Intensive Case Management : Working with HIV Positive Youth and Young Adults

UCSD Mother Child Adolescent HIV Program

Gila M. Cohen, MSW, LCSW

Anthony Johnson, Social Worker, Intensive Case Manager

Disclosure

Gila Cohen, MSW, LCSW has no financial interest to disclose

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Learning Objectives

At the conclusion of this workshop the participant will be able to:

1) Assess needs of high risk youth
2) State methods to engage youth in supportive services
3) Summarize best practices to retain youth in the continuum of care

UCSD Mother Child Adolescent HIV Program Mission Statement

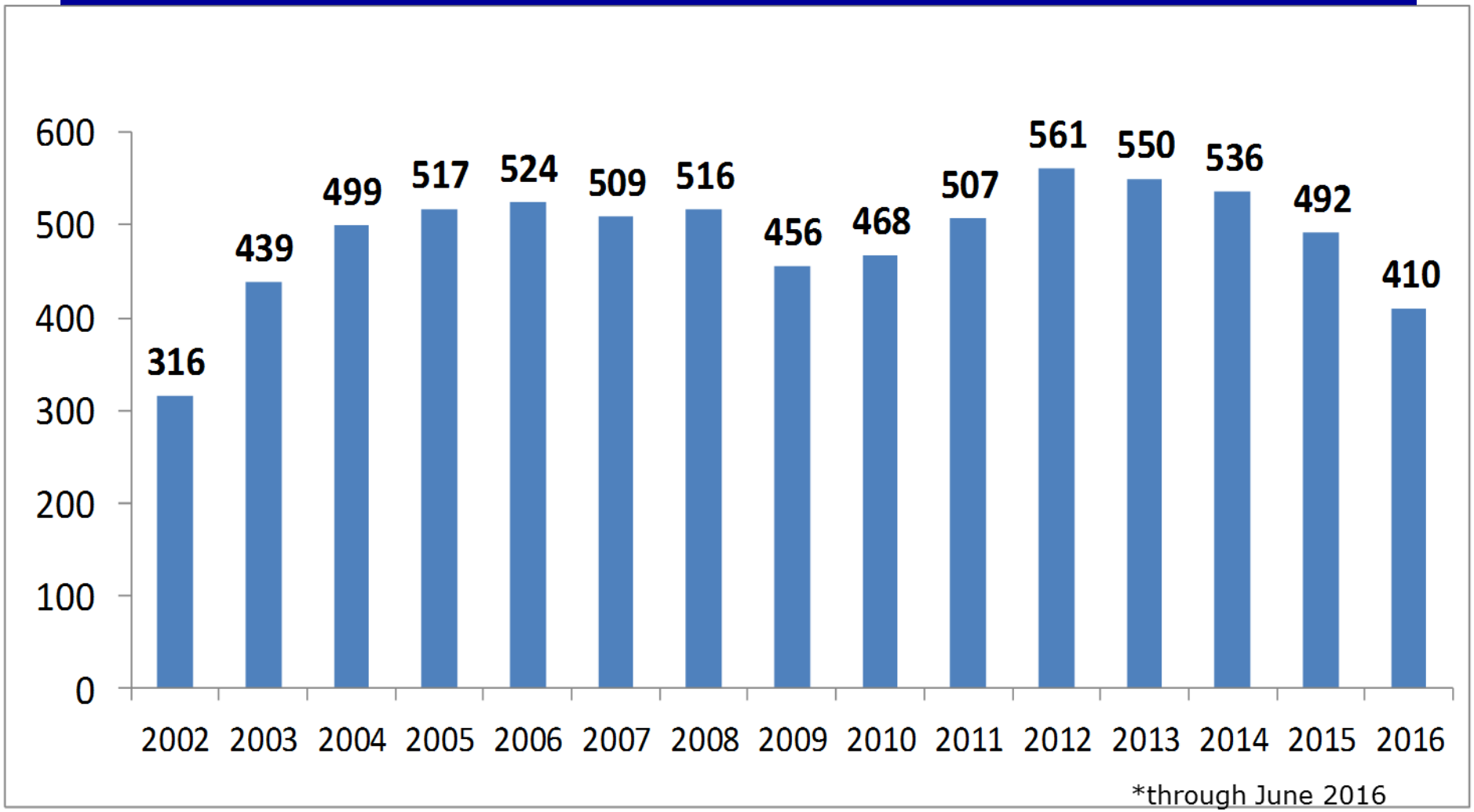
The UCSD Mother, Child & Adolescent HIV Program provides comprehensive, family centered HIV care to women, children and youth. A multidisciplinary team of HIV specialists provides medical care, clinical research trials, patient education, counseling, case management, peer advocacy, and community education.

Health and social services are funded through Ryan White Treatment Extension Act of 2009, Part A and Part D, health insurance, educational grants and donations. Program research activities are funded by the National Institutes of Health.

