



***Enhancing HIV Care Trauma-Informed Care and Behavioral Health,
Community of Practice (CoP)***

***Learning Session 1: Introduction to Trauma-Informed Care and
Behavioral Health***

May 15, 2024

**Division of Community HIV/AIDS Programs
HIV/AIDS Bureau (HAB)**

Vision: Healthy Communities, Healthy People



HIV/AIDS Bureau Vision & Mission

Vision

Optimal HIV/AIDS care and treatment for all to end the HIV epidemic in the U.S.

Mission

Provide leadership and resources to advance HIV care and treatment to improve health outcomes and reduce health disparities for people with HIV and affected communities.

Agenda



Overview of Trauma and the Importance of Trauma-Informed Care for People Living with HIV

Q&A

Overview of Behavioral Health and Trauma-Informed Approach to HIV Care for Women, Infant, Children and Youth (WICY)

Q&A

Interactive Breakout Session

Resources and References

Wrap-up and Upcoming Events



Welcome and Ice Breaker



Welcome & Opening Remarks

- RWHAP Part D CoP Team
- Bizzell CoP Team

Ice Breaker

- Bizzell CoP Leads



Learning Objectives



By the end of this learning session participants will be able to:

- Define trauma and identify different forms of trauma and their effect on the wellbeing of everyone, specifically the Women, Infants, Children, and Youth (WICY) with HIV.
- Describe the relationship between trauma and behavioral health, particularly co-occurring mental health disorders and substance use disorders.
- Define trauma-informed care and recognize its importance in service delivery for HIV for WICY populations.



Presenters



**Monique J. Brown, PhD, MPH,
FGSA**

**University of South Carolina
Assistant Professor, Department of
Epidemiology and Biostatistics**



**Nicole Pepper, PhD, MSSW,
LCSW**

**University of California San Diego Health
Department of Pediatrics
Mother Child Adolescent HIV Program**

Overview of Trauma and the Importance of Trauma-Informed Care for People with HIV

Monique J. Brown, PhD, MPH, FGSA



Definitions of Trauma



- **Diagnostic and Statistical Manual of Mental Disorders (DSM-5)**
 - “Actual or threatened death, serious injury, or sexual violence.”
- **Substance Abuse and Mental Health Services Administration**
 - “Experiences that cause intense physical and psychological stress reactions.”
 - “Results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual functioning and physical, social, emotional, or spiritual well-being.”



Definitions of Trauma (cont.)



■ American Psychological Association

- “Trauma is an emotional response to a terrible event like an accident, rape, or natural disaster. Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships, and even physical symptoms like headaches or nausea.”



Types of Trauma



- Institutional
- Medical
- Race-based
- Bullying
- Community violence
- Complex
- Disasters
- Adverse childhood experiences
- Early Childhood
- Intimate partner violence
- Physical abuse
- Refugee trauma
- Sexual abuse
- Sex trafficking
- Terrorism and violence
- Traumatic grief
- Traumatic birthing experiences



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Trauma at Different Stages of the Life Course and Implications for Health Outcomes, Especially for People with HIV (PWH)

Adverse Childhood Experiences (ACEs)

- Occur before age 18
- Physical abuse
- Sexual abuse
- Psychological abuse
- Domestic violence
- Divorce/Separation of parents
- Family members' characteristics
 - Mental illness, incarceration, substance abuse



