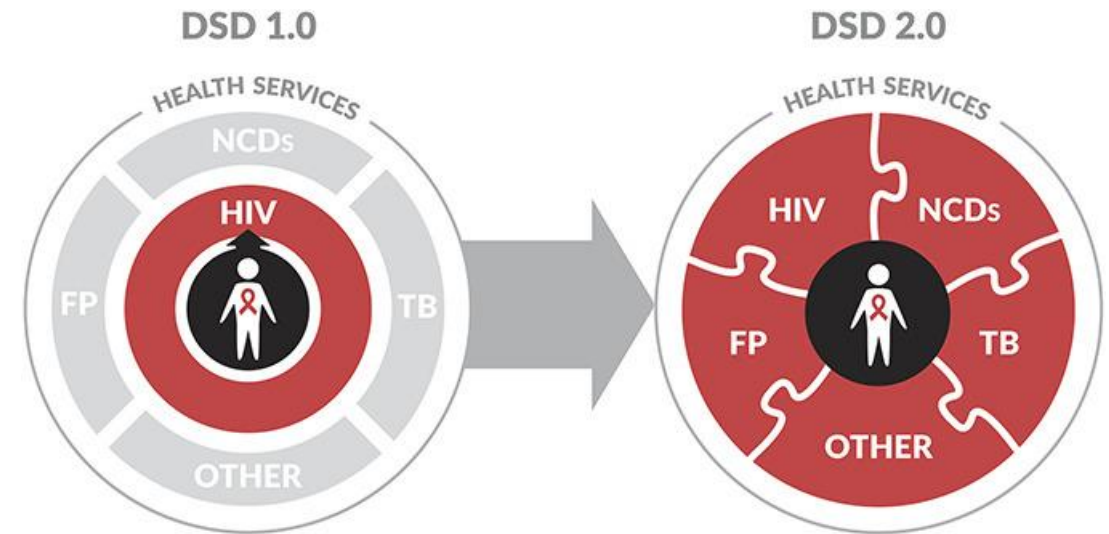
# Background – 1

- CQUIN 2.0 has an expanded focus that includes the **integration of non-HIV services into HIV programs** (and, more specifically, into DSD models) with the goal of providing holistic person-centered care
- In 2023, CQUIN will focus on:
  - ✓ SRH / Triple Elimination: starting with integration of **FP services** [June webinar]
  - ✓ NCDs: starting with integration of **HTN services** [July] and **Mental Health services** [today's webinar]
  - ✓ TB: continued focus on integrating TPT and case finding into DART models

# Background – 2

## CQUIN conceptual framework:

- ✓ Integration is a means not an end – the goal is not integration itself, but improved coverage, quality, and impact of health services
- ✓ Differentiated approaches contribute to this goal by delivering person-centered services that meet the needs and expectations of recipients of care
- ✓ Our hypothesis is that integrating non-HIV services into HIV programs will expand and accelerate these efforts



Ehrenkranz P, Grimsrud A, Holmes CB, Preko P, Rabkin M. Expanding the Vision for Differentiated Service Delivery: A Call for More Inclusive and Truly Patient-Centered Care for People Living With HIV. *J Acquir Immune Defic Syndr*. 2021 Feb 1;86(2):147-152. PMID: 33136818; PMCID: PMC7803437.

# Background – 3

**If we do not clearly define what we mean by “integration”, our discussions will not lead to program improvement and improved health outcomes**

- **Level of integration:** Systems, services, or both?
  - Systems: “Upstream” policies, financing, training, procurement, M&E, etc.
  - Services: Point of care organization – co-location, co-scheduling, coordination of medications, etc.
- **Direction of integration:**
  - Integration of non-HIV services into HIV programs?
  - Integration of HIV services (e.g., testing and prevention) into non-HIV programs?
  - Both?