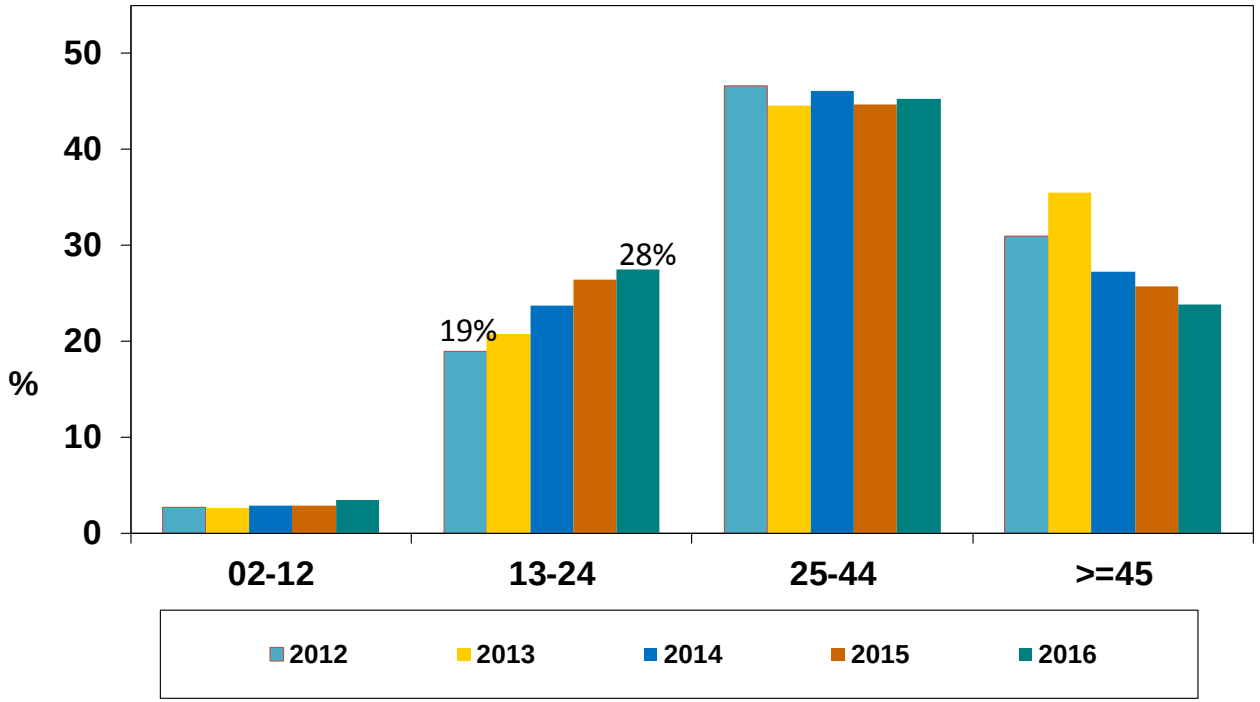
HISTORY of MCAHP

- 1989-Dr. Stephen Spector develops a clinic for children with HIV and their mothers
- 1991-Program expanded to provide comprehensive prenatal/HIV care for women
- 1996-Program expanded to adolescents and young adults (ages 13-24)

UCSD Mother-Child-Adolescent HIV Program
HIV-Positive Clients – 2002-2016*



Age distribution, HIV+ clients, 2011-2016*



Youth comprise 28% of our clients and are the fastest growing age group, increasing from 19% to 28% in the past five years

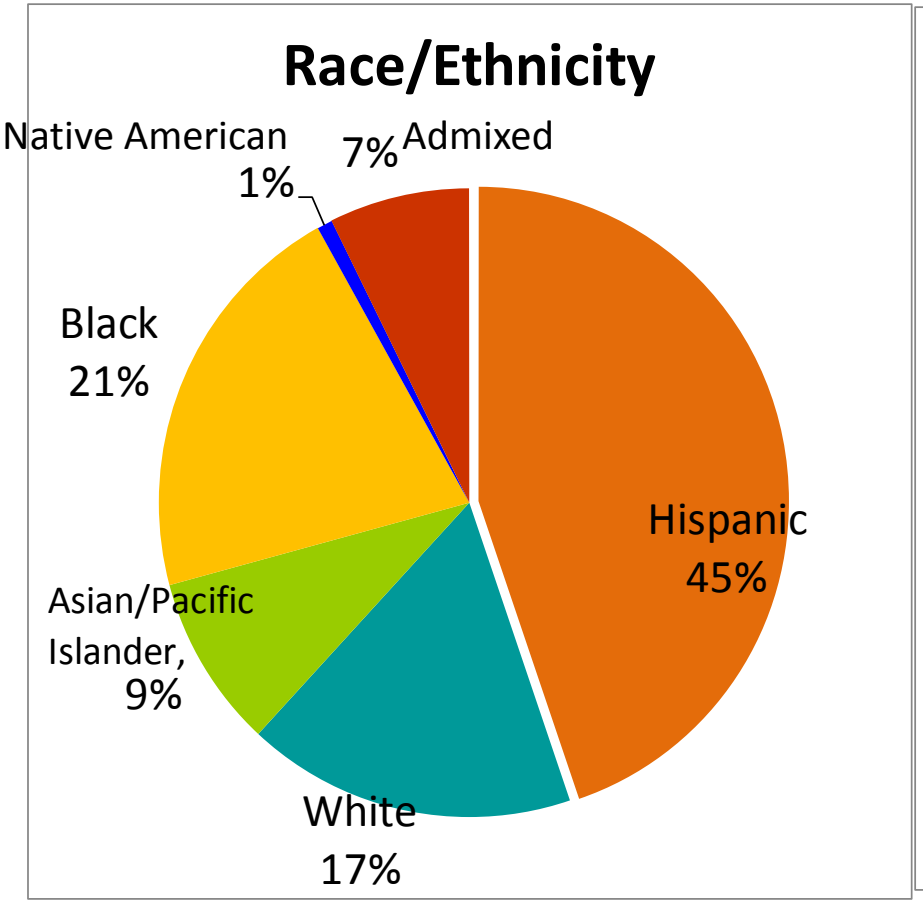
*through June 2016

UCSD Mother-Child-Adolescent HIV Program
HIV+ Clients 13 - 24 Years (2004-2016*)