Higher Rates of Trauma among PWH

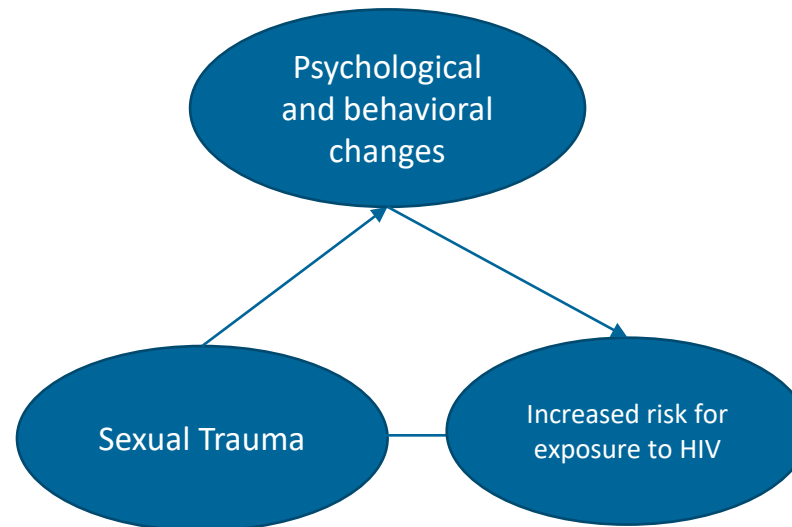


- PWH are more likely to be exposed to trauma than those who are not living with HIV
 - Trauma prevalence: 10-90%
- Women with HIV (WHIV) are more likely than men to experience trauma
 - WHIV have been estimated to have rates of intimate partner violence (55.3%) and childhood sexual abuse (39.3%) that are more than double the national prevalence



Higher Rates of Trauma among PWH

- Trauma likely contributes in both direct and indirect ways to negative HIV outcomes
- Brezing and colleagues
 - “The syndemic illness of HIV and trauma: Implications for trauma-informed model of care”




Impact of ACEs among PWH



AIDS CARE
2024, VOL. 36, NO. 1, 17–25
<https://doi.org/10.1080/09540121.2023.2254036>



Childhood sexual abuse and antiretroviral therapy adherence among older adults living with HIV: a mixed methods study

Monique J. Brown ^{a,b,c,d}, Titilayo James^a, Amandeep Kaur^a, Prince Nii Ossah Addo^a, Chigozie A. Nkwonta^e, Nathan B. Hansen^f and Anthony J. Onwuegbuzie^{g,h}

- Quantitative phase
 - Childhood sexual abuse before aged 18 was linked to lower adherence to antiretroviral therapy among PWH
 - Depressive symptoms
 - Maladaptive coping



Impact of ACEs among PWH



Childhood Sexual Trauma and Opioid Use among Older Adults Living with HIV

Monique J. Brown, PhD, MPH;^{1,4} Sravya Sunkara;¹ Amandeep Kaur, MPH;¹ Prince Nii Ossah Addo, MPH;¹ Daniel Amoatika, MPhil;¹ Elizabeth Crouch, PhD^{3,5}

- Childhood sexual abuse was associated with opioid use among older PWH
- Unresolved trauma



Impact of ACEs among PWH



Adverse Childhood Experiences, Mental Health, Substance Use, and HIV-Related Outcomes among Persons with HIV

Kelly C. Young-Wolff, PhD, MPH^{a,b}, Varada Sarovar, PhD^a, Stacy Sterling, DrPH, MSW, MPH^a, Amy Leibowitz, PsyD^a, Brigid McCaw, MD, MS, MPH^c, Charles. B. Hare, MD^d, Michael J. Silverberg, PhD, MPH^{a,*}, Derek D. Satre, PhD^{a,b,*}

- Having a history of ACEs was linked to anxiety and poorer mental health quality of life among PWH



Impact of Early Childhood Trauma



Early childhood trauma, posttraumatic stress disorder, and non-adherence in persons with AIDS: a psychodynamic perspective

Erin Samuels¹, Sami Khalife, César A Alfonso, Ricardo Alvarez, Mary Ann Cohen

- Occurs before age 6
- Early childhood trauma has been linked to non-adherence to risk reduction and HIV treatment among PWH
- Posttraumatic stress disorder (PTSD)