# Agenda

**Welcome and introductions: Peter Preko**, ICAP at Columbia University

**Framing Remarks: Wole Ameyan**- Technical Officer, Adolescent HIV, Global HIV, Hepatitis and Sexually Transmitted Infections Programmes, WHO

**Panel Discussion: Co-Moderators: Juliet Nwamaka**, Network of People Living with HIV and AIDS in Nigeria (NEPHWAN) & **Gillian Dougherty**, ICAP Columbia University

- **Kareem Samsudeen Adebola**, National Deputy Coordinator, Association of Positive Youth Living with HIV in Nigeria (APYLIN)
- **Milton Wainberg**, Professor of Clinical Psychiatry at Columbia University/New York State Psychiatric Institute
- **Mary Mugambi**, ICAP Kenya, (Former Kenya MOH lead for Mental Health) – Flagship MAT program in Nairobi
- **Charles Mukuma**, Communication officer, African Sex Workers Alliance (ASWA), Nairobi, Kenya

# Moderators



**Juliet Nwamaka**

Network of People Living with HIV and AIDS in  
Nigeria




**Gillian Dougherty**

ICAP Columbia University



# Session Objectives

Provide sensitization regarding the importance of mental health and HIV integration in the context of differentiated service delivery following guidance published by WHO and UNAIDS



Panel discussion with experts of global leaders (MoH, IP and RoC) who can provide various perspectives on the current state and future directions of MH/HIV integration for DSD

# Zoom Poll 1

How important do you think it is to address mental health within the context of global efforts to combat HIV/AIDS?

- a. Extremely important
- b. Somewhat important
- c. Not important
- d. Unsure

## Zoom Poll 2

2a. Are there any initiatives aimed at promoting mental health and HIV integration currently being implemented in the country where you work?

- a. Yes
- b. No

2b. If Yes, what country do you work in?  
(Free Text)

Wole Ameyan  
WHO Switzerland



# Integrating mental health and HIV services

## Framing remarks



Dr. Wole Ameyan  
Global HIV, Hepatitis and Sexually Transmitted Infections  
Programmes  
World Health Organization, Geneva, Switzerland



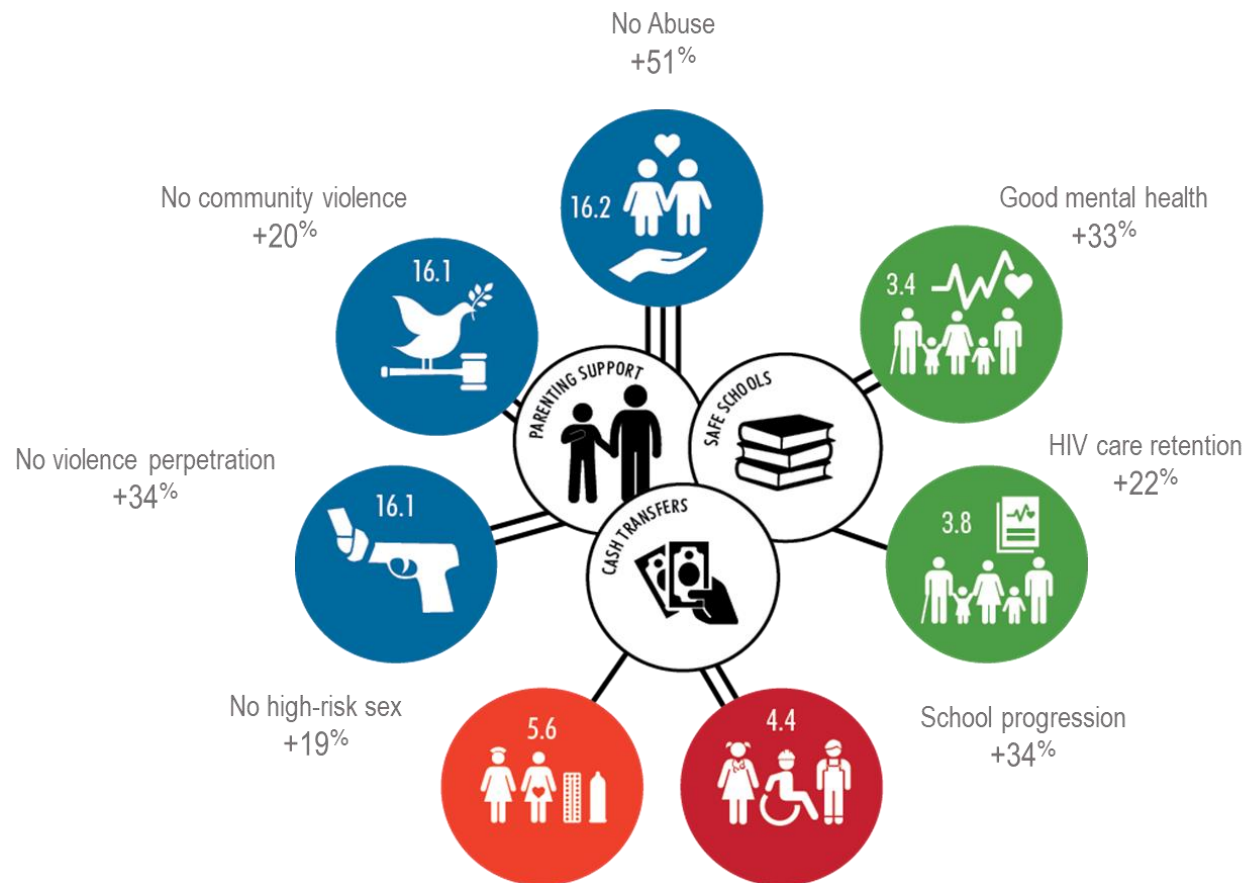
# Why mental health and HIV?

