



HMA

The Intersection of HIV and Substance Use: Enhancing the Care Continuum with Evidence-Based Practices

Training Series: Session 2
November 8, 2023

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- » Your participation throughout today via chat is appreciated!


- » Locate the chat box. On the bottom middle of your screen, click on the chat icon. This will open the "Zoom Group Chat" pane on the right side of your screen. You will see messages throughout the webinar on there. When prompted by the presenters, type in your answers or questions there.



2

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» If you have any issues or questions about this feature, message Carlos Mena in the chat and she can assist you.



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3

HOUSEKEEPING

Today is Session 2

Please complete the evaluation and post-test for the webinar that will be sent out via email after each session.

You will be receiving a PDF of today's presentation.

This session is being recorded.

Follow-up questions?

Contact Carlos Mena:
cmena@healthmanagement.com

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CEUS AND CMES ELIGIBILITY AND DISTRIBUTION

- » This series is eligible for both CEUs and CMEs
 - » These activities have been approved for CEUs by the Minnesota Board of Behavioral Health and Therapy for 3 hours of credit for LADCs and LPC/LPCCs (total of 12 hours if all four sessions are fully attended)
 - » These activities have been approved for CMEs by the American Academy of Family Physicians for 3 hours of credit (total of 12 hours if all four sessions are fully attended)
- » To qualify for CEUs or CMEs, you are required to
 1. Complete the pre-training quiz
 2. Be in attendance for the entire session
 3. Complete the accompanying evaluation survey for each session attended
 4. Complete the post-training quiz
- » CEU/CME certificates will be issued approximately 1-2 weeks AFTER the completion of the series (Session 4: November 22nd).

Follow-up questions?

Contact Carlos Mena: cmena@healthmanagement.com

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ACKNOWLEDGMENTS



We would also like to thank our community partners for their support in developing this curriculum.



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6

LAND ACKNOWLEDGMENT



Every community owes its existence and vitality to generations from around the world who have contributed their hopes, dreams, and energy to making the history that led to this moment. Some were brought here against their will, some were drawn to leave their distant homes in hope of a better life, and some have lived on this land for more generations than can be counted. Truth and acknowledgment are critical to building mutual respect and connection across all barriers of heritage and difference.

We begin this effort to acknowledge what is buried by honoring the truth. We are standing on the ancestral lands of the Dakota people. We want to acknowledge the Dakota, the Ojibwe (pronounced ow·jeeb·way), the Ho Chunk, and the other nations of people who also call this place home. We pay respects to their elders past and present.

Please take a moment to consider the treaties made by the Tribal nations that entitle non-Native people to live and work on traditional Native lands. Consider the many legacies of violence, displacement, migration, and settlement that bring us together here today. Please join us in uncovering such truths at any and all public events.*

*This is the acknowledgment given in the USDAC Honor Native Land Guide – edited to reflect this space by Shannon Geshick, MTAG, Executive Director Minnesota Indian Affairs Council

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7

7

TODAY'S PRESENTERS



Charles Robbins, MBA
(he/him/his)
Principal
Health Management Associates



**Claudia Figallo, MPH,
LAADC-S**
(she/her/hers)
Manager, Substance Health Equity
San Francisco AIDS Foundation



Helen DuPlessis, MD, MPH
(she/her/hers)
Principal
Health Management Associates

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8

DISCLOSURES

Faculty	Nature of Commercial Interest
Charles Robbins, MBA	Mr. Robbins discloses that he is an employee of Health Management Associates, a national research and consulting firm providing technical assistance to a diverse group of health care clients.
Claudia Figallo, MPH, LAADC	Ms. Figallo is an employee of the San Francisco AIDS Foundation, a non-profit which promotes health, wellness, and social justice for communities most impacted by HIV, through sexual health and substance use services, advocacy, and community partnerships.
Helen DuPlessis, MD, MPH	Dr. DuPlessis discloses that she is an employee of Health Management Associates, a national research and consulting firm providing technical assistance to a diverse group of health care clients. She is also a Board Member of Blue Shield of California Health Plan.
Jeanene Smith, MD	Dr. Smith discloses that she is an employee of Health Management Associates, a national research and consulting firm providing technical assistance to a diverse group of health care clients.

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9

TIME FOR A POLL

Who is in the Zoom room today?

- » Please select your role or discipline in the pop-up poll
 - » Administration / Programs
 - » Counselor / Therapist / LADC
 - » Case Manager
 - » Harm Reduction / Peer Recovery
 - » Nurse / Physician
 - » Probation Officer / Justice Involved
 - » Sexual Health / Community Health Worker
 - » Social Worker / Child Welfare / Housing
 - » Workforce / Skills Development
 - » If "other" type in chat

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10

AGENDA FOR WEBINAR SERIES

Session	Topics
#1 WEDNESDAY, NOV 1 12:00 pm to 3:00 pm	<input type="checkbox"/> Understanding HIV <input type="checkbox"/> HIV Testing and Treatment <input type="checkbox"/> The Science of Addiction <input type="checkbox"/> Screening, and Assessment
#2 WEDNESDAY, NOV 8 12:00 pm to 3:00 pm	<input type="checkbox"/> Ethical and Legal Issues <input type="checkbox"/> Funding and Policy Considerations <input type="checkbox"/> HIV Risk Reduction <input type="checkbox"/> SUD Harm Reduction <input type="checkbox"/> HIV and Stigma <input type="checkbox"/> Motivational Interviewing
#3 WEDNESDAY, NOV 15 12:00 pm to 3:00 pm	<input type="checkbox"/> Working with Justice Involved Persons <input type="checkbox"/> Substance Use Disorder Treatment with Medications <input type="checkbox"/> Mental Health Treatment and Counseling <input type="checkbox"/> Stimulant Use <input type="checkbox"/> Chem Sex
#4 WEDNESDAY, NOV 28 12:00 pm to 3:00 pm	<input type="checkbox"/> Cultural, Racial and Sexual Identities <input type="checkbox"/> Pregnancy and HIV, SUD/ODU <input type="checkbox"/> Accessing, Obtaining, and Integrating Services for Individuals with HIV and SUD in Minnesota

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11

CHATTER FALL

Please respond to following prompt by typing into the chat box

Please share a curiosity you bring with you today regarding today's topics

Type your response and
don't click enter.

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12

GLOSSARY OF TERMS (REVISITED)

- » Sexual orientation – a person’s identity in relation to the gender or genders to which they are sexually attracted (straight, gay, lesbian, asexual, bisexual, pansexual)
- » Gender identity and/or expression - internal perception of one’s gender; how one identifies or expresses oneself.
 - » Cisgender – a term used to describe a person whose gender identity aligns with those typically associated with the sex assigned to them at birth
 - » Transgender – refers to an individual whose current gender identity and/or expression differs from the sex they were assigned at birth (may have transitioned or be transitioning in how they are living)
 - » Gender Expansive - refers to an individual who expresses identity along the gender spectrum (genderqueer, gender nonconforming, nonbinary, agender, two spirit)
- » Sexual Minority – refers to a group whose sexual identity orientation or practices differ from the majority of and are marginalized by the surrounding society.

SOURCE: Centers for Educational Justice and Community Engagement, UC Berkeley

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13

GLOSSARY OF TERMS (REVISITED)

- » Race - is usually associated with inherited physical, social and biological characteristics. In this context that means race is associated with biology. Institutionalized in a way that has profound consequences (White, African American, American Indian Alaskan Native, Native Hawaiian or Pacific Islander)”
- » Ethnicity - a term used to categorize a group of people with whom you share learned characteristics and identify according to common racial, national tribal, religious, linguistic, or cultural origin or background. (Hispanic, Non-Hispanic Black, Non-Hispanic Black, etc.)