Traumatic Birthing Experiences



- Trauma occurring during the childbirth experience
- Approximately half of new mothers' report experiencing birth trauma (Beck et al., 2018)
- Have been linked to:
 - PTSD (Simen et al., 2023)
 - Depression (Simen et al., 2023)
 - Lower breastfeeding rates (Tzitiridou-Chatzopoulou et al., 2023)



Traumatic Birthing Experiences and PWH



- Less is known about traumatic birthing experiences among PWH.
- However, we know that survivors of sexual trauma may be retraumatized during the birthing process
- PWH tend to have higher rates of sexual trauma compared to people not living with HIV



Need for Trauma-Informed Healthcare Services for People with HIV (PWH)

Trauma-Informed Services for PWH



- To address the higher rates of trauma among PWH
- To improve behavioral and psychosocial outcomes among PWH
 - By addressing behavioral and psychosocial outcomes among PWH, HIV treatment outcomes may also be improved:
 - ✓ Linkage to HIV care
 - ✓ Engagement or retention in HIV care
 - ✓ Adherence to antiretroviral therapy
 - ✓ Viral suppression
- To improve overall quality of life among PWH



Trauma-Informed Services for PWH (cont.)



Reductions in traumatic stress following a coping intervention were mediated by decreases in avoidant coping for people living with HIV/AIDS and childhood sexual abuse

Kathleen J Sikkema¹, Krista W Ranby, Christina S Meade, Nathan B Hansen, Patrick A Wilson, Arlene Kochman

- Living in the Face of Trauma (LIFT) intervention (Sikkema, 2013)
- Addresses sexual trauma in a group intervention for PWH who have experienced childhood sexual abuse
- 15 sessions
- Reduction in traumatic stress and avoidant coping



Trauma-Informed Services for PWH (cont.)



- Ongoing research
- Adapted the LIFT intervention for older adults living with HIV
- One-on-one intervention
- 5 sessions
- Examining:
 - ✓ Depressive symptoms
 - ✓ Adherence to antiretroviral therapy

Trauma-Informed Services for PWH (cont.)



- LinkPositively (Stockman, 2023)
 - ✓ Trauma-informed intervention to improve HIV care among black women affected by interpersonal violence
 - Retention in HIV care
 - Antiretroviral therapy adherence
 - Viral suppression
 - ✓ 5 video sessions to build coping and care navigation skills
 - ✓ Mobile app with peer support social networking platform



- Trauma intersects with living with HIV
 - ✓ Syndemic (“enhance vulnerability and exacerbate preexisting disparities” – The Lancet)
 - ✓ There is a need for trauma-informed services for PWH to improve
 - HIV treatment outcomes
 - Quality of life
 - ✓ Additional research is needed on
 - Trauma and HIV (and aging with HIV)
 - Traumatic birthing experiences among PWH
 - Trauma prevention and intervention for PWH

Questions?



Overview of Behavioral Health and Trauma-Informed Approach to HIV Care for Women, Infant, Children and Youth (WICY)

Nicole Pepper, PhD, MSSW, LCSW



Behavioral Health, Mental Health & Substance Use Disorders

Definitions

- **Behavioral Health:** mental health and substance use disorders (SUD), life stressors and crises, and stress-related physical symptoms. Behavioral health care refers to the *prevention, diagnosis and treatment* of those conditions.¹
- **Mental Health:** emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices.²
- **Substance Use Disorders:** treatable, chronic diseases characterized by a problematic pattern of use of substances leading to impairments in health, social function, and control over use; cluster of cognitive, behavioral, and physiological symptoms with continued use despite harmful consequences. SUDs can range in severity from mild to severe.³



¹ American Medical Association (AMA)

² Substance Abuse and Mental Health Services Administration (SAMHSA)

² Centers for Disease Control and Prevention (CDC)