- It is about burden, but burden does not tell the full story
- Bidirectionality and Intersecting vulnerabilities between HIV and mental health cannot be ignored.
- A systemic review and meta-analysis found that people living with HIV have a 100-fold higher suicide death rate compared with the general population rate
- Adolescents living with HIV generally have a higher prevalence of mental health conditions compared with their HIV-negative peers
- Key populations, often affected by stigma and discrimination and social marginalization, have elevated rates of emotional distress and mental health conditions

## 2

# Why mental health and HIV?

- People living with HIV with depression less likely to achieve optimal treatment adherence.
- People with mental health conditions at greater risk for HIV (injecting drug use, unsafe sex, sexual abuse) and less likely seek information and health services
- It is also about multiple cascading effects!
- Linkages with other SDGs



Cluver, Orkin, Toska, Campeau, Webb, Carlqvist, Sherr, (2019) Lancet CAH

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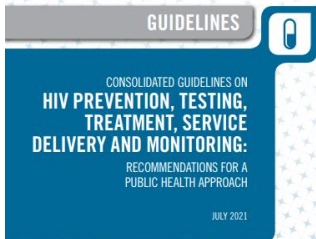
# Key messages from WHO guidance

- 01 Package it
- 02 Integrate it
- 03 Deliver it
- 04 Monitor it



# Key messages from WHO guidance

## Package it



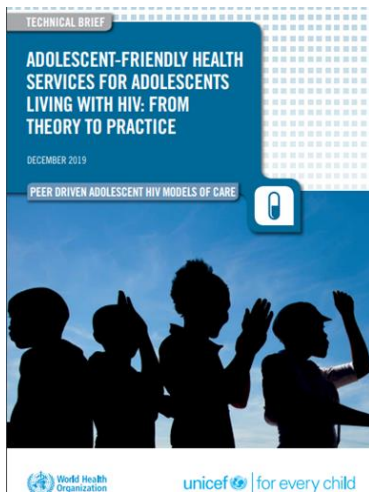
### Recommendation

Assessment and management of depression should be included in the package of HIV care services for all individuals living with HIV

Consolidated guidelines on HIV prevention, testing, treatment, service delivery and monitoring: recommendations for a public health approach

# Key messages from WHO guidance

## Package it



## Start young!

- Adolescence is a time of transition, development, and identity exploration; a common window for new mental health challenges to emerge
- For adolescents and young adults who are living with HIV, there are additional psychosocial challenges linked to navigating this period while managing a chronic condition
- The majority (75%) of mental health conditions seen in adulthood develop by the age of 24 years, and 50% occur by the age of 14 years

# Key messages from WHO guidance

## Provide psychosocial interventions

### New Recommendation

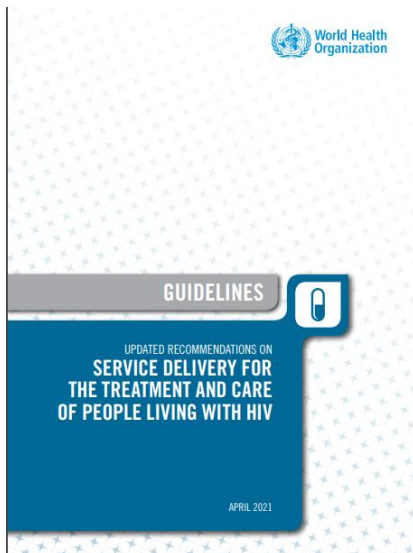
Psychosocial interventions should be provided to all adolescents and young people living with HIV  
**(Strong recommendation; moderate-certainty evidence)**

Improves adherence to ART and reduction in viral load outcomes.

Peer driven approaches, integration within existing package of services, quality are important implementation considerations

Young people need to lead from the front in implementation just as they were a huge part of the guideline development process!