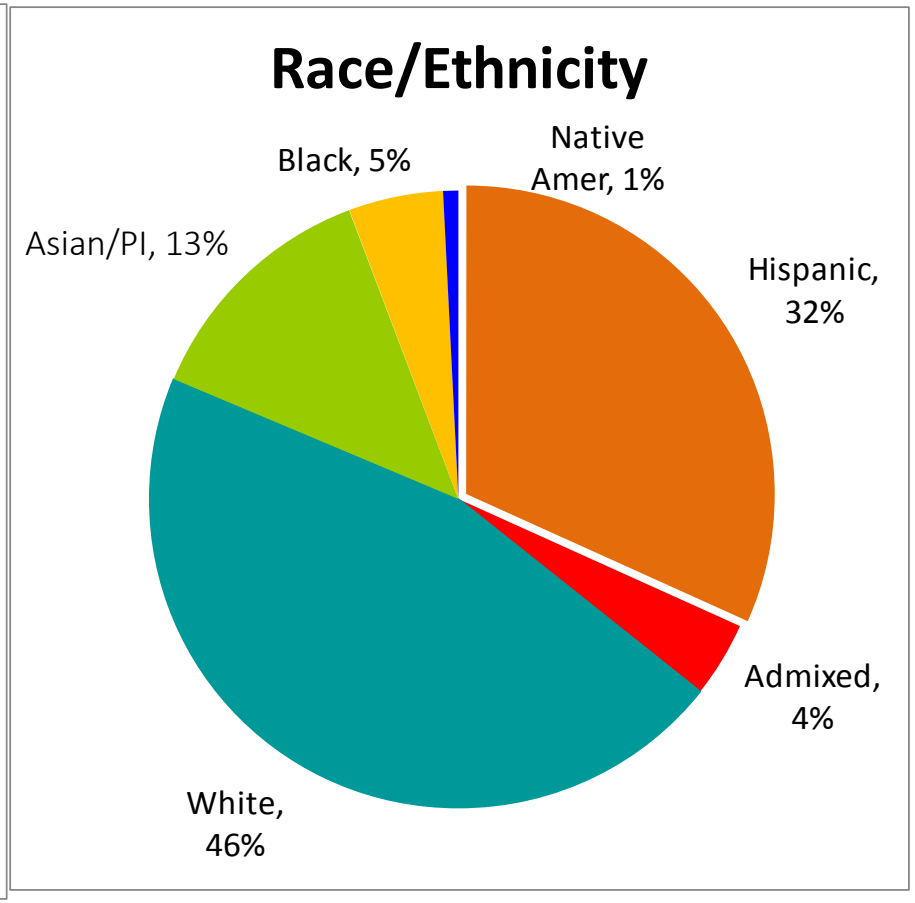
* Through June 2016

UCSD MCAHP HIV Program vs San Diego County HIV+ Youth by Race/Ethnicity and Risk

UCSD MCAHP

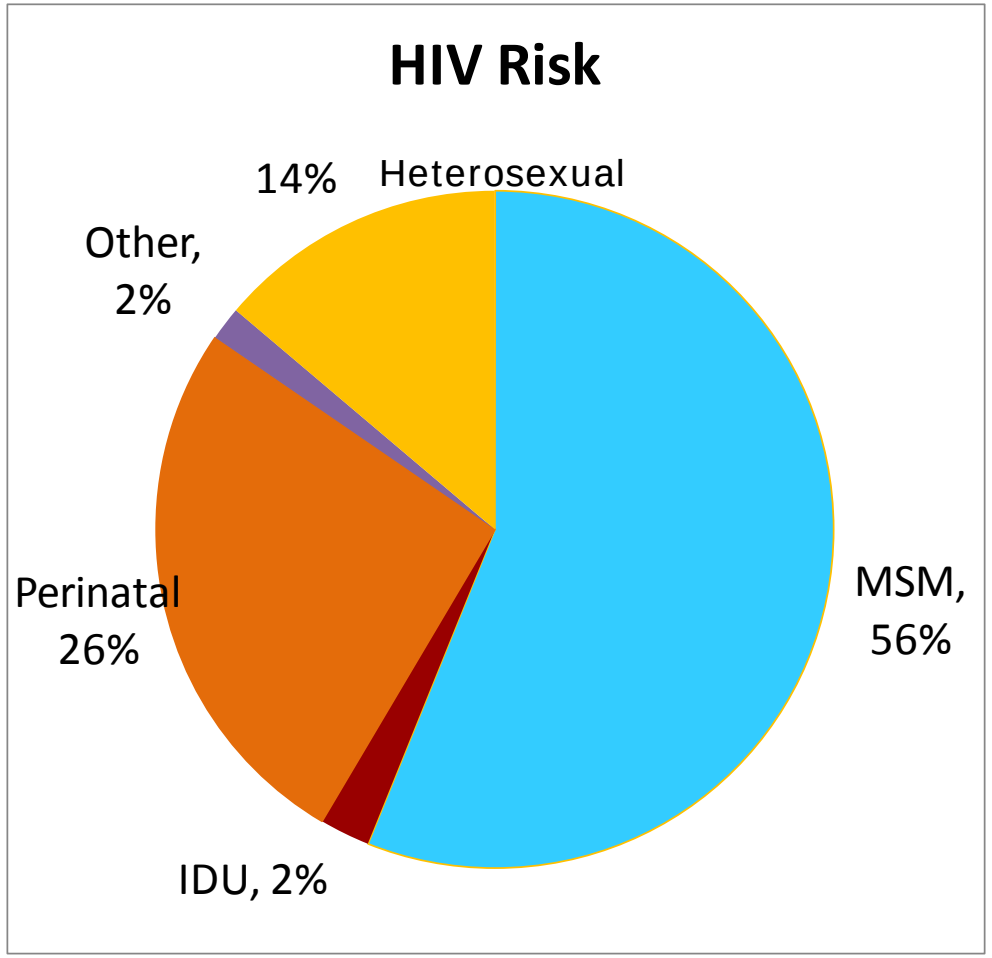