Risk & Protective Factors

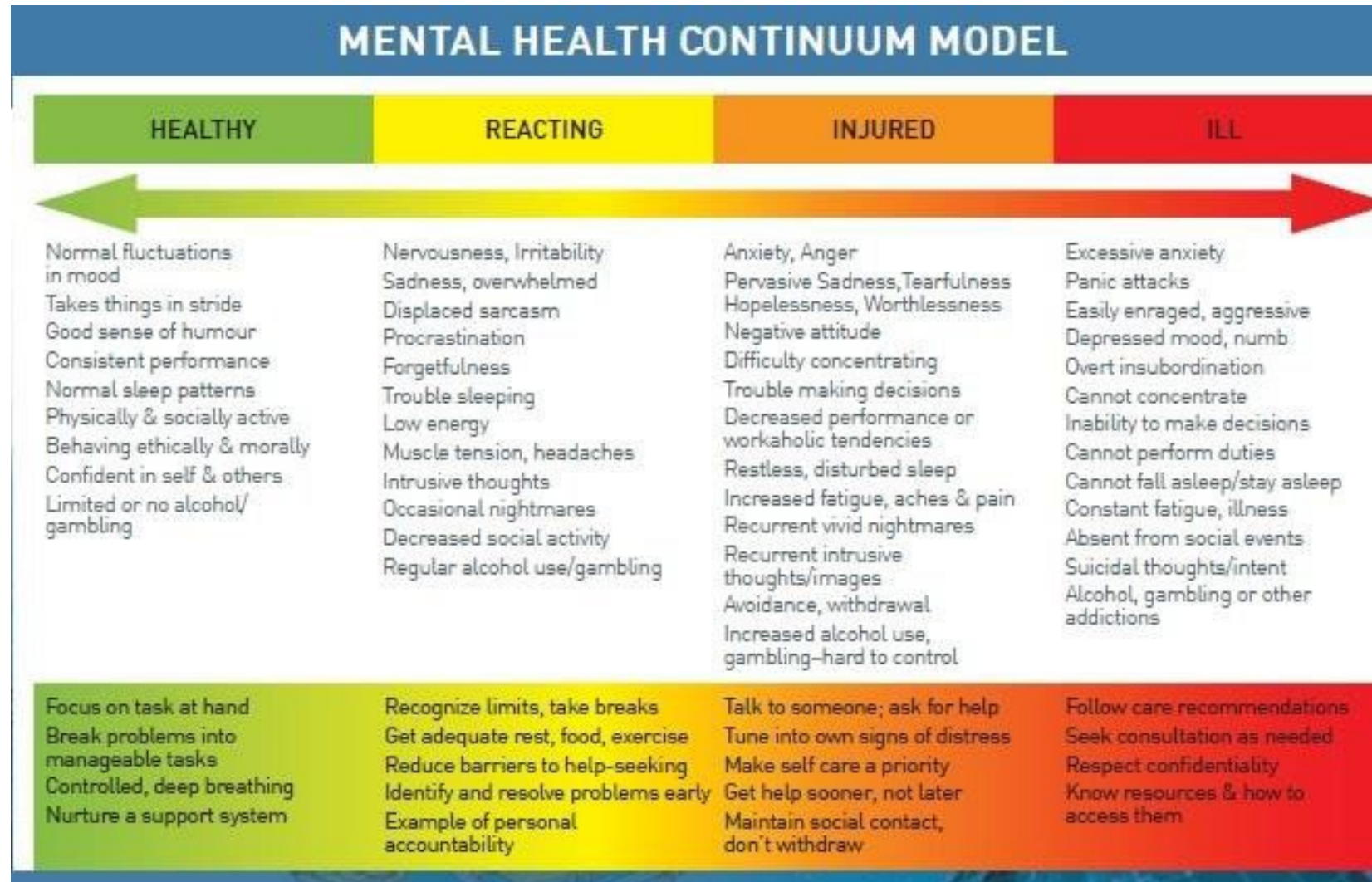
- **Risk factors:** characteristics at the biological, psychological, family, community, or cultural level that are associated with a higher likelihood of negative outcomes.
- **Protective factors:** characteristics associated with a lower likelihood of negative outcomes or that reduce a risk factor's impact.