## Package it



## Integrating psychosocial interventions and support into HIV services for adolescents and young adults

APRIL 2023



# Integrating psychosocial interventions

Exploring psychosocial interventions: what do they look like?

How can these interventions be delivered?

Who delivers them?

What factors support uptake of these interventions?

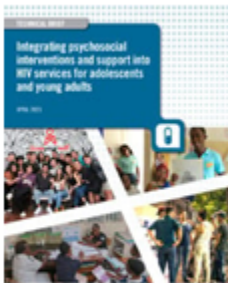
Key strategic actions for integrating psychosocial interventions into HIV services

Case studies

## Integrating psychosocial interventions and support into HIV services for adolescents and young adults

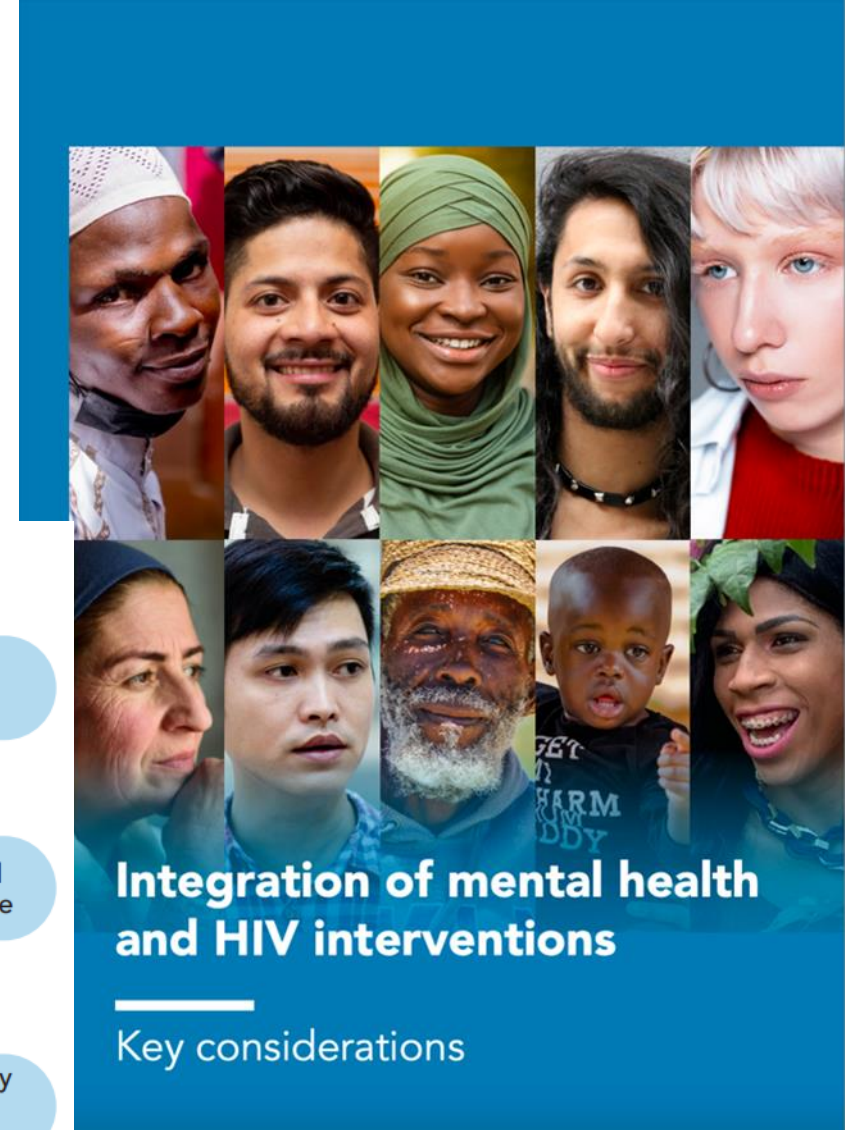
This technical brief seeks to establish the importance of implementing psychosocial interventions to optimize HIV outcomes and support mental health for adolescents and young people living with HIV; to provide evidence included in the recent WHO guidelines to educate on how this can and has been done; and to chart a way forward for the integration of mental health and HIV services for this population.