San Diego County

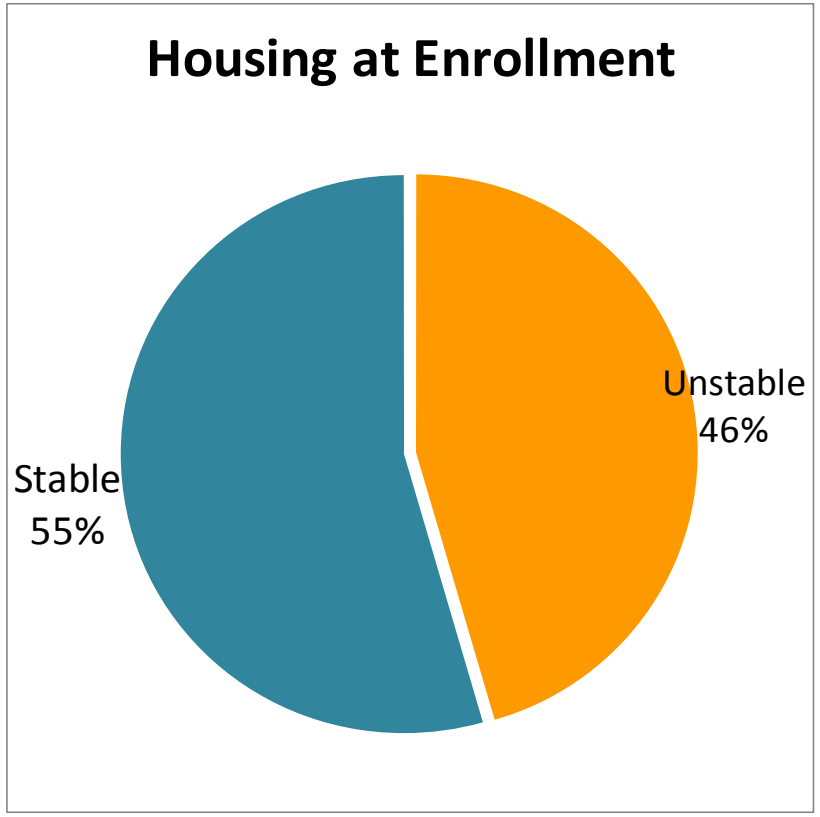


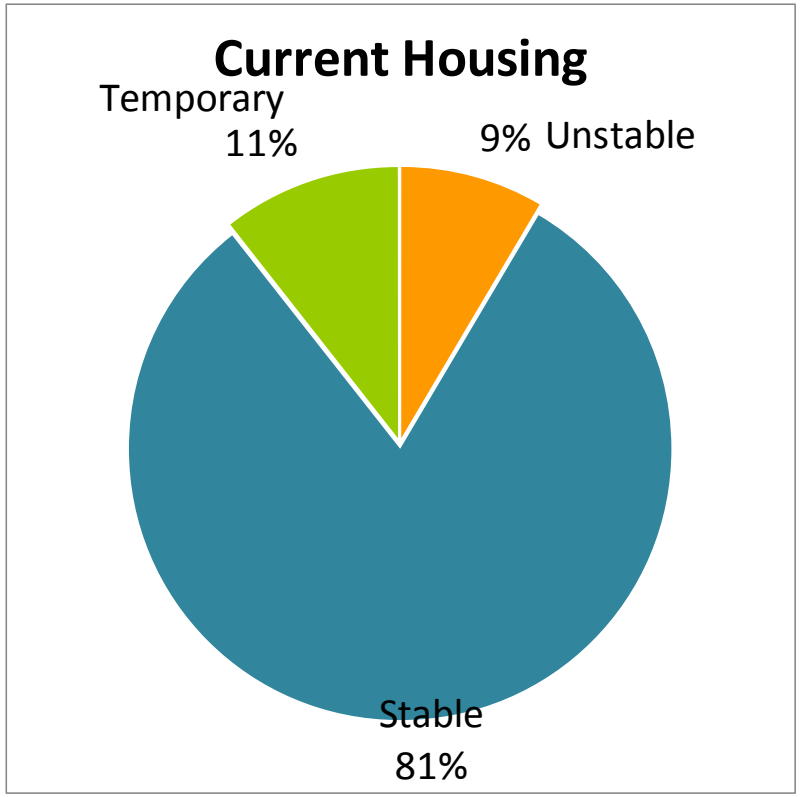
83% of MCAHP youth are non-White vs 43% in San Diego County