SOURCE: US Office of Management and Budget: Federal Register Vol. 62(210): 58782

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GLOSSARY OF TERMS (REVISITED)

- » Health Insurance Portability and Accountability Act (HIPAA) - required the creation of national standards to protect sensitive patient health information (PHI) from being disclosed without the patient's consent and includes a Privacy Rule addressing disclosure of and access to PHI; the Security Rule protects disclosure of and access to electronic PHI (e-PHI) a subset of information covered by the Privacy Rule
- » Code of Federal Regulations, Title 42, Part 2 (42 CFR Part 2) – a complicated set of regulations that strengthen the privacy protections afforded to persons receiving alcohol and substance use treatment (in addition to the more general privacy protections afforded in HIPAA). The regulations restrict the disclosure and use of alcohol and drug patient records which are maintained in connection with any individual or entity that is federally assisted and holds itself out as providing, and provides, alcohol or drug abuse diagnosis, treatment or referral for treatment (42 CFR § 2.11)
- » Family Education Rights Protection Act (FERPA) - protects the privacy of student education records in public or private elementary, secondary, or post-secondary school and any state or local education agency that receives funds under an applicable program of the US Department of Education.

SOURCE: Centers for Disease Control and Prevention; and the Substance Abuse and Mental Health Services Administration

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COMMON ACRONYMS (REVISITED)

ART – Antiretroviral therapy	PEP – Post-exposure prophylaxis
AUD – Alcohol use disorder	PrEP – Pre-exposure prophylaxis
IDU – Injection or intravenous drug use	PLWH – Person(s) living with HIV
MSM – Men who have sex with men	PWID – Person(s) who injects drugs
ODU – Opioid use disorder	SUD – Substance use disorder
PEH – Person(s) experiencing homelessness	

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16

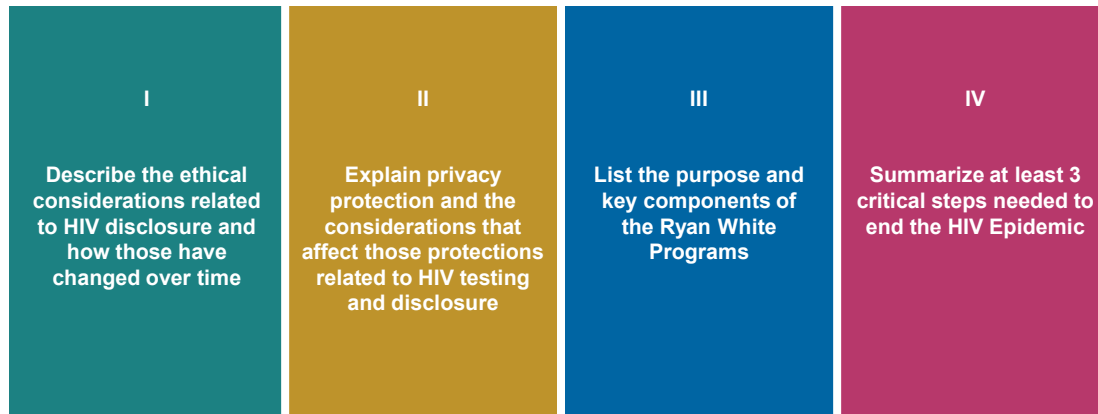
**UNDERSTANDING HIV RISK REDUCTION,
SUD HARM REDUCTION, ETHICAL AND
LEGAL ISSUES, FUNDING AND POLICY
CONSIDERATIONS, HIV AND STIGMA,
AND MOTIVATIONAL INTERVIEWING**

17

**ETHICAL AND LEGAL ISSUES, FUNDING
AND POLICY CONSIDERATIONS**

18

LEARNING OBJECTIVES: ETHICAL AND LEGAL ISSUES, FUNDING AND POLICY CONSIDERATIONS



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19

PRINCIPLES OF BIOETHICS IN AMERICA



- » Autonomy / Respect for Persons – respecting decisions of autonomous persons
 - » Assumes capacity
 - » Protecting the vulnerable, those without capacity to make autonomous decisions
- » Beneficence – act in the best interest of the patient
 - » Minimize risks and balance benefits
- » Justice – fair treatment
 - » Benefits and burdens are distributed fairly in society

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20

20



CONSIDERING ETHICS: STRUCTURAL LENS

- » Ethical principles should NEVER be applied rigidly, mechanically, or in absolute terms
- » Sometimes the principles are in conflict
- » Our understanding of HIV/AIDS has changed dramatically and influences how policies and regulations are made and interpreted
 - » Better understanding of progression and how to mitigate
 - » Phenomenal advances in treatment and prevention

Photo Source : Brandon Day on Unsplash
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21

CONFIDENTIALITY: GENERAL

- » A core duty (ethical and legal) of medical practice that requires providers to keep patients' personal health information private
 - » Prohibits disclosure without consent
 - » Encourages steps to ensure security of records/info and prevention of unauthorized access
 - » Extends to all communication about patient
 - » HIPAA, 42 CFR Part 2, FERPA
- » Exceptions to release without consent
 - » Exposed Emergency Medical Services (EMS) and Correctional personnel
 - » Partner information to the PH Commissions only
 - » Public health and safety
 - » HIPAA exceptions: treatment, operations, billing/payment
 - » 42 CFR Part 2 Exceptions: emergency, child abuse, Dept. Veterans Affairs, court ordered, qualified services organizations

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TESTING, REPORTING, AND DISCLOSURE

- » In general, no specific informed consent or pre-test counseling is required in MN
 - » Informed consent must be obtained, except in case of an EMS exposure
 - » Mandatory provision of HIV education materials for clients in chemical dependency treatment programs
- » Results are held confidential with exceptions:
 - » Results are treated as confidential unless the client approves release of results
 - » Name-based reporting must be provided to MN MDH within 24 hours (any reactive test) and to the health commission within 30 days of diagnosis
 - » "Anonymous" testing is not completely anonymous
 - » In MN it is a criminal offense to knowingly "transfer" a communicable disease to another through "direct transmission"
 - » HIV+ individuals must disclose to sexual partners and those with whom they share needles (in a court of law, self-disclosure is a defense in the former, but not in the latter)
 - » But what about disclosure for those with undetectable viral load?

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Photo Source : CDC on Unsplash



23

DISCLOSURE AND VIRAL SUPPRESSION

- » In 2017, MDH joined several state health departments in supporting **Undetectable = Untransmittable (U=U)**
- » U=U is behind the concept of treatment as prevention
- » When an HIV+ person has a confirmed undetectable viral load within the last 12 months the MDH will not take partner notification action.
- » Partner notification is a practical precaution if there is any reason to believe that a partner may have been exposed to HIV.
- » Providers or people living with HIV may still carry out partner notification independently or with assistance from the MDH Partner Services Program.

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DISCLOSURE AND VIRAL SUPPRESSION

Precedent

The law basically says disclose or provide “practical means of preventing transmission”. In Minnesota, a case has been tried where a person argued that they used a condom and therefore did not expose their partner, and they won the case. That precedent setting case informs us that in MN, a person could use a condom and not inform their partner of their HIV+ status and still be within their legal rights.

Rainbow Health tells us that most people feel like the U=U defense would be upheld in MN, but it hasn’t happened (to their knowledge).

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DISCUSSION

- » Would a HIV+ virally suppressed individual need to disclose their status to the partner?
- » In a monogamous relationship with a virally suppressed individual, should the HIV- partner be on PrEP?

