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Chronic Illness Education 2023: Increasing Mental Health Resource Availability for HIV Positive Youth

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Increasing Mental Health Resource Availability for HIV Positive Youth

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Learning Community: Yellow 51

Age Group: Youth ages 13-24

Curriculum Tie-In: Mental Health, Evidence Based Medicine, Cumulative Burden of Disease



Background:

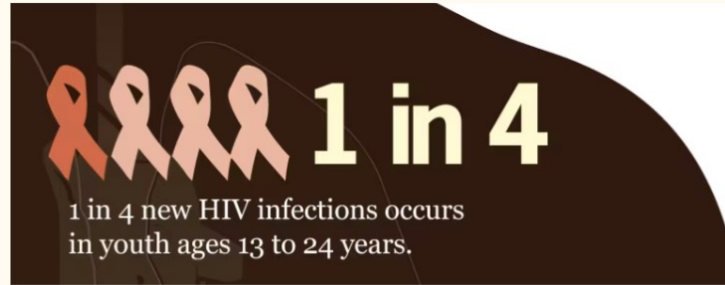
It can be hard to find safe spaces to discuss mental health, especially for people with human immunodeficiency virus (HIV). As a result, depression is up to 10 times more likely in HIV patients. It is important to understand the symptoms of mental health concerns and know where to go for help.

Studies show significant correlations between HIV and mood disorders, primarily anxiety and depression.

* Of patients retained in HIV primary care who had a positive mental health screening and were referred for diagnosis and treatment!



Prevalence of HIV in Youth Populations:



Youths make up more than 1 million of people in the US living with HIV.

70% of new HIV infections in youth occur in gay and bisexual males- most are African American.

Reach out to friends, family, or the included resources if you ever:

Feel sad, worried, or misunderstood

Lose interest in normal activities

Have trouble sleeping or eating

Where to get help:

Mental Health Support Resources for Teens in Michigan:



Michigan HIV Resource Inventory: a list of available services with contact information, organized by region



Contact 1-800-CDC-INFO or text your zip code to Knowit (566948) or go to <http://HIVtest.cdc.gov> for more information and testing locations.

Impact:

- By educating ourselves on the prevalence and importance of testing and treating HIV in youths, we can implement these practices in our daily lives to screen children that may be at risk and offer appropriate care.
- We can provide a safe space in our practices where our patients feel comfortable coming to us for any resources they may need.
- By becoming familiar with Michigan's HIV resource inventory and mental health resources for patients early in our training, we will be better equipped to care for and serve our patients in the future.

