



MAIDS



Towards an integrated approach to HIV/AIDS and mental health

Katja Assoian

Global Initiative on Psychiatry

Ljubljana, December 13, 2011

Correlation conference



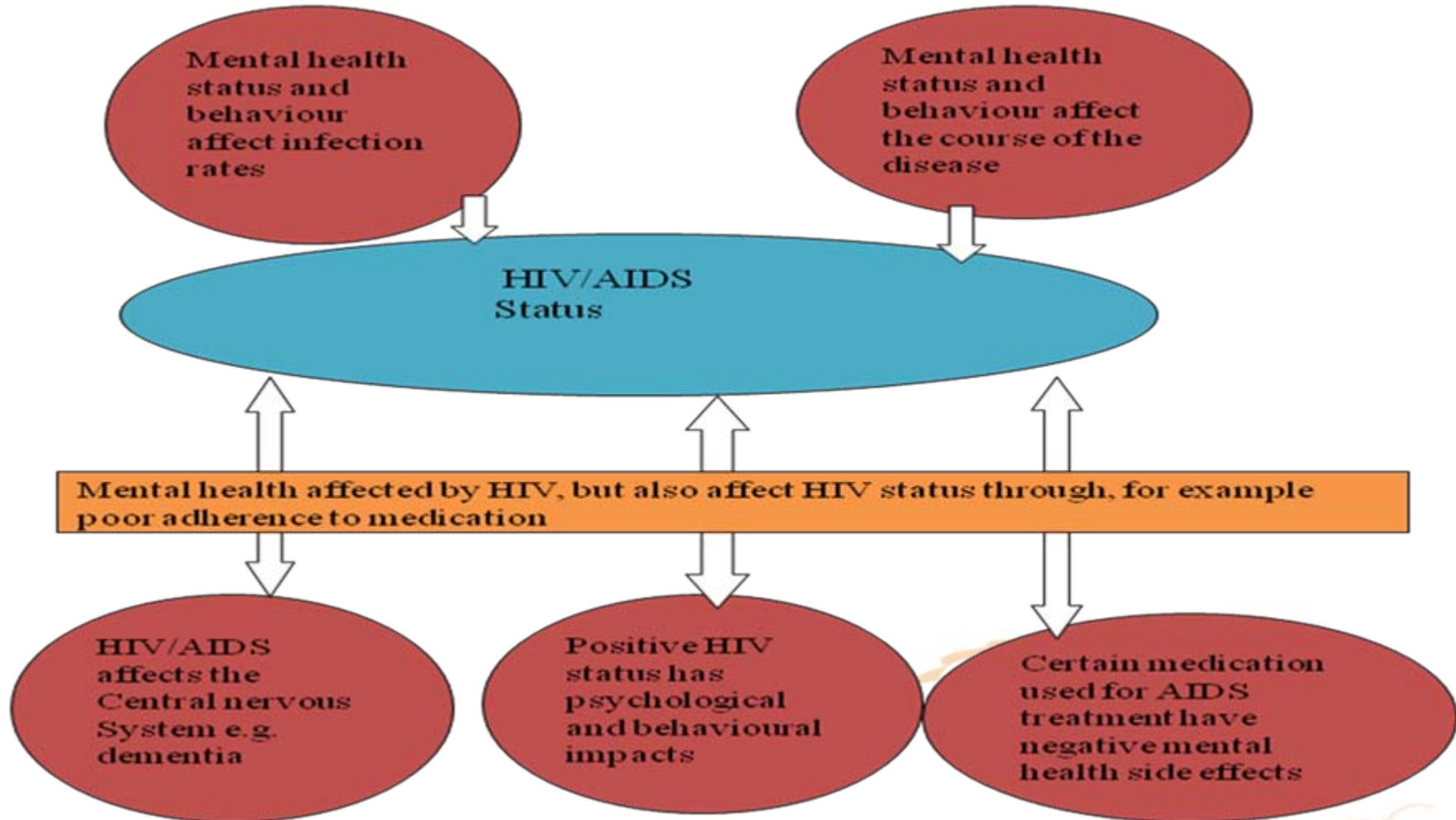
Prevalence of mental disorder

- Appr. 15 mln. people living with HIV also have a mental disorder.
- PLHIV are at least twice as likely to have a mental disorder than people who are not affected.





Interrelationships between mental health and HIV/AIDS





Mental Health is a risk factor for contracting HIV

- **Prevalence rates in mentally ill inpatients and outpatients - between 5 and 23%, compared with a range of 0.3 to 0.4 % in the general population.**
- **Behavioral risk factors for transmission of HIV in between 30 and 60% of people with sever mental health illnesses.**





Mental Health as a direct consequence of HIV

- **Psychological burden**
- **Affects the CNS**
- **Negative mental health side effects from treatment.**





Mental health affects the course of the disease

- **Mental and substance-use disorders affect help-seeking behaviour or uptake of diagnostic and treatment services for HIV/AIDS.**
- **Mental illnesses have been associated with lower likelihood of receiving antiretroviral medication. Adherence to highly active antiretroviral therapy is lowered by depression, cognitive impairment, alcohol use and substance-use disorders.**



Issues

- Mental health disorder, including substance use disorders, are risk factors for contracting HIV, and the presence of HIV/AIDS increases the risk of development of mental disorders.

The resulting comorbidity complicates help-seeking, diagnosis, quality of care provided, treatment and adherence.





Priorities for action

- **Integration of mental health into HIV/AIDS initiatives and programs**
- **Training of primary health care providers**
- **Integration of HIV into mental health services**
- **Continued advocacy and monitoring of the actual levels of coverage of interventions of mental health**
- **Support for research on the intersection between HIV/AIDS and mental health.**





MAIDS EU Project



Developing HIV/AIDS & Mental Health Programs in new EU countries (Poland, Czech Republic, Slovakia, Estonia, Latvia, Lithuania, Bulgaria, Slovenia, Hungary, Romania) and transferring best practices and experience in the field from the old EU member-countries.

www.mentalhealthhiv.eu





General Objectives of the project

- To improve the quality of life of people with double/triple diagnosis (HIV/addiction/mental illness) in project countries due to **improved access to and quality of mental health and psychological support services for people with dual/triple diagnosis** and for populations at risk of HIV-infection with higher rates of mental illness
- To **increase awareness** of the relation between HIV/AIDS and mental health problems among professionals in relevant sectors (health care, social welfare etc) and authorities in new EU countries
- To **build the capacity of health care professionals** in project countries by disseminating best practices in the area of integrated approach towards mental health and HIV/AIDS.



Specific objectives

- **Needs assessment** in order to identify existing gaps in the field of mental health and HIV/AIDS
- Implementing **research activities** on mental health and HIV/AIDS as a basis for training and advocacy throughout the project
- Setting up sustainable **expert centres on mental health and HIV/AIDS** in 3 EU countries (PL, EE, LT) and strengthening existing center in BU





Specific objectives

- Creating a sustainable training structure aimed at enabling relevant care givers to improve the services rendered to patients;
- Incorporating training modules and manuals in mainstream professional training of doctors, nurses, social workers and other relevant groups in PL, EE, BU, LT
- Disseminating information among policy-makers and opinion-formers on integrated mental health/HIV approach and its importance for PLHA in improving their quality of life and HIV-prevention among populations with higher risk of HIV-infection due to impaired understanding.