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DISCLOSURE AND VIRAL SUPPRESSION

Thoughts for Providers

- » Change the paradigm that people with HIV having sex is bad/risky to normalize people with HIV having sex.
- » Reduce the emotional charge often present to help people navigate this in a sensitive, client centered and less stigmatizing way.
- » Help people understand that most people with HIV are concerned about transmission, do what they need to reduce risk and that disclosure is a complex issue
- » Discuss and promote treatment as prevention

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27

RYAN WHITE HIV/AIDS PROGRAM

- » Provides a comprehensive system of care for people living with HIV
- » Most funds support primary medical care and other medical-related and support services
- » Provides ongoing access to HIV medications
- » Small amount of funds used for technical assistance, clinical training, and development of innovative models of care

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RYAN WHITE HIV/AIDS PROGRAM

- » Includes 5 Parts: A, B, C, D, and F
- » Administered by the HIV/AIDS Bureau (HAB), within the Health Resources and Services Administration (HRSA)
- » RWHAP Parts designed to work together to ensure a comprehensive system of care in urban, suburban, and rural communities throughout the U.S.
- » **Payor of last resort**

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RYAN WHITE HIV/AIDS PROGRAM

Part A – Epidemically/Geographically Targeted

- » Funding for areas hardest hit by the HIV epidemic
- » Funding for two categories of metropolitan areas:
 - » **Eligible Metropolitan Areas (EMAs)**, with at least 2,000 new cases of AIDS reported in the past 5 years and at least 3,000 people living with HIV
 - » **Transitional Grant Areas (TGAs)**, with 1,000 – 1,999 new cases of AIDS reported in the past 5 years and at least 1,500 people living with HIV
- » Funds are used to develop or enhance access to a comprehensive system of high-quality community-based care for low-income PLWH

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RYAN WHITE HIV/AIDS PROGRAM

Part B – All states

- » Funding to all 50 States, DC, Puerto Rico, U.S. territories and jurisdictions to improve the quality, availability, and organization of HIV health care and support services
- » Provides funds for medical and support services
- » Includes the AIDS Drug Assistance Program (ADAP), which provides access to HIV-related medications, through direct purchase and purchase of health insurance
- » Also provides funds to emerging communities with a growing epidemic, reporting 500-999 new cases in the past 5 years

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RYAN WHITE HIV/AIDS PROGRAM

Part C – Early Intervention

- » Funding to support “**early intervention services**”: comprehensive primary health care and support services for PLWH in an outpatient setting
- » Competitive grants to local community-based organizations, community health centers, health departments, and hospitals
- » Priority on **services in rural areas** and for traditionally underserved populations
- » Capacity development grants provided to help public and nonprofit entities deliver HIV services more effectively

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RYAN WHITE HIV/AIDS PROGRAM

Part D – Population Targeted

- » Funding to support family-centered HIV primary medical and support **services for women, infants, children, and youth** living with HIV
- » Competitive grants to local public and private health care entities, including hospitals, and public agencies
- » Includes services designed to engage **youth with HIV** and retain them in care
- » Recipients must coordinate with HIV education and prevention programs designed to reduce the risk of HIV infection among youth

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RYAN WHITE FEDERAL PROGRAMS

Part F – Dental and Special Funds

- » Funds support **clinician training, dental services, and dental provider training**. In addition, Part F funds the development of innovative models of care to improve health outcomes and reduce HIV transmission.
- » Funds Minority AIDS Initiative (MAI)
- » Funds Special Project of National Significance (SPNS)
- » Funds AIDS Education and Training Centers (AETCs)

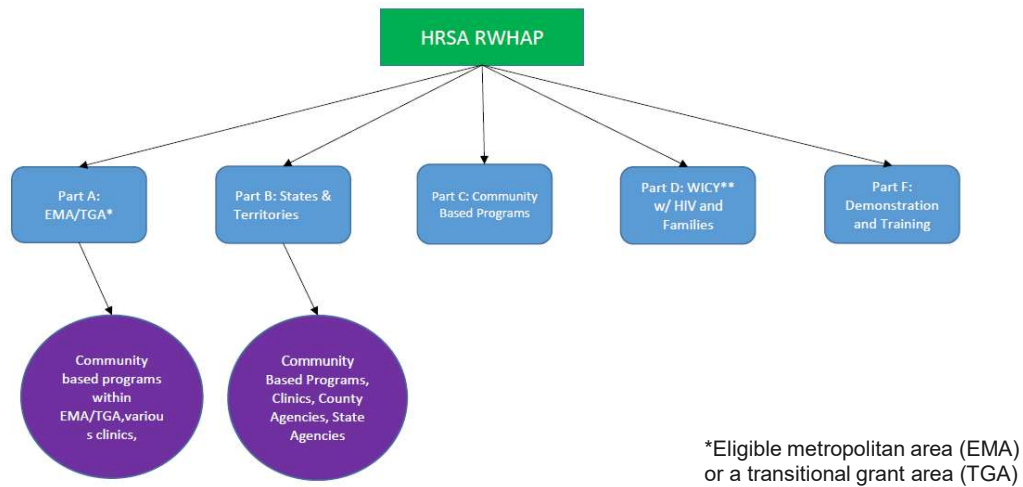
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34

RYAN WHITE FEDERAL PROGRAMS: MN SPECIFICS



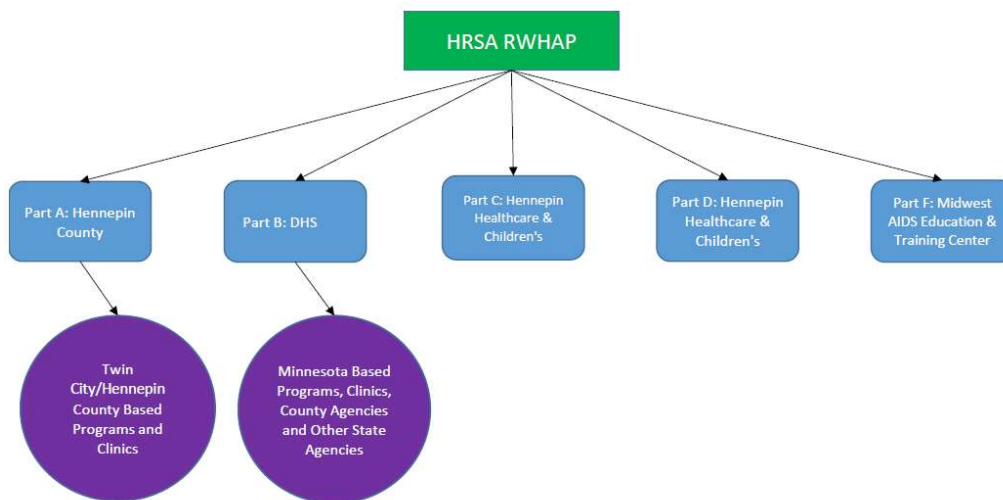
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RYAN WHITE FEDERAL PROGRAMS: MN SPECIFICS



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36

ENDING THE HIV EPIDEMIC

The Ending the HIV Epidemic initiative focuses on four key strategies that, implemented together, can end the HIV epidemic in the U.S.



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37


The advertisement features a smiling man with dark skin and curly hair, wearing a black hoodie over a grey shirt. The background is a blurred outdoor setting. On the left, there is a colorful geometric pattern of overlapping circles and triangles in shades of teal, yellow, green, and purple. The text "TOGETHER WE CAN END HIV." is written in white, bold, sans-serif font across the middle. In the top right corner, there is a circular logo with the text "END HIV MN" in white and green. At the bottom left, the "m MINNESOTA" logo is displayed. At the bottom right, there is a small disclaimer: "ALL INDIVIDUALS FEATURED ARE MODELS. USE OF THESE IMAGES IS FOR ILLUSTRATIVE PURPOSES ONLY AND DOES NOT IMPLY THAT THE INDIVIDUALS FEATURED ARE LIVING WITH HIV OR ARE AT RISK OF HIV."

38

38

END HIV MN IS OUR COMPREHENSIVE STRATEGY TO END HIV IN MINNESOTA.

How Minnesota will measure success
The Minnesota Legislature has identified four ambitious—but attainable—outcomes for END HIV MN. Timelines to achieve these outcomes were set by the END HIV MN Advisory Board.




75%

90%

90%

90%

1. Increase the percentage of Minnesotans living with HIV who know their HIV status to at least 90% by 2025
2. Increase the percentage of Minnesotans diagnosed with HIV who are retained in care to at least 90% by 2025
3. Of individuals retained in care, increase the percentage of Minnesotans who are virally suppressed to at least 90% by 2025
4. Reduce the annual number of new HIV diagnoses in Minnesota by at least 25% by 2025 and at least 75% by 2035 (which requires successful achievement of outcomes 1, 2, and 3)



Our Vision is Clear
By 2025, Minnesota will be a state where new HIV diagnoses are rare and all people living with HIV—and those at high risk of HIV infection—will have access to high quality health care and the resources they need to live long healthy lives, free from stigma and discrimination.

