

Integrating Behavioral Health Care and HIV Care

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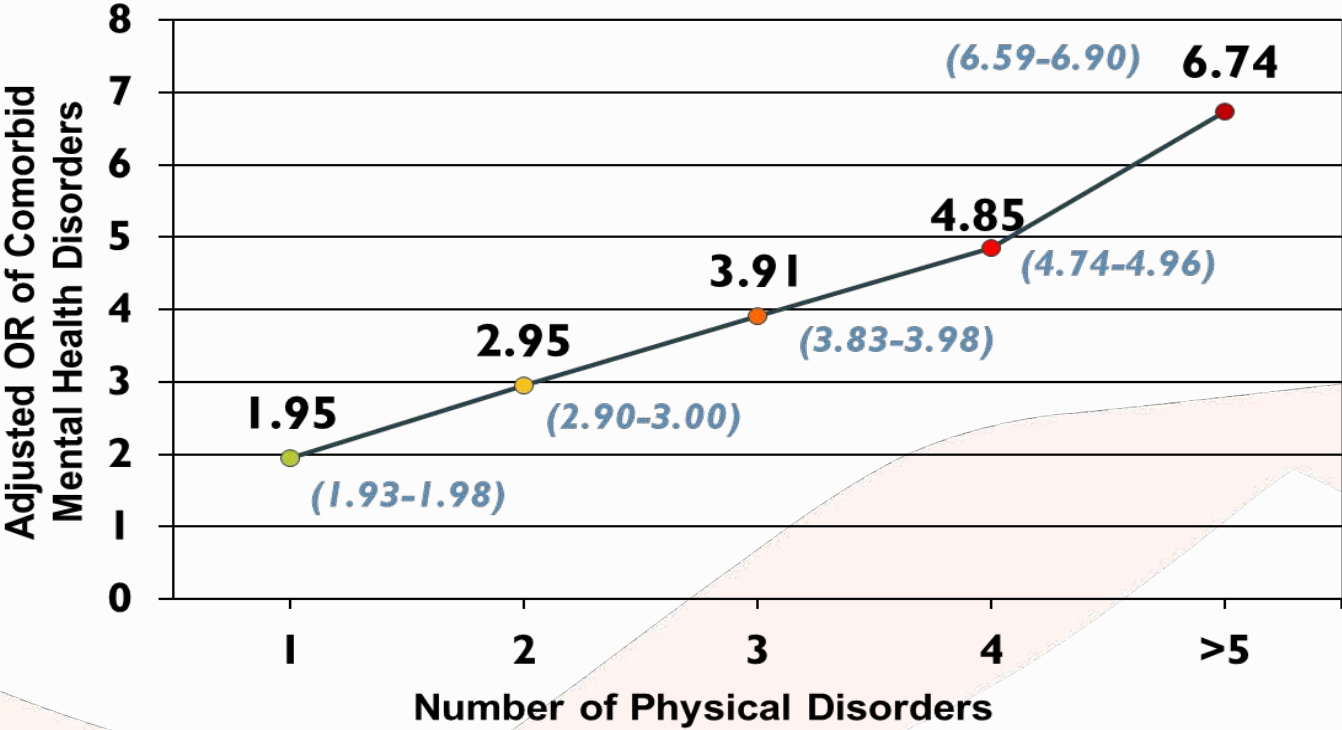
The Brain and the Body Are One

- The brain controls life's essential involuntary bodily functions, such as breathing and heart rate.
- The brain tells the body what voluntary physical actions it must take to survive, such as eating or running away.
- The body provides continuous feedback to the brain, such as my stomach is full or my muscles are tired.
- The brain and the body are a single system.