[www.who.int](http://www.who.int)

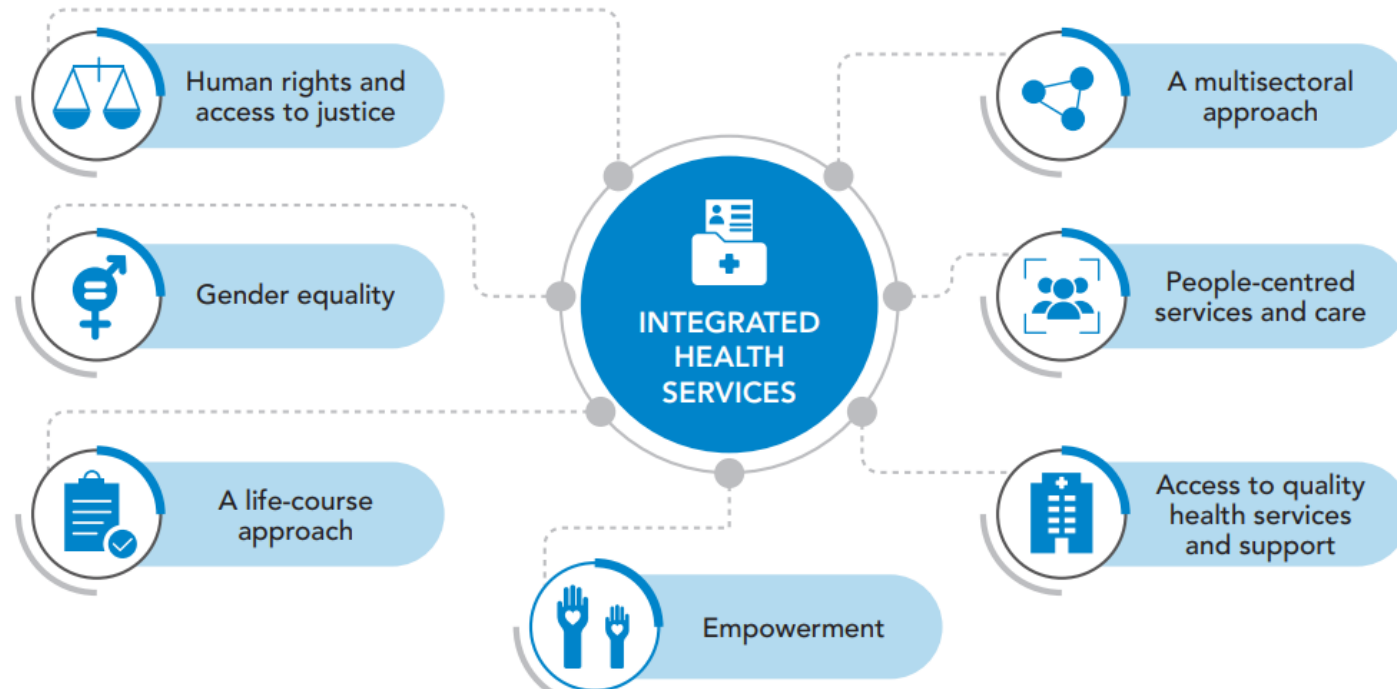


# Key messages from WHO guidance

2022 UNAIDS-WHO guide Key considerations to integrate HIV and mental health interventions | UNAIDS  
(available in English, French, Spanish and Russian)



Essential principles



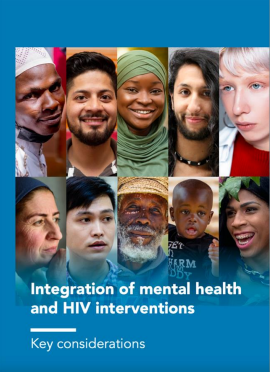
## Integration of mental health and HIV interventions

Key considerations

Integrate it

# Key messages from WHO guidance

2022 UNAIDS-WHO guide  
Key considerations to integrate HIV and mental health interventions  
*(available in English, French, Spanish and Russian)*