Individual	Relationships	Communities	Society
Genetics Prenatal exposure to behavioral health challenges <i>Positive self-image</i>	Family history of behavioral health challenges Child abuse <i>Parental Involvement</i>	Poverty Violence <i>Faith based resources</i> <i>Afterschool activities</i>	Norms Laws & policies Racism Lack of economic opportunity <i>Hate crime laws</i> <i>Laws & policies</i>



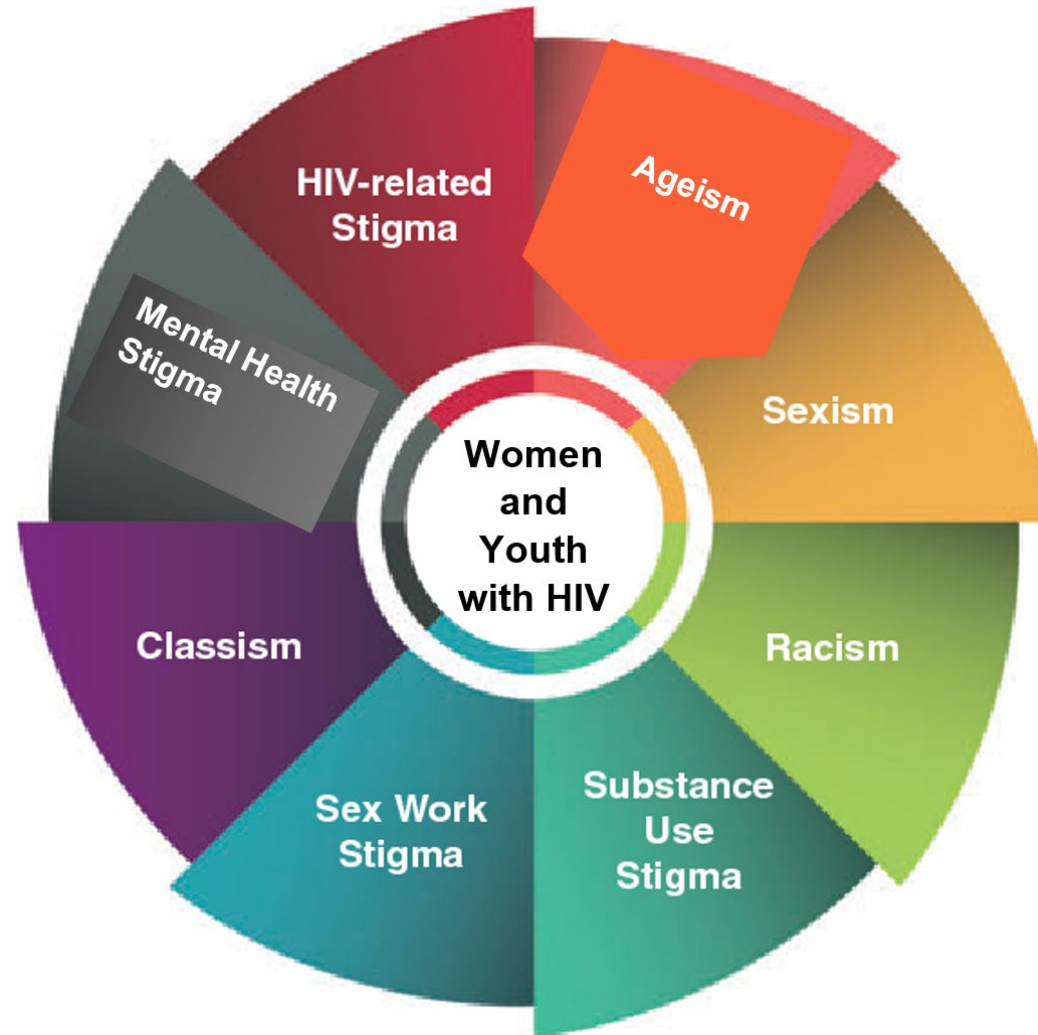
Mental Health Continuum



Atuel, et al. (2017). Veterans' Identities and Well-being in Transition to Civilian Life-A Resource for Policy Analysts, Program Designers, Service Providers and Researchers.