UCSD MCAHP HIV Program
HIV+ Youth by Risk Factors



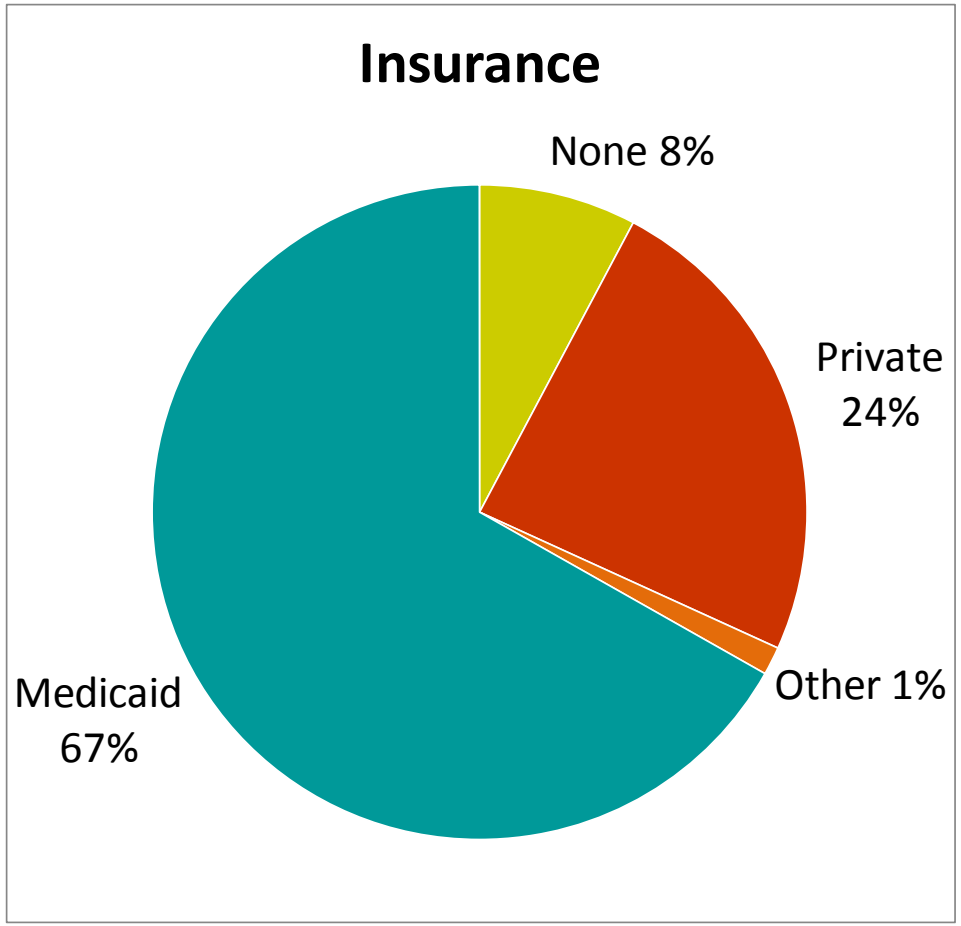
UCSD MCAHP HIV Program
HIV+ Youth by Housing