Integrate it



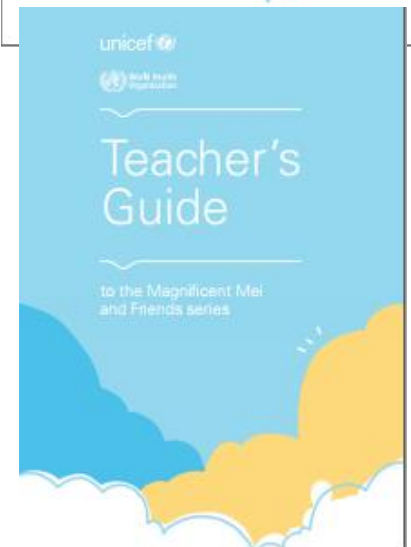
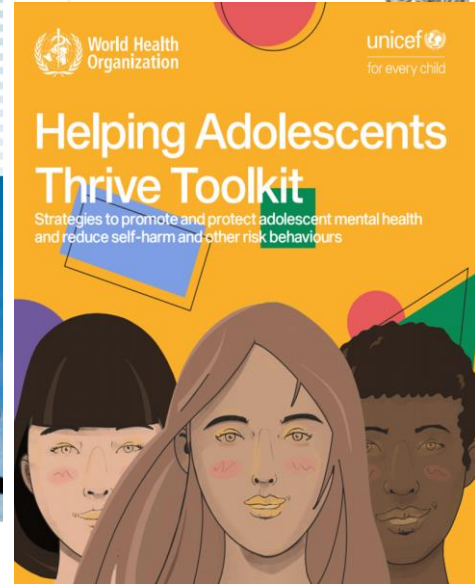
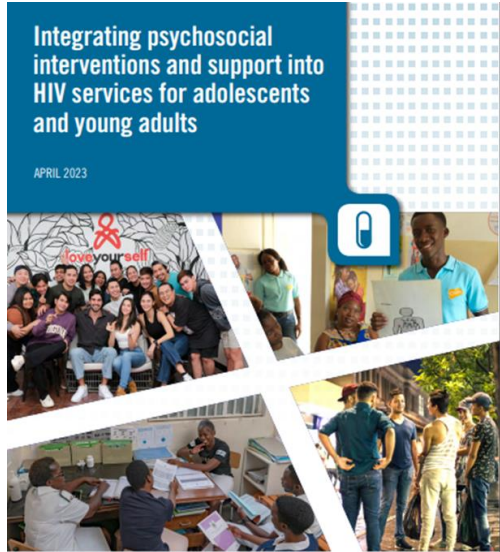
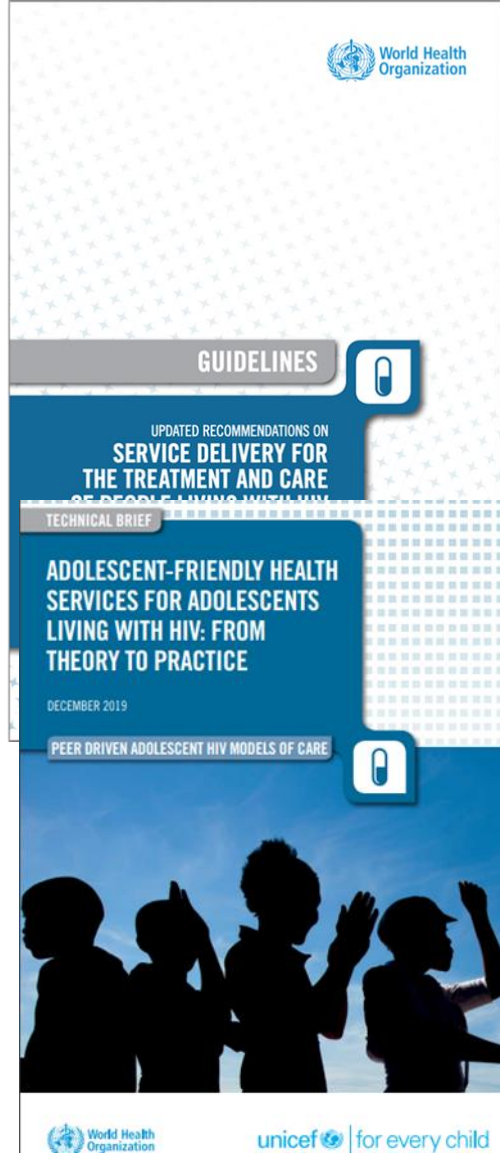
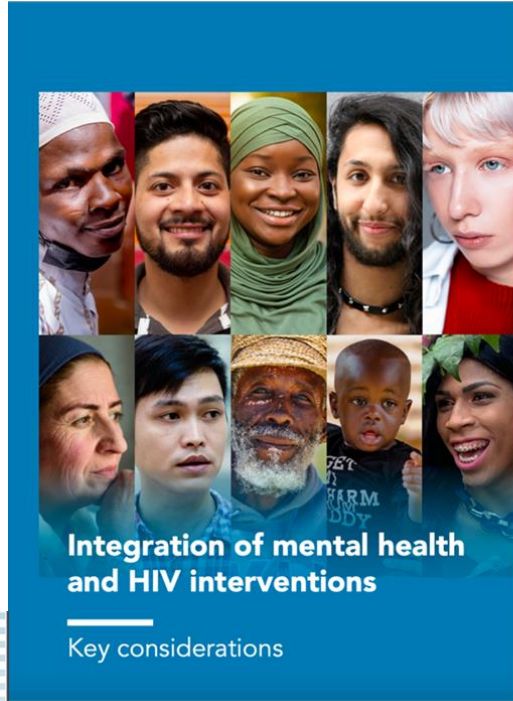
- Integration at the health system level; convergence of laws, policies, planning, and budgeting processes
- Across organizations or facilities
- Clinical integration - Single-Facility Integration, Multi-Facility, Integrated care with case managers