Bias, Stigma & Stereotypes



Modified from: Lacombe-Duncan A. (2016). An Intersectional Perspective on Access to HIV-Related Healthcare for Transgender Women. *Transgender health*, 1(1), 137–141.

Behavioral Health and People with HIV

- 36% of PWH experience major depression (vs 7%)
- 16% of PWH experience generalized anxiety disorder (vs 2%)
- 25% of PWH experience SUD
- Reflects a **greater prevalence among PWH** compared to the general population
- Behavioral health challenges impact each phase of the HIV care continuum
- **Addressing behavioral health needs is essential to ending the epidemic and improving outcomes for PWH**

2023 Review: <https://pubmed.ncbi.nlm.nih.gov/36945165>

2019 Editorial Review in AIDS: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6635049/>



Trauma, Substance Use & Mental Health

- 25-75% of people who have survived abusive or violent traumatic experiences report problematic alcohol use
- People who have experienced sexual abuse have higher rates of SUDs
- Correlation between trauma and substance use is particularly strong for adolescents with PTSD



https://istss.org/ISTSS_Main/media/Documents/ISTSS_TraumaStressandSubstanceAbuseProb_English_FNL.pdf
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3051362/>

Trauma Informed Approach to HIV Care for WICY

- Nearly a third of women with HIV have PTSD and 55% experience IPV (more than five and two times the national average respectively)
- U.S. women who experienced recent trauma were more than four times as likely to experience HIV treatment failure, including lack of viral suppression.
- A study of youth with HIV revealed that all youth experienced at least one traumatic event and on average youth reported *six* lifetime events; 93% of participants considered their HIV diagnosis traumatic and an overwhelming majority experienced sexual and physical violence.

Machtinger, et al. (2012) <https://doi.org/10.1007/s10461-011-0127-4>

Machtinger, et al. (2012) <https://doi.org/10.1007/s10461-012-0158-5>

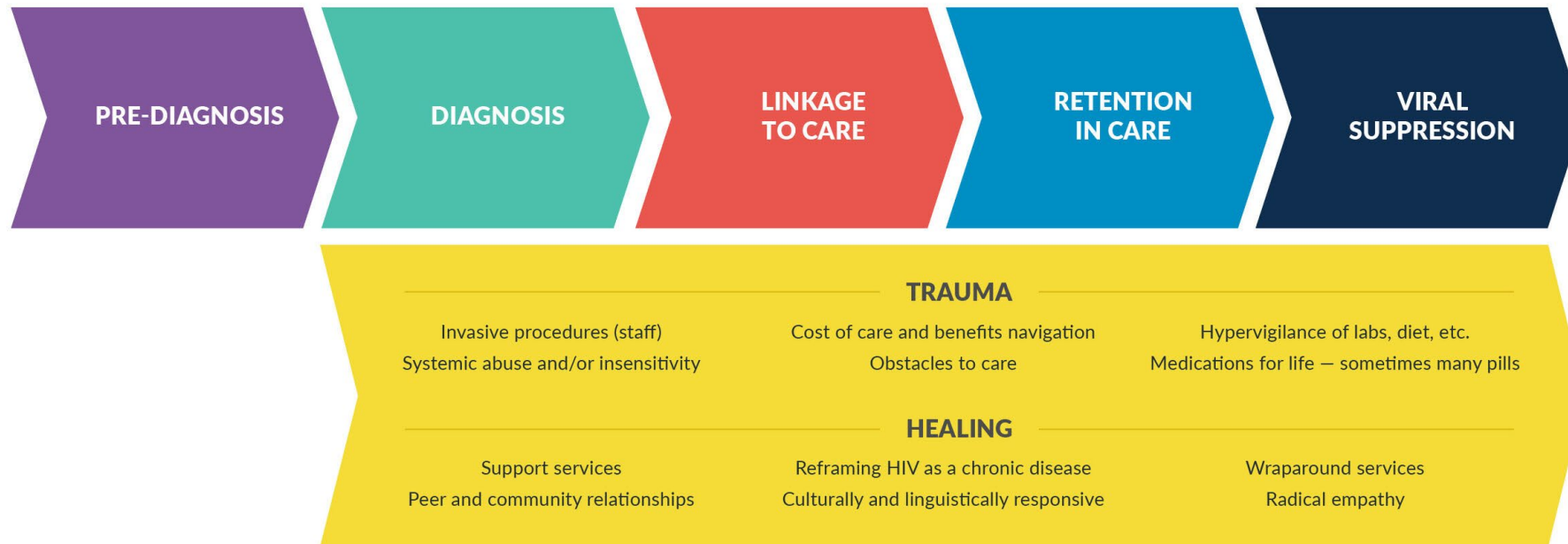
Radcliffe, et al. (2007) <https://doi.org/10.1089/apc.2006.0144>



