Behavioral Health is Essential To Health
Prevention Works
Treatment is Effective
People Recover

SAMHSA-HRSA CENTER for INTEGRATED HEALTH SOLUTIONS

May 2, 2017
Provider Communication: Talking about Sexual Health for People at Risk, and Living with HIV

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**Disclosure**

- Carey Roth Bayer, Ed.D., has no conflicts of interest to disclose

- Kayla Washington has no conflicts of interest to disclose
Slides for today’s webinar are available on the CIHS website link below:

http://www.integration.samhsa.gov/mai-coc-grantees-online-community/webinars

Learning Objectives

By the end of this session grantees will be able to:

• Understand the importance of sexual health and behavior in providing high quality, person-centered care
• Identify key questions and discussion points used to assess risk including the five “P’s” of a sexual risk assessment
• Recognize the impact of culture, gender, sexual orientation, bias and discrimination on sexual health communication
• Learn effective communication strategies for providers and integrated care teams
Patient and Provider Communication

- Provider communication with clients in health and behavioral health settings plays a critical role impacting both adverse events and care satisfaction.

- It is not new, as noted by NIH, “For individuals, effective health communication can help raise awareness of health risks and solutions, provide the motivation and skills needed to reduce these risks, help them find support from other people in similar situations…” (National Cancer Institute, 1989)


Sexual Health and HIV - MAI-CoC
Populations at risk or living with HIV

- According to the CDC, gay and bisexual men are the population most affected by HIV – according to the CDC, in 2015:
  - 82% (26,375) of HIV diagnoses were among males
  - 67% of all diagnoses, were among gay and bisexual men

- Black/African American gay and bisexual men accounted for the largest number of HIV diagnoses (10,315); and white gay and bisexual men (7,570). Younger men in the Black/African American community, the fastest growing population with HIV.

https://www.cdc.gov/hiv/statistics/overview/ataglance.html
Sexual Risk – MAI-CoC –continued

Heterosexual contact accounted for 24% of HIV diagnoses (or 9,339)
  • 19% of HIV diagnoses were among women (or 7,402)
  • 86%, of these, primarily attributed to heterosexual contact (or 6,391)
    • 13% injection drug use (or 980)


• Having another sexually transmitted infection (STI) can increase the chance of getting HIV or transmitting HIV to others


Sexual Risk - continued

• Trans women are highly impacted by HIV, with a higher rate than any other risk group, due to multiple risk factors

• For trans women, provider needs for competency have resulted in trans people avoiding health care services for preventive and urgent/life-threatening conditions

http://transhealth.ucsf.edu/trans?page=lib-00-00

• Substance use, and misuse are associated with HIV risk, and transmitting HIV and other STIs.

https://www.cdc.gov/hiv/risk/substanceuse.html
HIV Testing and Prevention Guidelines

CDC Guidelines and Recommendations:

Recommendations for Screening and Testing
https://www.cdc.gov/hiv/guidelines/testing.html

Recommendations for HIV Prevention and Adults and Adolescents with HIV
https://www.cdc.gov/hiv/guidelines/personswithhiv.html

Starting the Conversation about Sexual Health

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What is the conversation?

World Health Organization and Sexual Health
According to the current working definition, sexual health is:

“…a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.”

Why talk about sex?

• Biopsychosocial aspect of health
• Body changes throughout lifespan
• Preventing disease, disaster, dysfunction
• Preventing abuse, violence
• Reproduction/family-building
• Part of health & wellness
• Relationships, human connection
• Hormones, endorphins
• Love, emotional connection
• Impacted by health conditions, medications, environment, nutrition, stress
• Patient-provider trust for accurate information

Challenges to talking about sex?

• Lack of training
• Lack of time
• Discomfort
• Values, attitudes, beliefs
• Fear of offending
• Not sure where to start
• Not sure how to code for payment
Where do I start?

Who or What do you see first...

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People living with HIV/AIDS are…

P.L.I.S.S.I.T. Model for Approaching Sexual Health Problems

Permission: (1) For physician to discuss sex with the patient; (2) for patient to discuss sexual concerns now or in the future; and (3) to continue normal (i.e., not potentially harmful) sexual behaviors.

Limited Information: Clarify misinformation, dispel myths, and provide factual information in a limited manner.

Specific Suggestions: Provide specific suggestions directly related to the particular problem.

Intensive Treatment: Provide highly individualized therapy for more complex issues.

How would you talk about sex...

- With a new patient?
- With an existing patient?
- With a family?
- With a Child? Adolescent? Adult? Senior?
- Proactively?
- Reactively?
- As a part of health?
- As a part of a chronic condition?
- With people with disabilities?
- With people whose culture differs from yours?
- Virtually?
Does Provider Comfort Make a Difference?


What worked well?

• Verbal, nonverbal communication
• Language
• Normalizing message
• Open-ended questions
• Environment
• Clarifying information
Tips for Success

- View your patient as a sexual being
- Identify your hot buttons
- Work on verbal & non-verbal communication
- Apologize if you make a mistake
- Assess your practice setting from check-in to check-out
- Check your medical record fields
- Use your resources
- Learn from your patients
- Practice, practice, practice

Comfort may start or end at the front desk – screenshot sample of vignettes:

https://www.aamc.org/initiatives/diversity/450606/clinicalvignettes.html
Need to Partner or Refer?
American Association of Sexuality Educators, Counselors, and Therapists – Provider Directory:
https://www.aasect.org/referral-directory

GLMA: Health Professionals Advancing LGBT Equality – Provider Directory:
http://www.glma.org/index.cfm?fuseaction=Page.viewPage&pagId=939&grandparentID=534&parentId=938&nodeID=1