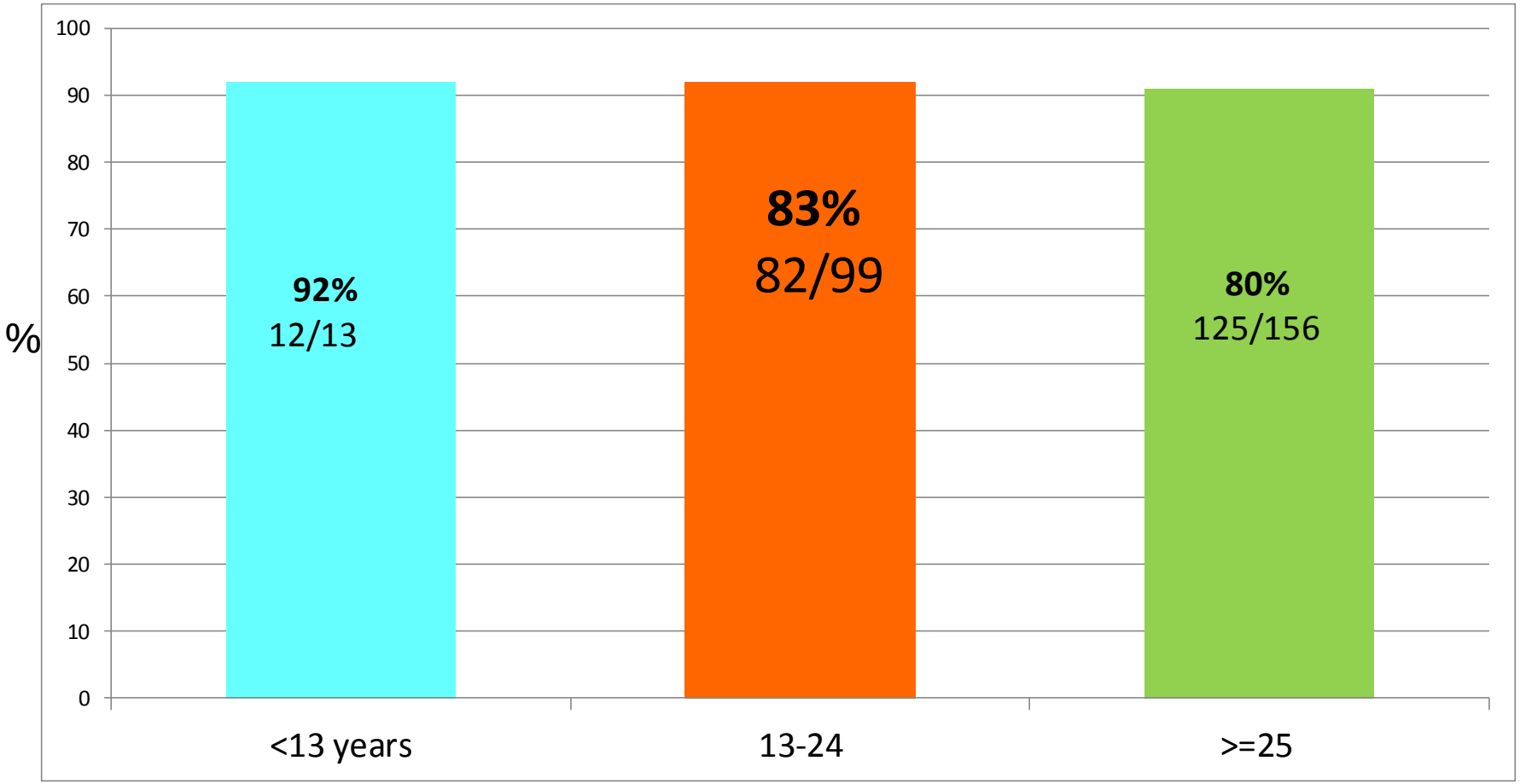


Half of our youth have unstable housing at entry, but 81% currently have stable housing.

UCSD MCAHP HIV Program
HIV+ Youth by Health Insurance

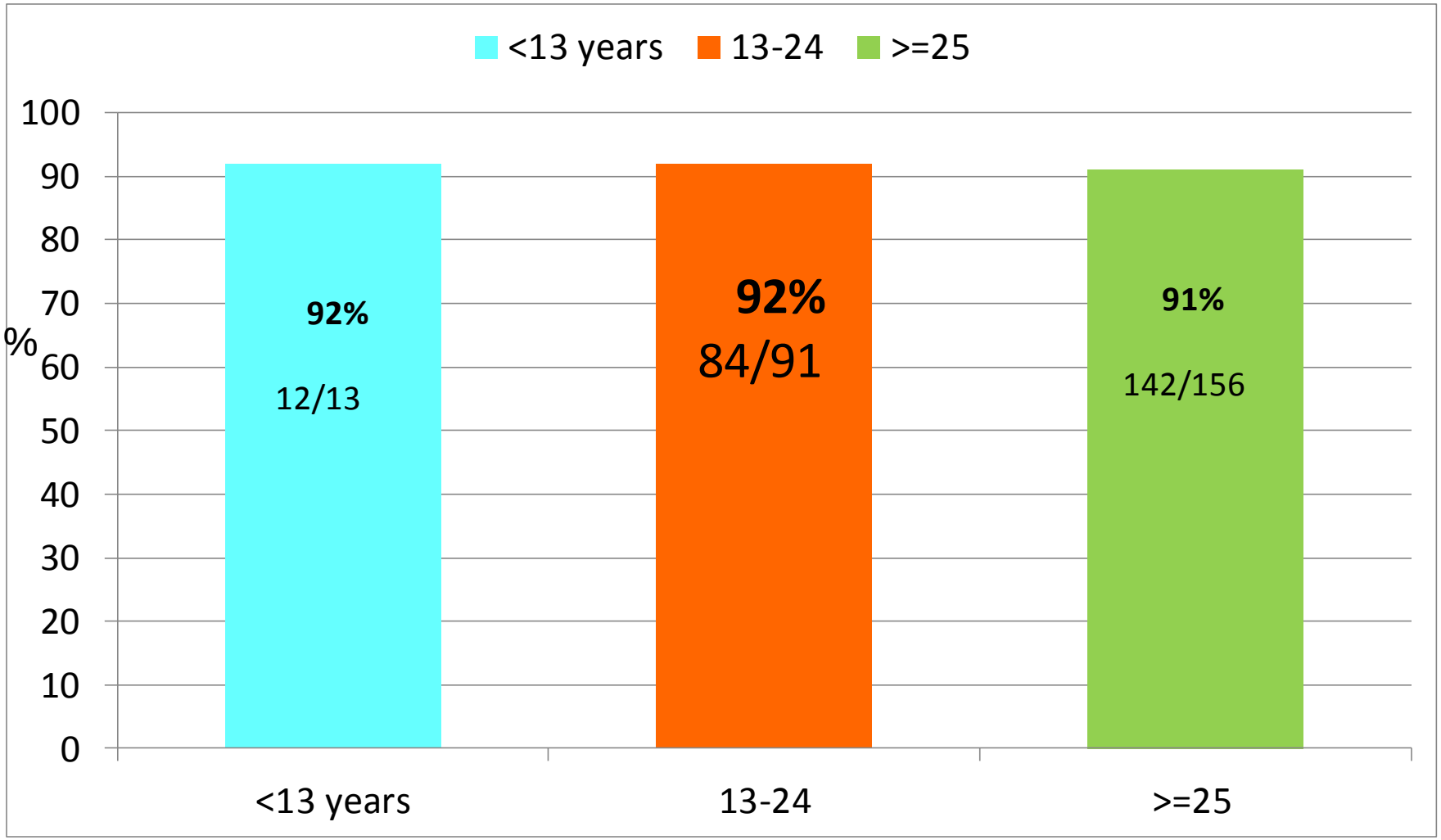


Retained in care: a minimum of one clinic visit between January-June AND July-December 2015