39

FUNDING

President Biden's Fiscal Year 2022 Budget Request Includes \$670 Million for the Ending the HIV Epidemic Initiative

To help accelerate and strengthen efforts to end the HIV/AIDS epidemic in the United States, the Budget includes \$670 million within HHS to help aggressively reduce new HIV cases while increasing access to treatment, expanding the use of pre-exposure prophylaxis, also known as PrEP, and ensuring equitable access to services and supports.

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Source: <https://www.cdc.gov/hiv/basics/whatishiv.html>

40

FUNDING CONT.

State Opioid Response Grants: \$1.5 Billion over 2 Years

The SAMSHA program aims to address the opioid crisis by increasing access to medication-assisted treatment using the three FDA-approved medications for the treatment of opioid use disorder, reducing unmet treatment need, and reducing opioid overdose related deaths through the provision of prevention, treatment and recovery activities for opioid use disorder (OUD) (including illicit use of prescription opioids, heroin, and fentanyl and fentanyl analogs).

This program also supports evidence-based prevention, treatment and recovery support services to address stimulant misuse and use disorders, including for cocaine and methamphetamine.

Source: <https://www.samhsa.gov/newsroom/press-announcements/202008270530>

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41

REFERENCES: ETHICS AND LEGAL

- » Center for HIV Law and Policy <https://www.hivlawandpolicy.org/states/minnesota>
- » CDC Compendium of State Laws (includes MN Statutes re: criminalization of knowing transmission) <https://www.cdc.gov/hiv/policies/law/states/index.html>
- » CDC Guidelines on Case Reporting and Surveillance <https://www.cdc.gov/hiv/guidelines/reporting.html>
- » MN Center for HIV Law and Policy <https://www.hivlawandpolicy.org/resources>
- » MN Health Department Disease Reporting Requirements and Resources
 - » Reporting HIV and AIDS (for health professionals) <https://www.health.state.mn.us/diseases/hiv/hcp/report.html>
 - » STD/HIV Partner Services Program for help with partner notification <https://www.health.state.mn.us/diseases/stds/partnerservices.html>
 - » FAQ on Reporting <https://www.health.state.mn.us/diseases/stds/hcp/reportfaq.html>
 - » HIV and TB Fact Info <https://www.health.state.mn.us/diseases/hiv/hcp/hivandtb.html>
- » UCSF Compendium of State HIV Laws Quick Reference https://nccc.ucsf.edu/wp-content/uploads/2014/03/State_HIV_Testing_Laws_Quick_Reference.pdf
- » How Should Physicians Respond if Patient HIV Denial Could Exacerbate Racial Health Inequities? *AMA J Ethics*. 2021;23(5):E382-387. doi: 10.1001/amajethics.2021.382. <https://journalofethics.ama-assn.org/article/how-should-clinicians-respond-if-patient-hiv-denial-could-exacerbate-racial-health-inequities/2021-05>

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42

42

REFERENCES: FUNDING AND POLICY

- » HRSA Information about Ryan White Programs:
<https://hab.hrsa.gov/about-ryan-white-hiv-aids-program/about-ryan-white-hiv-aids-program>
- » CDC Information on Ending the HIV Epidemic in the US:
<https://www.cdc.gov/endhiv/index.html>
- » MN Department of Health End HIV MN Resources:
<https://www.health.state.mn.us/endhivmn#:~:text=END%20HIV%20MN%20will%20address,for%20people%20living%20with%20HIV>
- » CDC Ending the HIV Epidemic Funding Announcement:
<https://www.cdc.gov/nchhstp/newsroom/2021/ehe-funding.html>

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43

43

5-MINUTE STRETCH BREAK!



44

HIV RISK REDUCTION

45

LEARNING OBJECTIVES: HIV RISK AND SUD HARM REDUCTION

I

Identify at least 3 critical HIV sexual transmission risk reduction strategies, including but not limited to PrEP and PEP

II

Define Harm Reduction as it relates to both SUD and HIV and describe at least 3 harm reduction strategies

III

Describe the current risks associated with synthetic opioids and specific harm reduction strategies to mitigate those

IV

Describe the relationship between SUD and HIV risk

46

DEFINITION OF HIV RISK REDUCTION

HIV risk reduction is the selective application of appropriate techniques and management principles to reduce the likelihood of a risky event and/or the negative consequences of such an event.

- » The goal of risk reduction counseling is to help patients decrease risks to themselves and others, thereby decreasing the number of new HIV infections.
- » Risk reduction helps decrease the rates of HIV infection through targeted prevention efforts.

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47

RISKS FOR HIV INFECTION

Risks for HIV infection

- » Unprotected sex
- » Sharing needles
- » Mother to child

Strategies for HIV prevention

- » Safer sex (condoms)
- » Routine testing
- » Antiretroviral advances
 - » Viral suppression (U=U)
 - » PrEP and PEP

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PrEP AND PEP

PrEP (pre-exposure prophylaxis) is medicine people at risk for HIV take to prevent getting HIV from sex or injection drug use. When taken as prescribed, PrEP is highly effective for preventing HIV.

PEP (post-exposure prophylaxis) means taking medicine to prevent HIV after a possible exposure. PEP should be used only in emergency situations and must be started within 72 hours after a recent possible exposure to HIV.

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INJECTION DRUG USE AND HIV INFECTION

HIV and Hepatitis C

- » Syringe access programs
 - » A variety of syringes to match a variety of injecting practices
 - » Related supplies (e.g., alcohol swabs, ties/tourniquets, etc.)
- » Safe smoking supplies (e.g., clean pipes, straws, lip balm)
- » Sexual health supplies
- » Overdose prevention supplies and education
- » Health educators available for brief interventions
- » Test strips for Fentanyl and other drugs
- » Safe consumption sites
- » Opportunities for Hepatitis C and HIV testing and linkage

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SUD HARM REDUCTION

51

51

CHATTER FALL

Please respond to following prompt by typing into the chat box

What daily Harm Reduction strategies are you familiar with?

Type your response and
don't click enter.

When instructed to do so,
CLICK ENTER

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DEFINITION OF SUD HARM REDUCTION

Harm Reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use.

Harm Reduction is also a movement for social justice built on a belief in, and respect for, the rights of people who use drugs.

National Harm Reduction Coalition

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WHAT HARM REDUCTION PROVIDES

