

Dimension: Age	The Undetectables Program
This Intervention is Linked to the Following Secondary Driver: <ul style="list-style-type: none">• Client-centered and client-driven support systems in place to provide individual and peer-to-peer group support• Strategies to address additional barriers, such as food security, legal support, housing, etc.	
Level of Evidence: Well-Defined Interventions with an evidence-base	

Summary:

A stepped approach to ART adherence for people with HIV who have mental health issues, substance use issues and/or are experiencing homelessness or age related challenges.

Core Components

The Undetectables Program as originally implemented by Housing Works and evaluated by Housing Works and the University of Pennsylvania consisted of the following core components:

- Stepped approach to ART adherence
- Individual-level ART adherence planning and support
 - Case conferences among client, health providers & case manager
 - Motivational interviewing & assistance to meet subsistence needs
 - Behavioral health assessment/referral
- \$100 gift card incentive for quarterly lab result showing undetectable viral load (≤ 50 copies/ml), up to 4 per year
- Cognitive behavioral therapy (CBT) adherence support groups
- Adherence devices such as pill-boxing and text or other daily medication reminders
- Directly observed ART therapy (DOT) –formal and informal

Since the successful pilot, Undetectable Projects have been successfully implemented in more than a dozen locations.

Tips and Tricks:

- Organizations interested in starting an Undetectables Program can receive the following support from Housing Works:
 - **Comprehensive technical assistance** to guide agencies through adopting the Undetectables program, from exploring the model to assessing organizational readiness to training staff at all levels.

- **An Undetectables Program Guide** to support full program implementation. Resources include training slides, reference materials, step-by-step instructions, sample forms and policies and marketing materials.
- Implementing an effective Undetectables Program takes time, testing and refining before going to scale, using continuous improvement methods.

Additional Resources (Existing Guides, Case Studies, etc.):

- Housing Works' Undetectables Program Site - [LiveUndetectable.org](https://liveundetectable.org)
- [Housing Works' Presentation on the Undetectables Project](#)
- ["The Undetectables" & "PrEP Heroes" HIV Suppression Campaigns](#)

Suggested Measures:

Process Measures

- % of patients living with HIV who have mental health issues, substance use issues and/or experiencing homelessness and housing stability that are referred to an Undetectables Program
- % of patients referred to an Undetectables Program who successfully enter a program
- % of patients participating in an Undetectables Program that agree or strongly agree with the statement "My Undetectables Program has helped me to achieve my HIV viral suppression goals."
- % of patients participating in an Undetectables Program that agree or strongly agree with the statement "My Undetectables Program has helped me to achieve other life goals."

Outcome Measures

- % of patients participating in an Undetectables Program with improved viral suppression rates within 6 months
- % of patients participating in an Undetectables Program that achieve viral suppression (percentage of patients with a HIV viral load less than 200 copies/ml at last viral load test during the measurement year)

Citations and Acknowledgements:

Housing Works www.housingworks.org and the Undetectables Program Site <https://liveundetectable.org>