Each level requires distinct interventions  
 Synergy, interaction and coordination of integration activities within and between levels

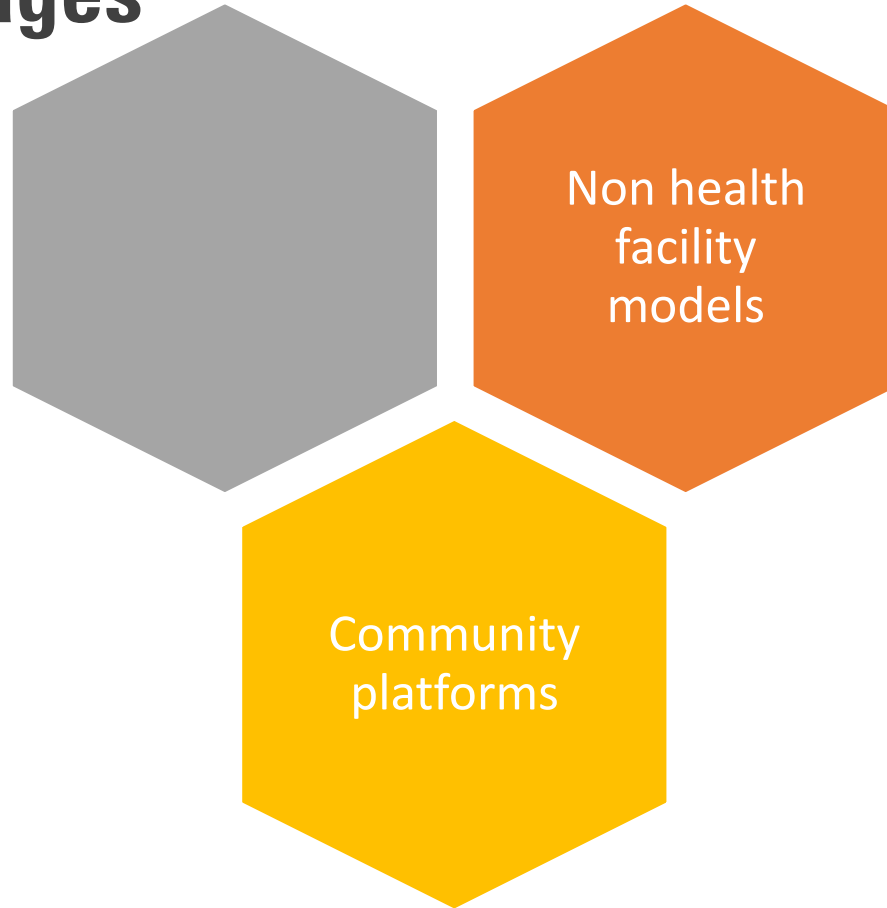
# 10 Key messages from WHO guidance

## Tools to facilitate programming and implementation of adolescent mental health promotion and protection

Deliver it



# Key messages



- School-based services
- One-stop services
- Child protection

- Integration of care at community level
- Integrated delivery of mental health care through schools and other sectors
- “Early interventions models” or one-stop access points
- Collaborative care
- Tiered interventions and transdiagnostic approaches
- Empowerment of young people and families in treatment choices and plans
- Task sharing