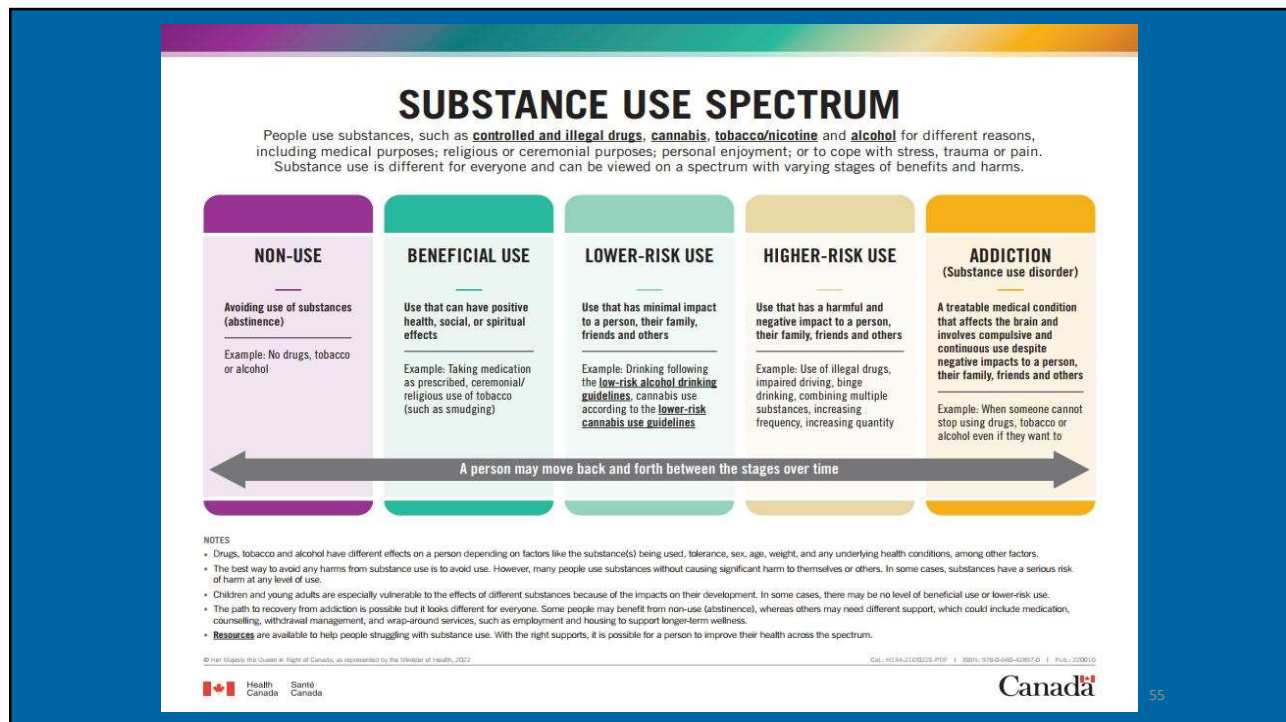
- » Non-judgmental support
- » A collaborative approach
- » An understanding that refraining from drug use may not be the only step in the healing process. Change can happen in other areas even while people are still using.
- » A strong belief in the client's capacity to care for themselves, including prevention of HIV and other drug related health concerns.
- » An educational approach
- » Allows for mental health and substance use concerns to be treated together
- » Supports self-trust, self-efficacy and autonomy
- » Client-centered, client-tailored services

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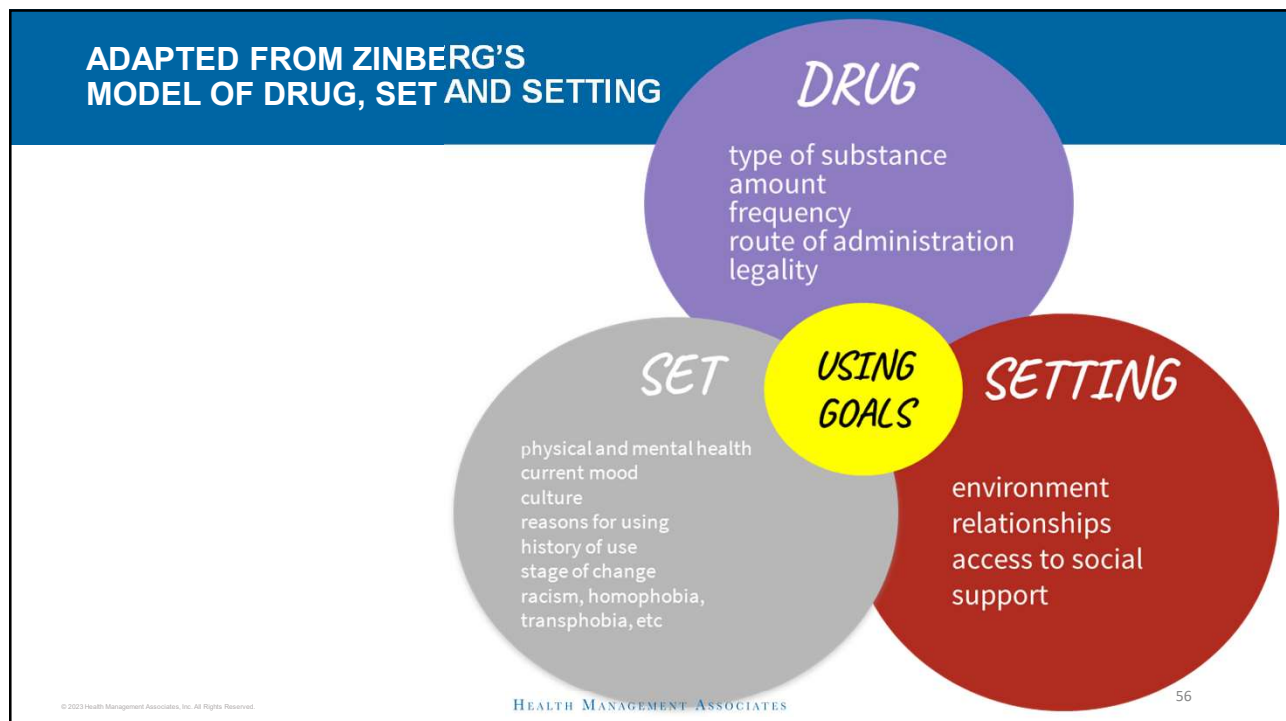
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HARM REDUCTION : ALCOHOL USE AND HIV

- » Explore the pros and cons of drinking
- » Discuss drug, set and setting
- » Consider alternating drinks
- » Discuss budget and finance options
- » Phone Apps (Saying When)
- » Groups
- » PrEP and PEP

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OD PREVENTION TIPS: SEX PARTIES

MAKE OD PREVENTION PART OF THE PRE-PARTY SAFETY PLAN.

DISCUSS WITH SEX PARTNERS BEFOREHAND
WHAT STEPS THEY WOULD LIKE TO TAKE
TO PREVENT AN OVERDOSE.

HAVE NARCAN AND WATER ON HAND.

IF SOMEONE TAKES TOO MUCH GHB, TURN
THEM ON THEIR SIDE ("RESCUE POSITION")
SO THEY DON'T CHOKES ON THEIR VOMIT.

DESIGNATE ONE PERSON TO CALL 911 AND ONE
PERSON TO RESPOND. KNOW YOUR LOCATION
AND WHERE THE NARCAN IS LOCATED.

HARM REDUCTION: SUBSTANCE USE + SEX

- » Building Healthy Online Communities - <https://bhocpartners.org/>
- » Testing (including home testing) - <https://together.takemehome.org>
- » Hooking up and meth – [Tweaker.org](https://tweaker.org)

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OVERDOSE PREVENTION – METH AND OPIATES

SAN FRANCISCO AIDS FOUNDATION PRESENTS

OD PREVENTION TIPS: METH

WHAT TO DO WHEN YOU GET WAY TOO HIGH ON STIMULANTS...

DRINK PLENTY OF WATER OR GATORADE.

GET SOME REST— SLEEP REALLY HELPS. WALK IT OFF IF YOU CAN'T SLEEP.

REMEMBER TO EAT. EVEN A PIECE OF FRUIT OR A SMOOTHIE CAN REALLY HELP.

COOL DOWN WITH AN ICE PACK IF YOU'RE OVERHEATED.

CALL 911 IF YOU ARE EXPERIENCING CHEST PAIN, SHORTNESS OF BREATH, OR SIGNS OF STROKE OR SEIZURE.

SAN FRANCISCO AIDS FOUNDATION PRESENTS

OD PREVENTION TIPS: OPIATES

SOMEONE OVERDOSING ON OPIATES WILL NOT BE RESPONSIVE. THEY WON'T BE BREATHING, OR THEIR BREATHS WILL BE SLOW AND SHALLOW.


OTHER THINGS TO LOOK FOR:

BODY IS LIMP (OR STIFF)

SKIN COLOR CHANGES
COLOR TURNS GRAY OR ASHEN FOR DARKER SKIN, BLuish-PURPLISH FOR LIGHTER SKIN. FINGERNAILS AND LIPS MAY TURN BLUE OR DARK PURPLE

NOISES SNORING, CHOKING, OR GURGLING

VOMITING



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OVERDOSE PREVENTION – SAFER USE

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OD PREVENTION TIPS: SAFER USING

GET HIGH WITH FRIENDS AND KEEP AN EYE ON EACH OTHER.

WHEN SMOKING FENTANYL, SMOKE A SMALL AMOUNT FIRST. YOU CAN ALWAYS DO MORE BUT YOU CAN'T DO LESS!