The Comorbidity of Physical and Mental Disorders

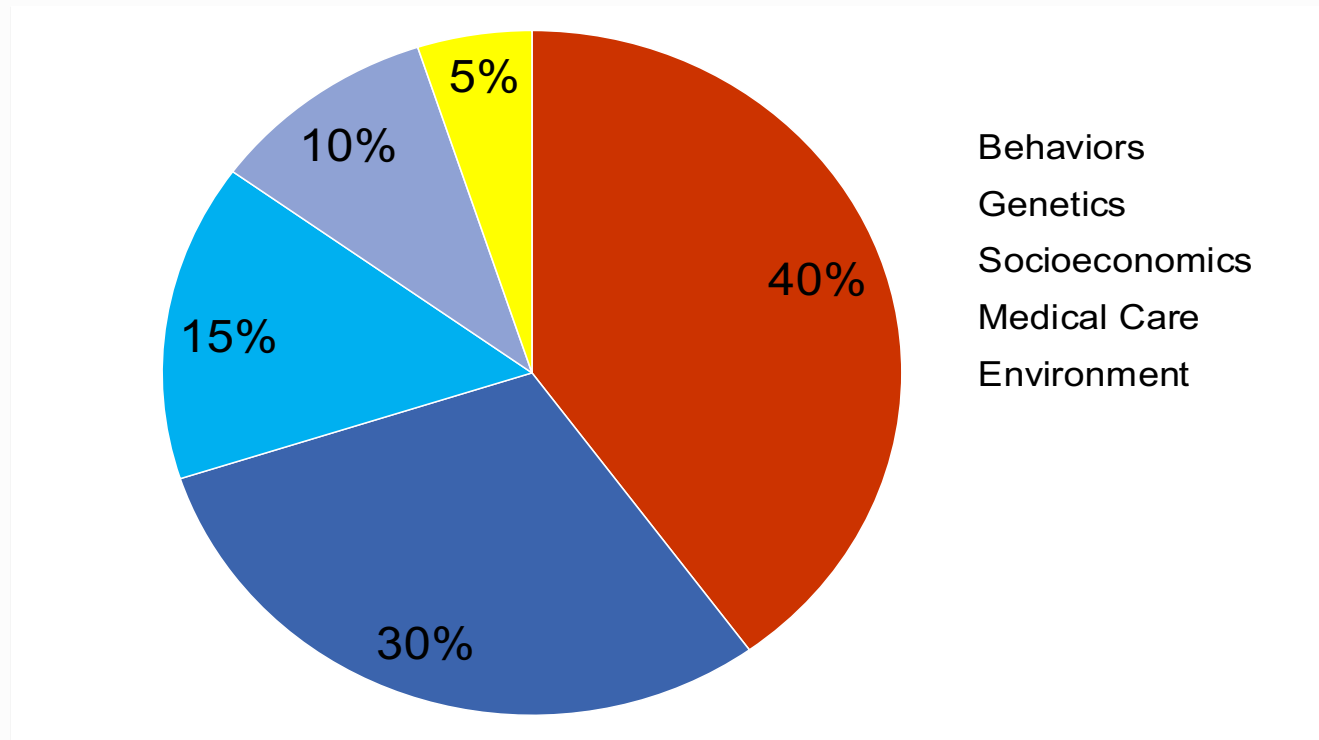
- Despite the fact that the brain and the body form an integrated system, the care for them exists in siloes.
- This reflects the stigma of mental illness pervading health care provider education.
- Fear of abnormal behavior is used to construct an artificial separation between the brain and the body.
- Health care providers often believe taking care of people with mental illness is not their job.

But Poor Physical Health and Poor Mental Health Travel Together and Cannot Be Separated



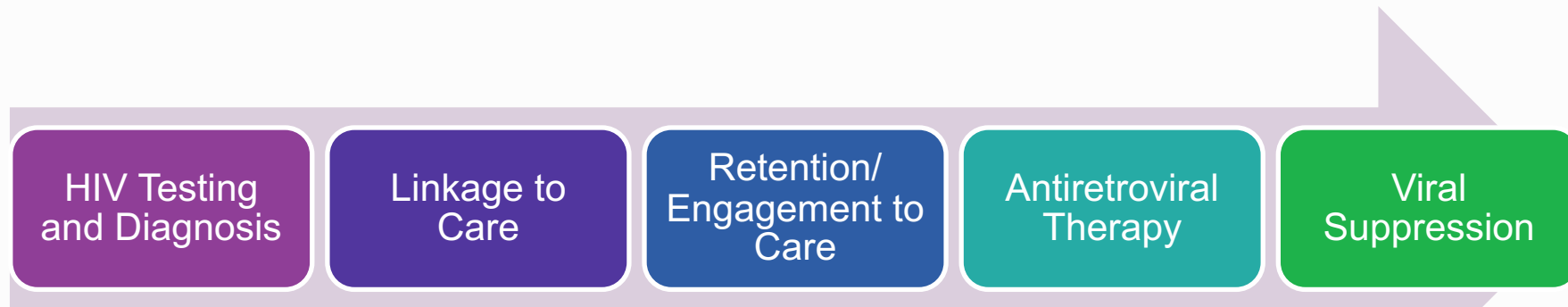
Source: Barnett et al, Lancet 2012 (Conducted in Scotland)

In the US, Behaviors Account for More Premature Deaths than Any Other Factor

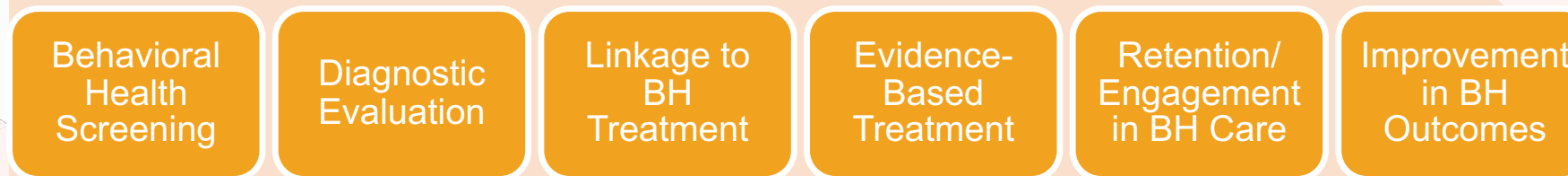


1. McGinnis JM, Foege WH. Actual Causes of Death in the United States. JAMA 1993;270:2207-12.
2. Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Actual Causes of Death in the United States, 2000. JAMA 2004;291:1230-1245.

