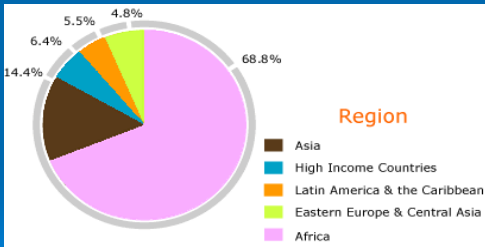


“The Mental Health Challenges of living with HIV/AIDS

By Cora Bruno, MSW, LCSW
July 2008

Global Statistics

•The chart below shows the distribution of people living with HIV/AIDS around the world as of 2007.




Sources: UNAIDS/WHO 2007 AIDS epidemic update
Sources include the World Health Organization and the Centers for Disease Control.



Additional Facts: ↓

- > In every minute **eight people** will be newly infected with HIV; and in one hour 490 will be infected.
- > **Worldwide, 14,400 people** are newly infected each and every day and fighting this disease becomes a devastating reality.
- > **HIV is the leading cause of death worldwide among those ages 15-59.**
- > **There are an estimated 37.8 million people living with HIV/AIDS worldwide, a greater number than ever before.**
- > According to a CBS news report, AIDS could claim close to **100 million lives worldwide by 2020** if nothing changes. At this rate, AIDS will be the worst epidemic in human history, but HIV is preventable.
- > During **2005**, an estimated 4.9 million people became newly infected with HIV, including approximately **700,000 children under the age of 15.**
- > **3.1 million people died of AIDS in 2005.** Of these, over half a million were children.
- > *Worldwide, most people living with HIV are unaware that they are infected.*


Arizona Statistics



- Approximately **70 percent** of all people living with HIV/AIDS in Arizona reside in the Phoenix metropolitan area. This includes more than **12,000 people** infected in Arizona.
- In a recent assessment conducted for Phoenix Ryan White Part A office, more than one third of survey respondents (**35 percent**) reported learning their HIV status when tested in the hospital emergency room.
- More than half of those impacted by HIV/AIDS are not receiving medical care according to the Phoenix study.
- Black women in Arizona are seven times more likely than women in any other ethnic group to be infected with HIV/AIDS.
- Hispanics constitute approximately 28 percent of the population in Arizona and represent 20 percent of the HIV/AIDS cases.
- Blacks, while constituting less than 4 percent of the population, represent 12 percent of the HIV/AIDS cases.
- Native Americans represent 5 percent of those infected in Arizona.
- MSM of all races represent 70 percent of Arizona HIV/AIDS cases.

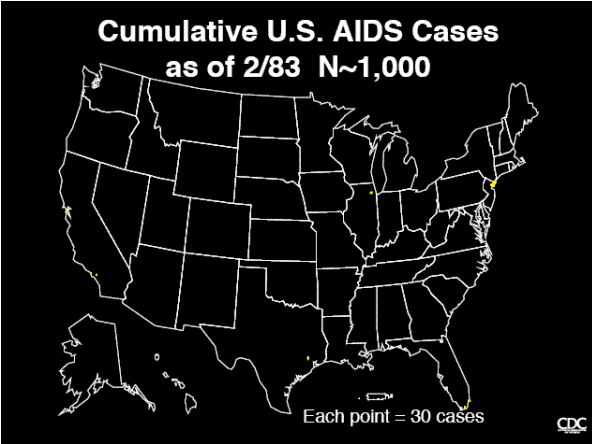
LI Phoenix EMA Ryan White Part A HIV Health Services Planning Council 'In Care' Needs Assessment, 2006 Report of Findings prepared by Collaborative Research, March 2006.

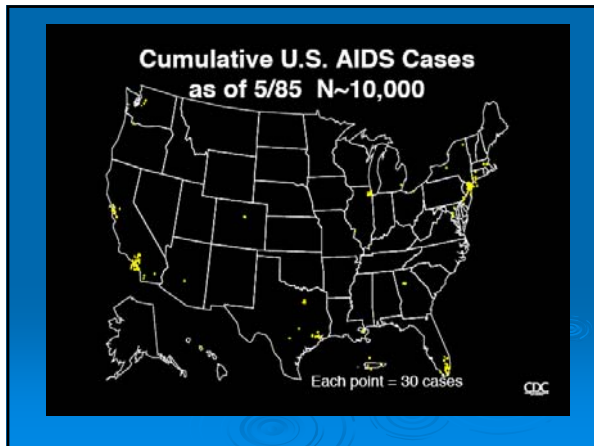
U.S. Statistics:

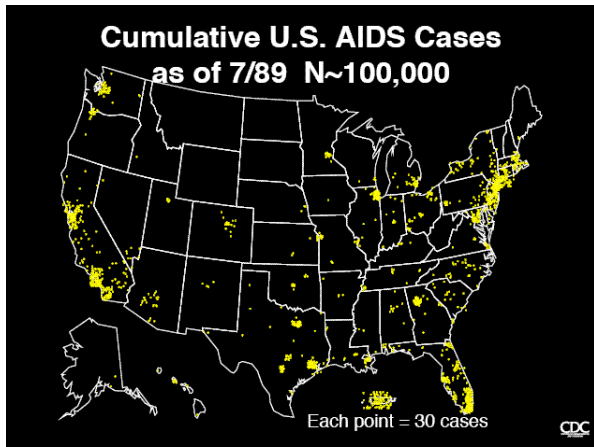


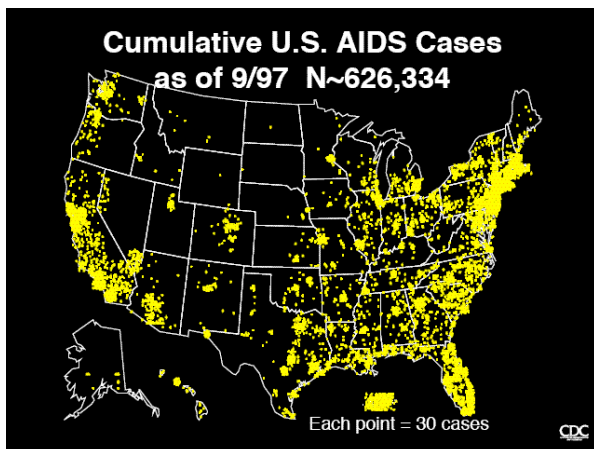
- The US Centers for Disease Control and Prevention (CDC) estimates that more than **500,000 Americans with AIDS have already died**.
- The majority of those newly infected today, both in the United States and abroad, are under the age of 25.
- One in four people infected with HIV do not know they are infected according to the Centers for Disease Control. And, between 42 percent and 59 percent, are not in care.
- Black and Hispanic women show the largest trend of new infections.
- At the end of 2006, the CDC estimates that **448,871 people were positive** with AIDS in the USA.

Source: Centers for Disease Control and Prevention, HIV/AIDS Surveillance Report 2006, (Vol. 18)









Definitions

➤ **HIV = Human Immunodeficiency Virus**

The virus that causes AIDS

➤ **AIDS = Acquired Immunodeficiency Syndrome**

A set of symptoms that occur during advanced stages of HIV

HIV Viral Property:

How long can the virus live outside the human body?

- HIV is a fragile virus
- HIV dies outside the body once it dries
- Heat, detergents, & disinfectants will kill HIV
- HIV can live for 3 weeks or longer when stored at a blood bank
- In a frozen state HIV can survive for years

Immune System

➤ **Lymphocytes** = white blood cells that identify & destroy invading antigens. Originates in bone marrow.

-**B-cells** = produce antibodies that trigger immune responses

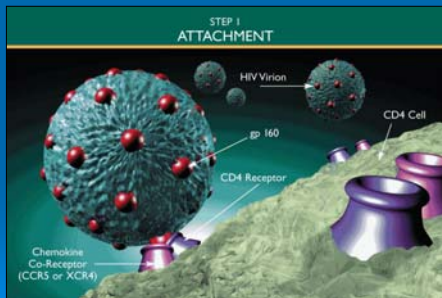
-**T-cells** = (CD4) kills invader cells

* You are born with **1500 to 2000** T-cells (in a given amount of blood), by adulthood, the average number of T-cells is **900**.

Transmission

- **HIV is spread:**
 - sexually (vaginal or anal)
 - blood transfusions
 - sharing of contaminated needles
 - Mother to child during childbirth or breastfeeding
- **Body fluids that may contain HIV:** blood, semen, vaginal fluid and breast milk

HIV Virus



TREATMENT

- **Five types of anti-HIV drugs & 28 medications approved.**
- Three drugs in combination & 78 possible combinations – **HAART**
- Unpleasant side-effects
- May cause cardiac problems, increase lipids, cholesterol & triglycerides
- May cause insulin resistance
- Lipodystrophy & metabolic changes

Adherence

- Adherence is defined as the extent to which the patient continues the agreed-upon mode of treatment under limited supervision when faced with conflicting demands

Resistance

- Your virus *mutates* (changes) as it makes copies of itself (replicates)
- Sometimes these mutations make the medications stop working
- When the medications stop working you have to go on different medications
- Every time your virus mutates there is a risk that your virus will become resistant

What is Mental Health?

State of good adjustment with a subjective state of wellbeing, zest for living and feeling that one is exercising his/her talents and abilities

Chaplin, J.D. (1985). *Dictionary of Psychology*. New York: Bantam Doubleday Publishing Group.