Deliver it

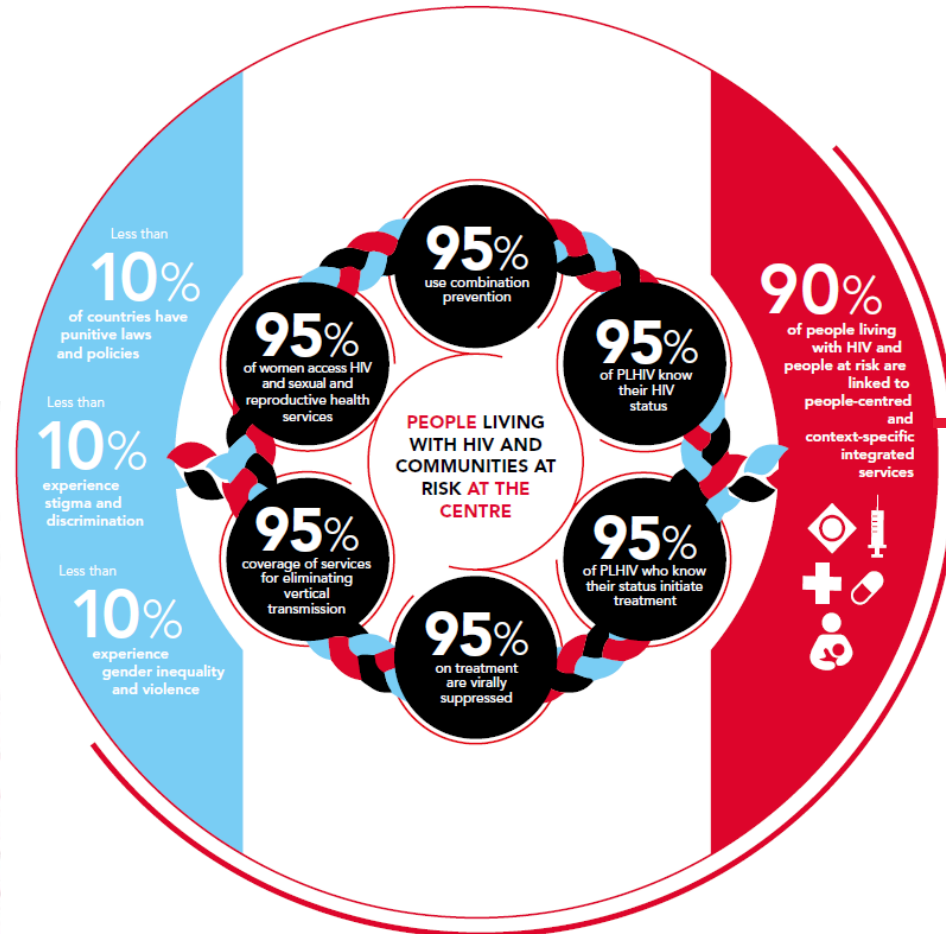


# Key messages from WHO guidance

## Global HIV-mental health integration targets

### 2025 GLOBAL HIV TARGETS

#### Monitor it



90% of PLHIV and individuals at ↑ risk of HIV linked to and access NCDs, **mental health** and other services for their overall health and wellbeing

#### Population-specific:

- 90% PLHIV have access to HIV treatment and CVD, Cx Cr, **mental health**, diabetes services, health education, smoking cessation, PA
- 90% of gay men and other MSM, sex workers, transgender people have access to HIV services integrated with/linked to **mental health and PSS**
- 90% of PWID have access to comprehensive harm reduction, including **mental health**, services
- 90% of AGYW have access to SRHR services, including HPV/cervical cancer screening and treatment, that integrate HIV services

# Final thoughts

## Conversations to support

Refine and Define it – what we are talking about and what we aren't talking about!

Rationalize it – why should we do this but also why should we invest in it

Untangle it – who does what and where, role of multiple layers of policy, service delivery, community

Promote it – Not a buzz word. Put the message out there and convince ourselves

Discuss it – platform for leaning and sharing

Implement it – support for implementation and documentation of best practice models

Measure it – what SMART indicators can show what is working and what is not

# Panel of Experts



**Kareem Samsudeen  
Adebola**

Association of Young  
people living with HIV in  
Nigeria

**Milton Wainberg,  
M.D.**

Columbia University  
New York State  
Psychiatric Institute

**Mary Karimi  
Mugambi**  
ICAP Kenya

**Charles Mukoma**  
African Sex Worker  
Alliance



Slides and recordings from today's session will be posted on the CQUIN website:

<https://cquin.icap.columbia.edu/>

Join us for the next CQUIN webinars:

August 22<sup>nd</sup> = DSD for Adolescents (co-hosted with PAHLCA and WHO)

September 5<sup>th</sup> = AHD Supply Chain Management Systems (co-hosted with CHAI)

Thank you!