Trauma Informed Approach to HIV Care for WICY

TRAUMA AND HEALING ACROSS THE HIV CONTINUUM

This graphic depicts the HIV continuum and illustrates that people can experience trauma and healing when engaging with the health care system to receive treatment for or prevent HIV.



<https://nastad.org/trauma-informed-approaches-toolkit/trauma-and-healing-across-hiv-continuum>

Questions?



Interactive Breakout Sessions – 20 minutes



- Case Study Review and Discussion

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Group Report Backs

Please provide a 90 second summary of the key points discussed in your group:



Resources and References



- [NASTAD Trauma Informed Care Toolkit](#)
- [Trauma Informed Care in Behavioral Health Services NIH](#)
- [Trauma Informed Care in Behavioral Health Services Kap Keys](#)
- [Trauma Informed Care Implementation Center](#)
- [Mental Illness and Mental Health: The Two Continua Model Across the Lifespan](#)
- [Mental Health Continuum Model](#)
- [Risk and Protective Factors](#)
- [National Child Traumatic Stress Initiative \(NCTSI\) | SAMHSA](#)
- [Prevention and Treatment of Anxiety, Depression, and Suicidal Thoughts and Behaviors Among College Students](#)
- [Addressing Burnout in the Behavioral Health Workforce through Organizational Strategies](#)



Upcoming Events



CoP Learning Sessions and Action Periods

- **June 18, 2024 – Learning Session #2**
- **July through August 2024 – Action Period #1** (PDSA specific activities, data collection and analysis)
- **September 18, 2024 – Learning Session #3**
- **October through November 2024 – Action Period #2** (PDSA specific activities, data collection and analysis)
- **December 18, 2024 – Learning Session #4** – Peer-to-Peer report out/combined summary session
- **January 2025 – Action Period #3** (PDSA specific activities, data collection and analysis)
- **February 19, 2025 – Learning Session #5** - Final Presentations from each CoP Core Team

Leadership Check-in Calls with the Bizzell Team will be scheduled and occur monthly.



Announcements & Participant Evaluation

Post-Training Announcements

- May Leadership Calls
- Learning Session #2 – Understanding Trauma and Implementing Trauma- Informed Care.
- June Leadership Calls



Contacts & Support

If you have questions, please contact:

Bizzell	HRSA/HAB/DCHAP
<p>Rhonda Waller, PhD</p> <p>Bizzell US, Managing Director-Maternal and Child Health</p> <p>Enhancing HIV Project Director</p> <p>Email: Rwaller@BizzellUS.com</p>	<p>Ijeamaka Ogbonna</p> <p>Senior Advisor, Division of Community HIV/AIDS Programs</p> <p>Email: AskPartD@hrsa.gov</p>



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