World Professional Association for Transgender Health – Provider Directory:
http://www.wpath.org/uploaded_files/140/custom/find_a_provider.cfm?CFID=10059134&CFTOKEN=67aa94436a11fe2c-6575FE65-C48B-1C8F-AB9DB31B605E277

Additional Resources
Association of American Medical Colleges' LGBT Health Resources – https://www.aamc.org/initiatives/diversity/lgbthealthresources/

National Coalition for Sexual Health –
http://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers

American Sexual Health Association –
http://www.ashasexualhealth.org/healthcare-providers/

Association of Reproductive Health Professionals –
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SAMHSA-HRSA CENTER for INTEGRATED HEALTH SOLUTIONS
Integrated Care Partnership of Metro Atlanta (ICP)

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Empowerment Resource Center (ERC)
HIV/AIDS Empowerment Resource Center for Young Women, Incorporated was established in 2003 and incorporated in 2006. ERC is a non-profit organization, providing clinical, behavioral health, and high impact prevention services to underserved and high-risk individuals, with a priority focus on racial and ethnic minorities.

ERC Mission

Our mission is to provide programs, services, and community-level solutions that improve the health related quality of life of people infected and affected by HIV and other sexually transmitted infections (STI).
ERC Programs & Services

- HIV counseling, testing, and referral services
- Hepatitis counseling, testing, and referral services
- Linkage to HIV Care (EmpowerLink)
- Post-exposure prophylaxis (PEP)
- Pre-exposure prophylaxis (PrEP)
- STI prevention services
- High impact prevention programs
- STI counseling, testing, treatment and referral services
- Family planning services (pap smears, clinical breast exams, and birth control options, etc.)
- Support groups
- Community outreach
- Behavioral health services

ERC Behavioral Health Services Integrated Care Partnership

- The purpose of the Integrated Care Partnership (ICP) program is to assist individuals residing in the Metropolitan Atlanta area, with addictive substance use and mental health concerns, as well as psychiatric disorders, in working through underlying issues.

- The target population(s) of the ICP program are underserved, hard to reach and vulnerable racial and ethnic minorities, residing in the Atlanta metropolitan area, with a priority focus on African-American and Latino men and women, gay and bisexual men, and transgender people, with substance use disorders and mental health problems, and at high risk for HIV, ages 18 and older.
ERC Behavioral Health Services - ICP

- Behavioral health screening
- Comprehensive biopsychosocial assessment
- Intensive outpatient substance use treatment
- Mental health therapy
- Psychiatric services
- Case management
- Case management
- Sexual health education
- Syringe services program (Safety Pinch)
- Support group
- Access to HIV, hepatitis B and hepatitis C screening services, viral hepatitis immunization services and care linkages to HIV primary care services

ERC Achieving Better Health Outcomes: *One Client At A Time*

- ERC Client Demographic Survey
- ERC Intra-Agency Referral Form
- Behavioral Health Screening Tool
- Comprehensive Biopsychosocial Assessment
- High Impact Prevention Programs
- Community Outreach Impact
Screening for Risk: Sexual Health

- Have you ever been sad for weeks at a time, lost interest or pleasure in most activities, or had trouble concentrating and making decisions?
- Have you had unprotected sex while drunk or high?
- Have you ever had unprotected sex with an injection drug user?
- Have you exchanged sex for money, drugs, food or shelter?

History of STI

- Have you ever been tested for HIV?
- If yes, what was the date of last HIV test?
- Have you ever been tested for Hepatitis C?
- Have you ever had a sexually transmitted infection?
Reducing Risk for STIs

• Do you use condoms?
• How often do you use condoms during sex?
• Have you ever taken PrEP or PEP?
• Do you feel responsible for preventing yourself from becoming HIV positive or infecting others by sexual contact?

Partners

• Are you currently sexually active?
• Do you currently have more than one sex partner?
• How many sexual partners have you had within the past 90 days?
• In the last year, who have you had sex with?
Prevention of Pregnancy

- Are you pregnant or your partner pregnant?
- Are you or your partner planning to become pregnant in the next 6 months?
- What type of pregnancy prevention method are you using?

ICP works toward achieving its goal by:

- Increasing access to HIV, hepatitis, STI screening and prevention
- Reducing HIV, hepatitis, STI transmission
- Educating on sexual health and sexuality
Effective communication strategies within the Integrated Care Partnership in metro Atlanta (ICP)

- Multidisciplinary team approach
- Partnerships
- Targeted recruitment

Questions?
Enter your questions into the Questions box for the presenter to respond in discussion
Next Webinar

Tuesday, May 9, 2017

Retention in Care 1:
Best Practices of Cultural Competency for Persons Living with HIV/AIDS (PLWH), Persons in Recovery and People at Risk
1:00 - 2:00 PM ET

MAI-CoC Communities of Practice

Learn more at:
Onsite Trainings for MAI-CoC Grantees

- Motivational Interviewing
- Using GPRA/TRAC Data for Program Sustainability
- Trauma-Informed Care
- Whole Health Action Management
- SBIRT
- Integrated Practice Assessment Tool (IPAT) Consultation and Planning
- Medication Assisted Treatment 101
- Achieving Cultural Competence in Behavioral Health and HIV Service Delivery
- Case Management to Care Management Training
- Mastering Supervision
- Staff Wellness

https://form.jotform.com/63356260032952

Contact: integration@thenationalcouncil.org

For More Information & Resources

Visit www.integration.samhsa.gov or e-mail integration@thenationalcouncil.org
Thank you for joining us today.

Please take a moment to provide your feedback by completing the survey at the end of today’s webinar.