Not included: 13 youth and 23 women enrolled in Jul-Dec 2015

Proportion with undetectable viral load (<200 copies), by age category, 2015



Not incuded: 6 youth and 11 women with just 1 VL measure

YMSM

- Young Men Who Have Sex with Men
- Substance Abuse
- Homophobia
- Internalized Homophobia
- Sexual Identity Issues
- Community STIGMA
- Subcultural communities
- Internet/APPS
- Circuit Community
- Bathhouses
- Coming out boys
- Bug Chasers & Getting Charged

Perinatal & Transfusion

- Loss
- Isolation
- Parental illness and/ or death from AIDS
- Cognitive Impairments
- STIGMA “living with a gay disease”
- Ideas of not living a full life expectancy
- Normal adolescent behaviors

Intensive Case Management

A multistep process to ensure PROMPT access to and coordination of medical and psychosocial services

Includes the following processes:

intake

assessment of needs

monitoring and follow-up

reassessment

multidisciplinary case conferencing

crisis intervention

service planning/implementation/ service coordination

Goals: to promote and support independence and self-sufficiency, ARV adherence, and management of associated comorbidities.

YOUTH DRIVEN CARE

- Respect
- Confidentiality
- Disclosure
- Secondary prevention
- Treatment Adherence
- Medical Insurance
- Housing
- Substance Abuse Treatment
- Mental Health Services

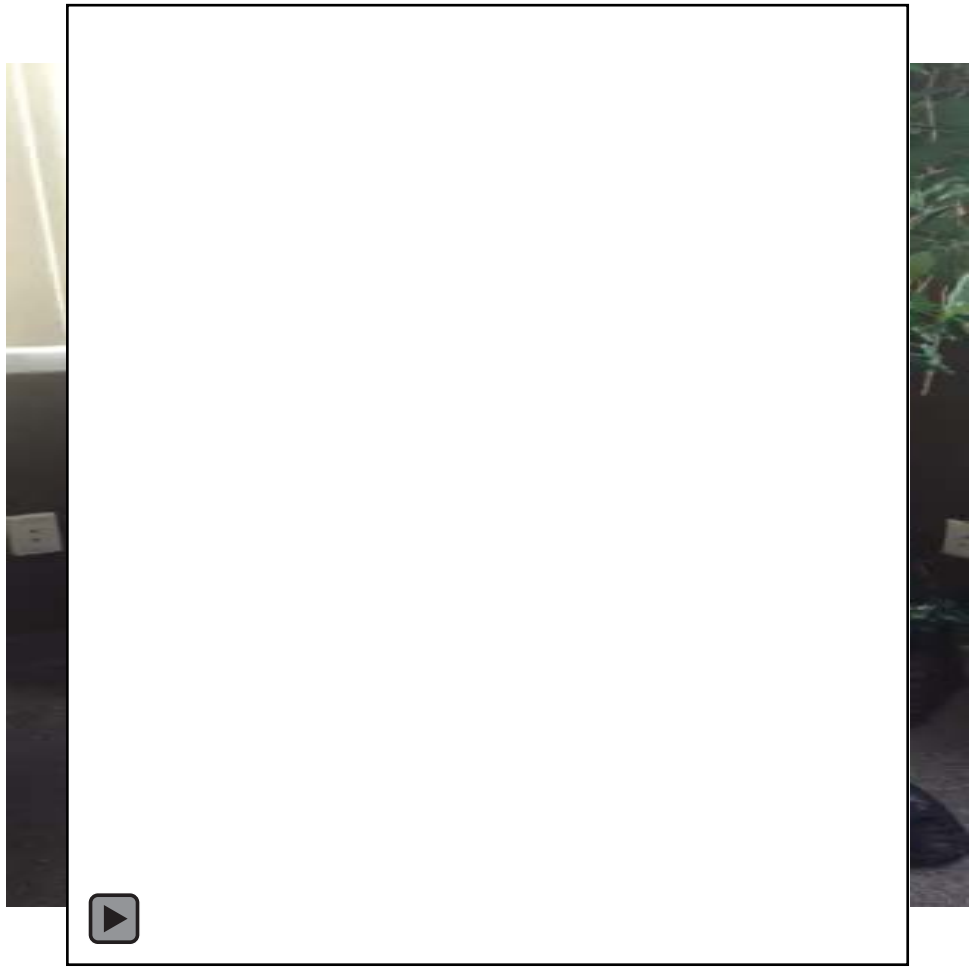
Engaging The Youth-Being Present

- Home Visits
- Hospitals Visits
- School Visits
- Work Visits
- Frequent Phone Contact
- Counseling Appointments
- Dental Appointments
- Medical Appointments
- Court Hearings
- Probation Meetings
- Community Meetings
- Employment Services
- Housing Referrals
- Attending NA & AA
- Attending Support Groups
- Extra Curricular Activities
- Social Events
- Recreational Outings
- Health & Medication Education
- Peer Advocacy
- Individual Sessions
- Tracking Youth in the community