MAKE SURE EVERYONE HAS NARCAN AND YOU KNOW WHERE IT IS. HAVE IT READY!

HAVE SOMEONE NEARBY TO HELP IN CASE YOU OD.

WEAR A MASK AND KEEP 6 FT. DISTANCE FROM EACH OTHER TO PREVENT COVID-19.

SAN FRANCISCO AIDS FOUNDATION PRESENTS

OD PREVENTION TIPS: GETTING HIGH ALONE

REMEMBER THAT YOU CAN ALWAYS DO MORE, BUT YOU CAN'T DO LESS.

HAVE SOMEONE ON THE PHONE WHILE YOU GET HIGH SO THEY CAN CALL FOR HELP IF YOU OD (BE SURE THEY KNOW YOUR LOCATION).

TEXT YOUR LOCATION TO A FRIEND BEFORE USING. ASK THEM TO CHECK ON YOU, AND IF YOU DON'T TEXT BACK TO CALL 911.

TRY DOING A SMALL AMOUNT FIRST TO SEE HOW STRONG IT IS.

CONSIDER ALTERNATE WAYS OF USING INSTEAD OF INJECTING:
SMOKING SNORTING BOOTY BUMPING

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NALOXONE (NARCAN) SAVES LIVES

- » **What is Naloxone?** A medication that can reverse an overdose.
- » **Signs of overdose:** Unconscious or not responding, not breathing or slow breathing, turning gray or ashen or bluish, gurgling noises, body is limp, skin is clammy.
- » **What to do?** Call their name loudly or clap your hands, sternum rub. If not responding, administer Narcan and call 911.
- » **Ways to administer Naloxone:** Nasal and Intramuscular
 - » Considerations in the Fentanyl era
- » **Who should carry Naloxone?** Everyone
- » MN Good Samaritan/Steve's Law

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WHY HARM REDUCTION FOR EFFECTIVE SUPPORT

- » Because it considers a spectrum use, not just drugs or no drugs
- » Because it sees drug use from an ecological lens, not just an individual lens
- » Because it can explore drug-set-setting
- » Because it allows **ambivalence** in the room
- » Because not all drug use is abuse or misuse
- » Because it's about support, not punishment (housing v/s drugs). Inclusion, not exclusion.
- » Because it reduces **stigma** (which is more harmful than drugs)
- » Because it is trauma informed
- » Because it starts from a place of compassion and love
- » Harm Reduction is Shame Reduction

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HIV AND SUBSTANCE USE STIGMA, MOTIVATIONAL INTERVIEWING

63

63

LEARNING OBJECTIVES: HIV AND SUBSTANCE USE STIGMA, MOTIVATIONAL INTERVIEWING

I

Define the 3 different
types of stigma and
how stigma influences
testing, retention in
treatment and
outcomes of HIV and
SUD

II

Describe how cultural
considerations can
influence treatment
engagement

III

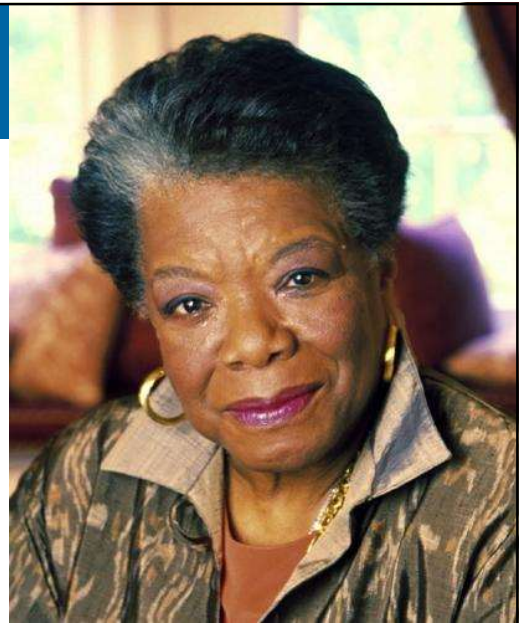
List at least 3 effective
motivational
interviewing tools

64

UNPACKING STIGMA

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

— Maya Angelou



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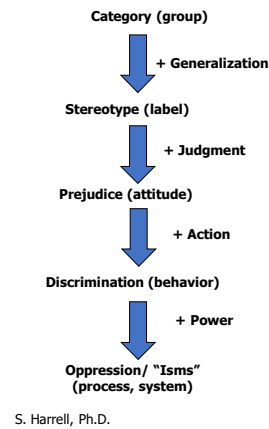
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HOW DO WE DEFINE STIGMA?

66

66

CATEGORIES OF STIGMA



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STIGMA

Key Elements:

Blame and Moral Judgment
 Pathologize and Patronize
 Fear and Isolation (the opposite of connection)
 Criminalize

Functional Outcomes of Stigma:

Difference --- To keep people out
 Danger --- To keep people away
 Discrimination --- To keep people down

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HOW DOES STIGMA IMPACT PEOPLE WITH HIV & PEOPLE WHO USE DRUGS?

- » Incarceration
- » Limit to housing options
- » Limit to treatment options
- » Poor or unavailable healthcare services
- » Limit access to culturally concordant services
- » Fewer funds for research
- » Poor treatment for pain
- » Poor treatment for mental health concerns
- » Limit to job opportunities
- » Loss of parenting rights
- » Loss of reproductive rights
- » Disconnection from families or loved ones
- » People are less likely to ask for support
- » Possible hepatitis C (HCV) and sexually transmitted infections (STIs)
- » Lack of access to OD prevention
- » Lack of access to syringes

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STIGMA IS OFTEN EXACERBATED BY

Lack of context

Misinformation and myths

Poorly conceived policies

Discriminatory or dehumanizing language

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EXPLORE NETWORKS WHICH SUPPORT PEOPLE WHO USE DRUGS SUCH AS: INPUD, VOCAL AND URBAN SURVIVORS UNION.



Anti-stigma campaign by UK agency, Release
<https://www.release.org.uk/nice-people-take-drugs>



<https://supportdontpunish.org/>

Explore networks that support people who use drugs or have HIV, such as: INPUD, VOCAL, Urban Survivors' Union

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5-MINUTE STRETCH BREAK!



74

LEARNING OBJECTIVES: MOTIVATIONAL INTERVIEWING

I	II	III	IV
Define and explain Motivational Interviewing (MI) and how it can be utilized with clients contemplating behavior change	Explain the stages of change and how they relate to understanding and supporting clients	Identify the principles and spirit of MI	Explain OARS (Open-Ended Questions, Affirmations, Reflections and Summaries)

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Look at the chart and say the COLOR not the word

YELLOW BLUE ORANGE
BLACK RED GREEN
PURPLE YELLOW RED
ORANGE GREEN BLACK
BLUE RED PURPLE
GREEN BLUE ORANGE

Left – Right Conflict

Your right brain tries to say the color but your left brain insists on reading the word.

**THIS IS YOUR
BRAIN ON
CHANGE**

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WRITING ACTIVITY

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INSTRUCTIONS – WRITING ACTIVITY

5min:

- » Think about a behavior change you have been considering
- » Think about the benefits and challenges of making this behavior change. Jot them down.
- » Think of an image you would use to describe the feeling of wanting to change something and finding challenges in the process.
- » Share your image in the chat



“To change or not to change”

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WHAT IS AMBIVALENCE?

what are other
words for
ambivalence?



uncertainty, indecision, doubt,
hesitancy, hesitation,
ambivalency, fluctuation,
irresolution, tentativeness



Thesaurus.plus

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WHAT IS AMBIVALENCE?

- » Many people are **ambivalent** about change.
- » Providers who push for specific change create a relational discord which reduces motivation for change.
- » Discord perpetuates ambivalence.
- » **Evoking** the client's own **change talk** will enhance behavior change.
- » We don't have the power to make someone change – we can develop skills to **engage in and tolerate** conversations about the **possibility** of change.
- » People are usually motivated for something, find what that is and start there.

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WHAT IS MOTIVATIONAL INTERVIEWING?