Mental Health

- State of wellbeing
- Zest for living
- Feeling one is exercising his/her talents and abilities

Components Affecting Mental Health

- Medical
- Physical
- Emotional
- Spiritual
- Social and Environmental
- Financial

Medical

- HIV or AIDS Dx
- CD4 and Viral Load
- Hep C
- Neuropathy
- Diabetes
- Heart Disease
- Stroke

Medical Con't

- Taking Several Medication
- Medication Side Effects
- Gastrointestinal Issues
- Effects from Substance Abuse
- Menopause
- Sexual Dysfunctions
- Liver/Kidney Dysfunction
- Chronic Pain
- Immobility Issues

Physical

- Body Image/Body Dysmorphic Disorders
- Lypodystrophy
- Aging Process
- Transgender Transitions
- Dermatological Issues
- Sexual Dysfunction

Emotional

- Depression
- Anxiety
- Anger
- Isolation
- Disclosure
- Rejection
- Stigma
- Acceptance
- Coming out as gay, bisexual, transgender

Emotional Con't

- Worthlessness
- Hopelessness
- Worry
- Confusion
- Sex Addiction
- Racing thoughts about medical concerns
- Memory Issues
- Suicidal Thoughts

Spiritual

- Mortality Issues
- Suicidal Ideation vs. Religious Beliefs
- Questioning a higher power
- Questioning why they are still alive
- Survivors guilt
- Intense emotion toward higher power

Social and Environmental Issues

- Financial/SSD/Food Stamps
- Housing Issues
- Lack of Transportation
- Having to sell house, insurance, assets
- Health insurance/Medicare D
- Co-Pays
- Societal Acceptance and Civil Rights
- Relationship Issues
- Raising children with or without partner
- Lack of family or social support

Cost

- Even with insurance copays can be as high as \$150 per medication per month
- Since most people need at least 2 prescriptions meds could cost \$300 per month...this is a payment on a pretty nice car!

Cost Con't

- The average monthly cost of HIV medication is \$2000 to \$2500 without insurance
- Imagine what you could buy with \$2500 a month!
 - A new entertainment system for your home (\$5300) plus new furniture of your choice
 - 7-night cruise to Hawaii for 2 (\$2600)

Cost Con't

The annual cost of HIV/AIDS treatment is approximately:

\$22,000

Specific Issues

- Post-Traumatic Stress Disorder - PTSD
- Sexual Abuse
- Sexual Addiction
- Substance Abuse

PTSD

- Anxiety Disorder
- Person exposed to a traumatic event
- Person experienced and/or witnessed event
- Sexual abuse, molestation
- "Gay bashing"
- Sexual Assault
- Domestic violence

Sexual Abuse

- Adult and/or Child
- Rape
- Molestation
- Coerced into unprotected sex
- Lack of negotiation skills with partners

Sex Addiction

- Sexual addicts are those who engage in persistent and escalating patterns of sexual behavior acted out despite increasingly negative consequences to self and to others. They become addicted to the neuro-chemical changes that take place in the body during sexual behavior.

➤ <http://www.allpsych.com/journal/sexaddiction.html>

Expressions of Sexual Addiction

- Fantasy – Choice fantasy over reality
- Seductive Role – conquest and diminishes after contact
- Voyeurism - pornography
- Exhibitionism – Attracting attention to sexual parts
- Paying for Sex – Pay for an escort or massage
- Trading for Sex – emotional or monetary gain or control
- Anonymous Sex – Bath house, Adult Book stores, parks
- Pain Exchange Sex – Sadistic and Masocestic
- Exploitive Sex – Rape

Seven Motivators for Sex

1. Excitement
2. Comfort
3. Escape
4. Affirmation
5. Power
6. Revenge
7. Helplessness

A Resource Notebook for Treating Compulsive Sexual Behaviors By Dr. Paul Simpson

Substance Abuse

- Alcohol Abuse
- Methamphetamine Abuse
- Cocaine Abuse
- Cannabis Abuse
- Narcotic/Opioid Abuse

Common Disorders

- Major Depression Recurrent
- Mood Disorder Due to General Medical
- Adjustment Disorders
- General Anxiety Disorder
- Post-traumatic Stress disorder
- Amphetamine Abuse
- Alcohol Abuse

Treatment Techniques

- Number of sessions could be Long-term or Short-term
- Cognitive Behavior Therapy
- Existential Therapy
- Schema Therapy
- Integrated Therapy
- Support Groups
- Psychological Testing
- Homework-Journaling, worksheets, affirmations, AA/NA/SAA meeting

Q & A



Cora Bruno, MSW, LCSW

Behavioral Health Clinical Director
Southwest Center for HIV/AIDS
Formerly Body Positive
1144 East McDowell Road #200
Phoenix, AZ 85006
602-307-5330
cbruno@swhiv.org

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