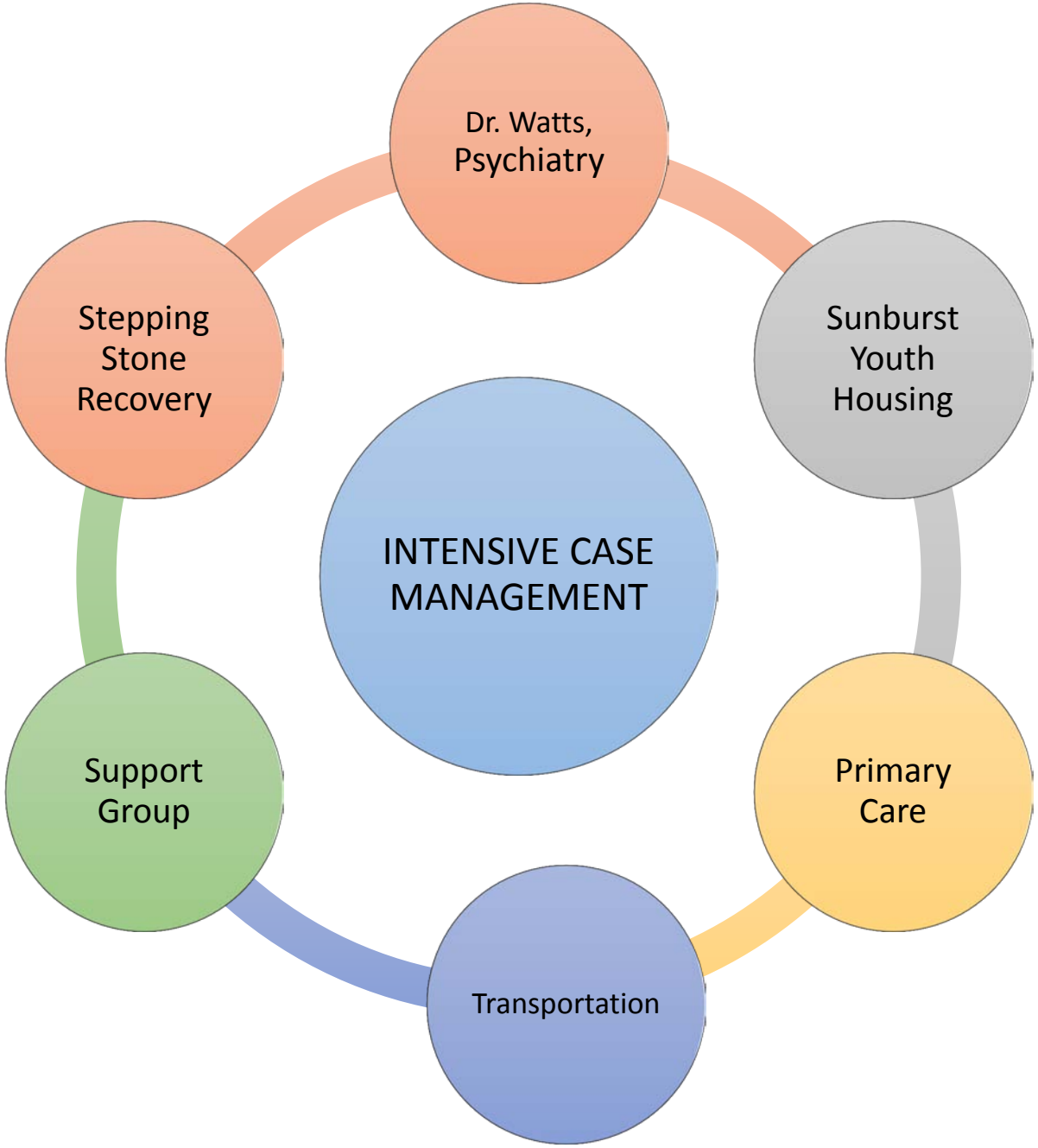
Tracking Our Youth

- Building a healthy trusting relationship
- Continuous information collection
- Staying aware of the community
- Engaging youth in their own venues
- Being sensitive to privacy

Video



Intensive Case Management Chart



UCSD Mother-Child-Adolescent HIV Program
Engaging Youth in HIV Care

- Meet with youth where they are
  - Outreach, testing, clinics, recovery, school
  - Phone/Internet/Youth networks
- Provide youth focused service model
- Building trusting relationships
- Meet their needs for basics: food, housing, transportation
- Youth focused discussion groups
- Youth activities

UCSD Mother-Child-Adolescent HIV Program Youth Focused Services

- **Providers seek to build trust before treatment**
  - Demonstrate respect, confidentiality
  - Information presented in culturally and developmentally appropriate manner
- **Integrated care team**
  - Primary, HIV care, intensive case management
  - Mental health, substance abuse, health education
- **Involve consumers/peers in service delivery**
- **Clinics are consumer focused, non-intimidating and youth friendly**
  - Accessible and flexible, walk in appointments available
  - Staff members anticipate and address barriers to care

Transition To Adult Services

- Tools to navigate the health care system
- Manage Primary Health Care
- Prevention
- Adherence to medications
- Continue case management if need

Resources

Advocates for Youth
202.419.3420

CDC National AIDS Hotline
800-CDC-INFO (English)
800.232.6348 (TTY)

National Minority AIDS Council
202.483.6622

Acknowledgements-Youth Staff

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Anthony Johnson, Intensive Case Manager
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Contact Info

Gila Cohen, MSW, LCSW
Clinical Social Worker Supervisor
UCSD Mother Child Adolescent Program
g2cohen@ucsd.edu
P(858)534-9173

Anthony Johnson
Social Worker, Intensive Case Manager
UCSD Mother Child Adolescent Program
adjohnson@ucsd.edu
P(858)534-9217

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