“MI is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person’s own reasons for change within an atmosphere of acceptance and compassion.”

(Miller & Rollnick, 2013, p. 29)

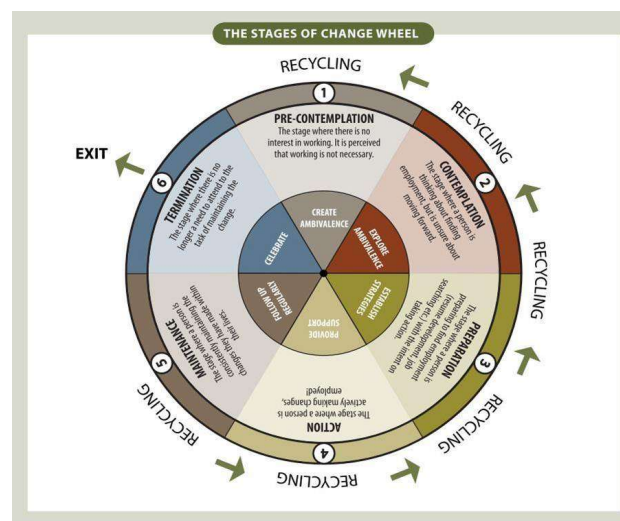
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TRANSTHEORETICAL MODEL OF CHANGE



Prochaska J, DiClemente C. Changing for Good: A Revolutionary Six Stage Program for Overcoming Bad Habits and Moving Your Life Positively Forward. New York, Avon Books. 1995

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MOTIVATIONAL INTERVIEWING (MI) WORKS BEST WHEN...

- » **Ambivalence is high** and people are stuck in mixed feelings about change
- » **Confidence is low** and people doubt their abilities to change
- » **Desire is low** and people are uncertain about whether they want to make a change
- » **Importance is low** and the benefits of change and disadvantages of the current situation are unclear

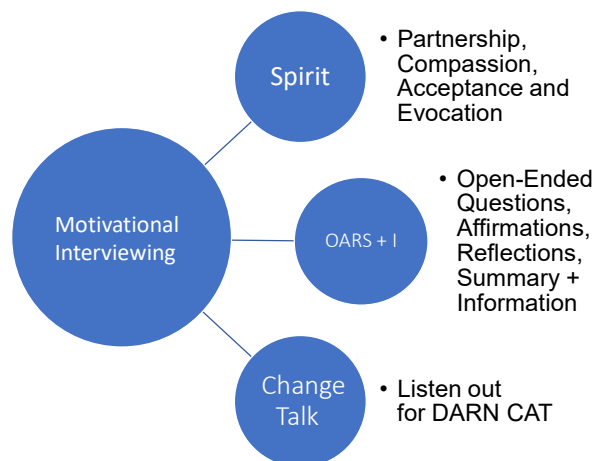
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CORE ELEMENTS OF MOTIVATIONAL INTERVIEWING



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OARS + I

- » Open-Ended Questions
- » Affirmations
- » Reflections
- » Summary
- +
- » Information Exchange

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FOR EACH OF THE FOLLOWING QUESTIONS: PLACE “O” IN THE CHAT FUNCTION IF YOU THINK THE QUESTION IS OPEN ENDED, AND “C” IF YOU THINK THE QUESTION IS CLOSED.

- » How is your back pain impacting your overall life?
- » Do you have any concerns about the stress in your life?
- » Is it important for you to serve your children healthy food?
- » Do you use cannabis or other street drugs?
- » Will you remember to do your exercises every day?
- » What do you like about drinking?
- » How, if at all, does your alcohol use affect your parenting?
- » How is your meth use improving your sex life?
- » Upon reflection, how does cannabis help reduce your anxiety?
- » If you were to stop using heroin, how would your days be different?
- » What would you spend your money on if you stopped drinking?
- » Can I ask you something?

Open or closed?

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AFFIRMATIONS

What are they?

- » Strengths and attributes
- » Successes
- » Hopes
- » Desires
- » Efforts to improve things
- » Humanity
- » Compassion

What are the results?

- » Strengthen the relationships
- » Build trust
- » Support confidence and self-esteem
- » Build a meaningful working alliance

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AFFIRMATIONS

These statements should show appreciation for a client's challenges and achievements, however they are not meant to be "cheers" and shouldn't start with "I am".

"You really thought clearly about your next steps"
 "Wow, that must've taken a lot of courage"
 "You applied some self-care and it helped you stay calm"
 "You've achieved so much this week"
 "You are determined and continue to search for answers"

Stepping it Up – Affirmation + building experience and confidence

» "You are staying alcohol-free in the face of many challenges", tell me how that feels...
 » "You are not avoiding difficult conversations, what is helping you do that?"

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REFLECTIONS

Reflective Listening:

When people are ambivalent, MI helps organize and integrate our mind, helping to create congruent decisions that make change possible.

Simple: Express that you understand what the client is saying and that you are listening

Complex: Step it up a notch by providing feedback or expanding on a feeling

Tips:

» Avoid using the pronoun "I" (i.e., making the reflection about the listener)
 » Avoid negating change talk by using "and" instead of "but". Both realities exist at once.
 » Should be brief

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REFLECTIONS

Reflective Listening:

Tips:

- » Avoid negating change talk by using “**and**” instead of “**but**”. Both realities exist at once.

"You are terrified of ending the relationship and you know it's the right thing to do"

"You want to stop using and you fear that you will not be able to succeed"

" You know that using could impact your housing and you keep using"

"You are motivated to stay healthy and you find it hard to take your meds"

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EXAMPLES OF REFLECTIONS

For the following scenario, use the chat function to suggest open-ended questions the provider could ask next.

Client: I like to party; I don't see a problem as long as I'm at home. It's when I leave the house that things get out of hand.

Provider: Things are fine when you party at home. Partying is different when you leave the house.

(What Open-ended question could you follow with here?)

Type it in the chat feature

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SUMMARIES

Summaries allow us to keep track of the session, ask more questions and find out if we are really understanding the client's unique situation. After you state a summary ask:

- "did I get that right?"
- "did I miss anything?"

Encourage the client to "Use the **edit** button". If your reflection is not accurate, say "edit me".

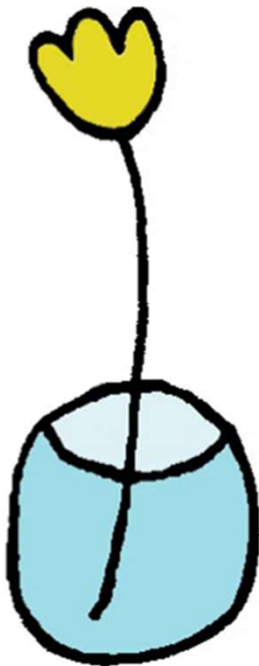
Edit

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A SUMMARY IS A BOUQUET FILLED WITH ALL THE MATERIAL THE CLIENT HAS PROVIDED

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SUSTAIN TALK	CHANGE TALK
Client speech which favors maintaining and not changing a specific behavior	Client speech which favors changing a specific behavior
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95

LISTEN FOR DARN CAT	
Preparatory Change Talk <u>D</u> esire: I want to... <u>A</u> bility: I can... <u>R</u> easons: There are good reasons to.... <u>N</u> eed: I really need to...	Mobilizing Change Talk <u>C</u> ommitment: I'm going to, I will... <u>A</u> ctivation: I'm ready to <u>T</u> aking steps: I did
<p>Follow up when you hear change talk...</p>	
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RESIST THE “RIGHTING REFLEX”

- » Fix things
- » Set things right
- » Use shock tactics
- » Give advice
- » Get someone to face reality
- » Shame into change

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RESIST THE “RIGHTING REFLEX”

“People are more persuaded
by what they hear
themselves say than what
someone else tells them”

(self-perception theory, 1972).

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WAIT AND WAIST

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REMEMBER THE GOLDEN RULE

The client should be talking more than the provider and open-ended questions are an ideal way to keep the conversation going.