The HIV Care Continuum Can Be Applied to Create a Behavioral Health Care Continuum



HIV Care Continuum



Behavioral Health Continuum

Based on multiple sources reviewed by the presenter

But How Do These Two Care Continuums Come Together?

Referral/Consultative Model

- Mental health clinician (who is often off site) sees patients alone and to varying degrees reports back to primary care providers

Co-located Model

- Mental health clinician sees patients adjacent to or within the primary care setting itself with varying degrees of care coordination

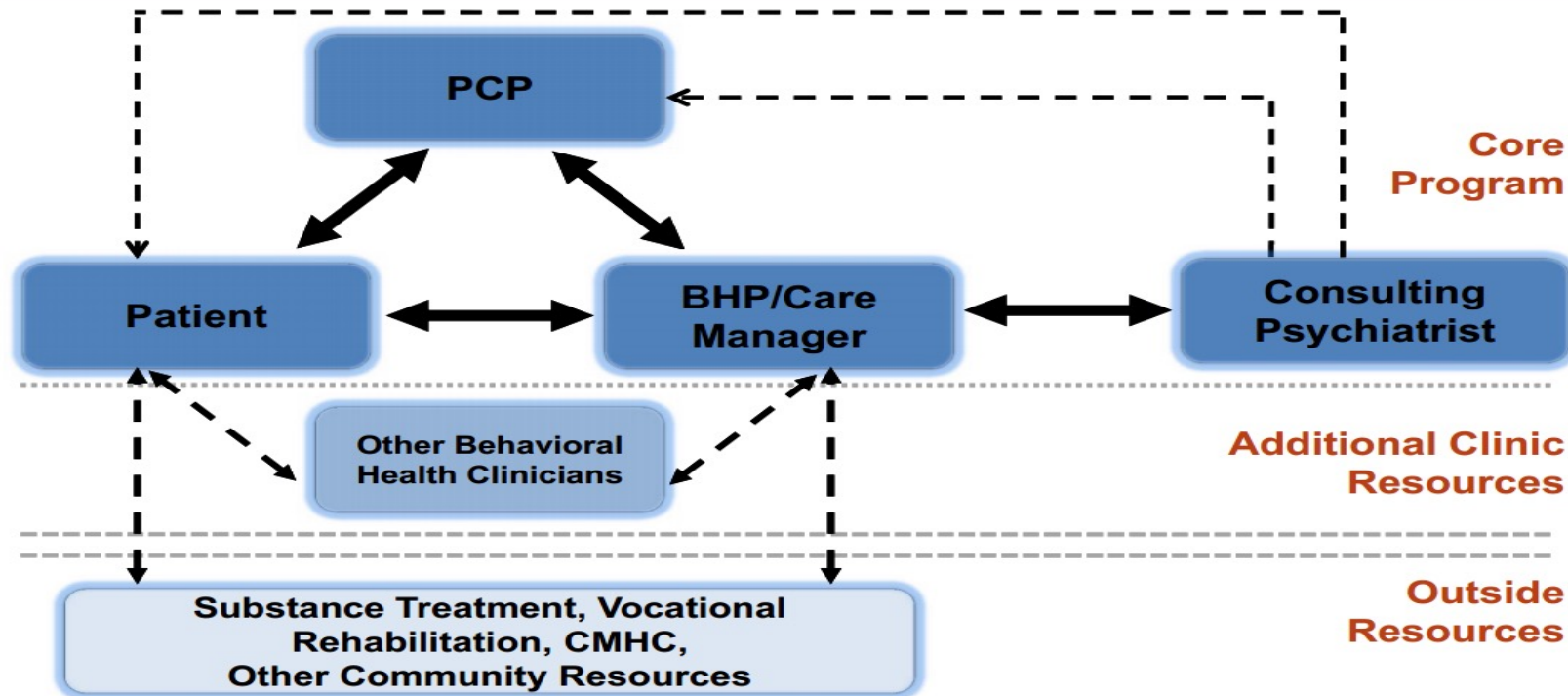
Integrated Care Model

- Team based care in which primary/HIV care providers work with mental health clinicians as part of a single team that engages in ongoing communication

Based on multiple sources reviewed by the presenter

Collaborative Care (Adopted and Disseminated by the American Psychiatric Association)

Collaborative Team Approach



Limitations of Integrated Care Models Prior to COVID-19

- Models of collaborative care usually integrated:
 - low intensity psychiatric care into primary medical care, or
 - low intensity medical care into psychiatric programs for people with severe mental illness.
- These models only achieved partial success even for integrating low intensity services.
- These models were not designed for people who require both high intensity psychiatric care and high intensity medical care.
- These models most often relied on the physical proximity of services. Then came the COVID-19 pandemic!