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TOOLS FOR MI

Circle Chart

Decision Matrix

Scales or Rulers

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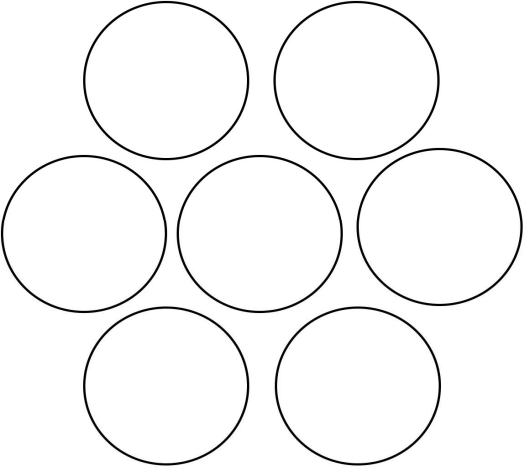
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Agenda Map

Fill in the circles with topics to explore.



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DECISION MATRIX – SOCIAL MEDIA	
Benefits of current behavior Staying connected with friends Staying connected to important causes Finding out about events Selling/buying stuff	Benefits of change Spending more time with family Spending more time reading Spending more time doing self-care activities Spending less time browsing
Concerns of current behavior Too much time spent looking at material which can be useless Spending money on unnecessary things Not prioritizing other activities	Concerns about change Losing connection with people who live far FOMO Not being able to comment of important conversations

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SLIDES OR CHANGE RULERS

On a scale from 0-10 assess for:

- » Motivation
- » Confidence
- » Competence
- » Importance

Tell me more about why you chose that number?

Why didn't you choose a lower number?

What is one thing you can do to increase your number?

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WAYS TO INCORPORATE MI PRACTICE INTO YOUR WORK

- » Post-it notes in your workspace or find posters on Pinterest
- » Organize MI skills meetings once a month (many online curricula can guide you)
- » Send a MI video to the team and spend 10 min discussing it before a meeting.
- » Focus on one skill each week. It's Affirmations week!!!
- » Find films or shows with ambivalent characters and discuss what skills you could use.

- » Have a MI book club.
- » Practice with songs (Still, Should I stay or should I go, Please don't leave me, A million reasons).
- » Lift up good examples for recognition and review
- » Take advantage of cases with challenging patients or outcomes to review and role play as part of routine workflow such as
 - » During case reviews
 - » On rounds
 - » During supervision

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Developing proficiency in MI is like learning to play a musical instrument. Some initial instruction is helpful, but real skill develops over time with practice, ideally with feedback and consultation from knowledgeable others. As with other complex skills, gaining proficiency is a lifelong process.

- WILLIAM MILLER, 2008

105

105

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REFERENCES: STIGMA AND HARM REDUCTION

Stigma Abatement Resources

- » Educational Development Center. Words Matter: How Language Can Reduce Stigma. <https://preventionsolutions.edc.org/sites/default/files/attachments/Words-Matter-How-Language-Choice-Can-Reduce-Stigma.pdf>
- » Minnesota Harm Reduction and Overdose Prevention Fact Sheet <https://www.health.state.mn.us/communities/opioids/documents/sudresourcesheet.pdf>
- » Zinberg, N. E. (1984). Drug, set, and setting: The basis for controlled intoxicant use. New Haven: Yale University Press.
- » Project Implicit at Harvard University has a number of implicit bias resources and tests that should be reviewed before you dive in. <https://implicit.harvard.edu/implicit/takeatest.html>
- » SAMHSA Anti-Stigma Toolkit. A Guide to Reducing Addiction-related Stigma. <https://www.montefiore.org/documents/ANTI-STIGMA-TOOLKIT-A-Guide-to-Reducing-Addiction-Related-Stigma.pdf>

Harm Reduction resources for you:

- » Recovery Research Institute <https://www.recoveryanswers.org/resource/drug-and-alcohol-harm-reduction/>
- » National Harm Reduction Coalition - <https://harmreduction.org/our-work/action/california/>
- » California Department of Public Health Injury and Violence Prevention Branch - <https://www.cdph.ca.gov/Programs/CCDCPHP/DCDIC/SACB/Pages/NaloxoneGrantProgram.aspx>
- » HR in Minnesota
- » Southside Harm Reduction (Southside) for SE, street outreach, peer discussion/education <https://southsideharmreduction.org/covid-19/>
- » RAAN (Duluth) for SE, naloxone, educational materials <https://southsideharmreduction.org/covid-19/>
- » MN DHS harm reduction website for basic overview and education <https://www.health.state.mn.us/communities/opioids/prevention/harmreduction.html>

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107

107

REFERENCES: MOTIVATIONAL INTERVIEWING

- » Center for Substance Abuse Treatment. Enhancing Motivation for Change in Substance Abuse Treatment. Treatment Improvement Protocol (TIP) Series, No. 35. HHS Publication No. (SMA) 13-4212. Rockville, MD: Substance Abuse and Mental Health Services Administration, 1999 (revised, 2013). Retrievable at <https://store.samhsa.gov/system/files/sma13-4212.pdf>
- » Case Western Reserve Center for Evidence-based Practices – The Spirit of MI. <https://www.centerforebp.case.edu/resources/tools/the-spirit-of-mi>
- » Frey J, Hall A. Motivational Interviewing for Mental Health Clinicians: A Toolkit for Skills Enhancement. PESI Publishers. May 2021.
- » MBSEI Toolkit, Best Practice #6 – Appendix A is an abbreviated MI curriculum with several useful internet links. nastoolkit.org
- » Motivation Interviewing Network of Trainers (MINT). <https://motivationalinterviewing.org/>
- » Miller, W. R., & Rollnick, S. (2002). Motivational interviewing: Preparing people to change addictive behavior (2nd ed.). New York, NY: The Guilford Press.
- » Prochaska J, Norcross J, and DiClemente C. Change for Good: A Revolutionary Six Stage Program for Overcoming Bad Habits and Moving Your Life Positively Forward. New York Avon Books 1995.
- » “An Example of an MI ‘Session’” from the work of WR Miller and S Rollnick
- » Sobell & Sobell. (2008.) Motivational Interviewing Strategies and Techniques: Rationales and Examples

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108

108

QUESTIONS?

109

109

NEXT STEPS

- » Join us for Session 3 next Wednesday!
- » Your registration should have included a reoccurring calendar invite for all four sessions
- » Please complete the evaluation and post-test for this session that will be sent out after via email (evaluations must be completed for those seeking CEU/CME credits).

Follow-up questions?

Contact Carlos Mena at cmena@healthmanagement.com

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110

110

AGENDA FOR WEBINAR SERIES

SESSION	TOPICS
#1 WEDNESDAY, NOV 8 12:00 pm to 3:00 pm	<input type="checkbox"/> Understanding HIV <input type="checkbox"/> HIV Testing and Treatment <input type="checkbox"/> The Science of Addiction <input type="checkbox"/> Screening, and Assessment
#2 WEDNESDAY, NOV 15 12:00 pm to 3:00 pm	<input type="checkbox"/> Ethical and Legal Issues <input type="checkbox"/> Funding and Policy Considerations <input type="checkbox"/> HIV Risk Reduction <input type="checkbox"/> SUD Harm Reduction <input type="checkbox"/> HIV and Stigma <input type="checkbox"/> Motivational Interviewing
#3 WEDNESDAY, NOV 22 12:00 pm to 3:00 pm	<input type="checkbox"/> Working with Justice Involved Persons <input type="checkbox"/> Substance Use Disorder Treatment with Medications <input type="checkbox"/> Mental Health Treatment and Counseling <input type="checkbox"/> Stimulant Use <input type="checkbox"/> Chem Sex
#4 WEDNESDAY, NOV 29 12:00 pm to 3:00 pm	<input type="checkbox"/> Cultural, Racial and Sexual Identities <input type="checkbox"/> Pregnancy and HIV, SUD/OD <input type="checkbox"/> Accessing, Obtaining, and Integrating Services for Individuals with HIV and SUD in Minnesota

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111