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Mental Health & HIV Double Stigma?

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Agenda

- What is mental health
- Stigma in mental health
- My current role
- Managing stigma
- Case studies

Definition of stigma

- A mark of disgrace associated with a particular circumstance, quality, or person: “the stigma of mental disorder” ⁽¹⁾
- The perception that a certain attribute makes a person unacceptably different from others, leading to prejudice and discrimination against them. ⁽²⁾

What is mental health

Mental health is not just the absence of mental illness. It is defined as a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

WHO, 2007

Mental Health Globally

- 450 million people worldwide have a mental health problem
- Depression affects around 1 in 12 of the population
- Rates of self harm in UK are the highest in Europe

Mental Health Globally

- Mental disorders are an important risk factor for other diseases, as well as unintentional and intentional injury
- Mental disorders and substance use disorders are the leading cause of disability worldwide

Prevalence of mental health problems

- What is the prevalence of mental health problems in the UK
 - 1 in 2
 - 1 in 4
 - 1 in 8

Prevalence

- At least one in four people will experience a mental health problem at some point in their life.

HM Government “No Health Without Mental Health” 2011

Prevalence in HIV

- Higher
- Lower
- Same

Prevalence of mental health issues in HIV

- Substantially higher than in the general population
- Studies in low and high income countries have reported higher rates of depression in HIV positive population compared with HIV negative control groups

Legal protection

- The Equality Act 2010 makes it illegal to discriminate directly or indirectly against people with mental health problems in public services and functions, access to premises, work, education, associations and transport.

Royal College of Psychiatrists

No Health without Mental Health July 2009

“There is a clear link between mental and physical health”

“There is an urgent need to strengthen both the provision of mental health care to people with physical illness and the quality of physical health care provided to people with mental health problems in general hospitals and primary care.”

BBV Mental Health Nurse

A special role?

- Community & clinic aspect
- Dependence or excellence ?
- Now unique ?
- Gold standard ?
- Out of date ?

Community engagement

- Necessary element of care for some
- Ability to reach out to people at home
- Facilitates engagement and management of health care needs, physically & mentally
- Avoids hospital admissions
- Addresses stigma

Mental health funding England

- Local authorities have remit for prevention in physical & mental health
- Very little spent on mental health
- For example: smoking cessation £160m & mental health £40m
- Mental health is filed under “miscellaneous”
- From research by Mind

Funding England

- February 2016
- Independent Mental Health Task Force Report
- Suggested increased investment which has been agreed by government
- Helping a million more people and investing a billion pounds annually by 2020/21

Funding Scotland & Wales

- January 2016 announcement by Scottish Government to provide additional investment of £54 million and improve access to services
- June 2015 Welsh Government announce increased annual funding for adult mental health services as well as already announced increase for child and adolescent services

Mental Health Stigma

- People with mental health problems face more discrimination and stigma than those with physical health problems – except for those with HIV/AIDS
- Stigmatisation is considered one of the biggest challenges faced by people with mental health problems.

Impact of stigma on mental health

- Causes isolation
- Prevents people seeking help
- Excludes people from day to day life
- Can reduce work opportunities
- Has a negative impact on physical health

Common mental health issues in HIV

- Depression
- Anxiety
- Addiction/dependence with drugs/alcohol
- Adjustment
- Pre-morbid mental illness
- Impact of stigma/discrimination

Impact of mental health issues

- Daily living activities challenged
- Relationships challenged
- Employment issues
- Managing health needs
- Increased suicide/self-harm risk

Add in HIV stigma

Psychological burden & impact on mental well being

- Anxiety and fear
- Decreased quality of life
- Reduced self-esteem
- Self-isolation
- Mood disturbance

Can you separate the stigmas?

- Mental illness can be cyclical/one off
- HIV is always there
- Tell people you have mental health issues but not HIV
- Mental health issues may also always be there

Examples of stigma in HIV

70% of gay men experienced stigma within the gay community in a study in The Netherlands ⁽¹⁾

A nurse recommended to another to double-glove because of persons HIV status – in front of person ⁽²⁾

Being seen last in the local GP/hospital clinic ⁽²⁾

Heterosexual women may experience stigma within their communities as well as self-stigma ⁽³⁾

Caseload Audit

- HIV patients 29
- Female 13 / Male 16
- Co – infected 8 (HIV & HCV)
- Route of transmission:
 - IVDU 8
 - MSM 8
 - Heterosexual 13

Heterosexual Transmissions

- 3 had some link with IVDU – ex-partner or partners ex
- 3 acquired in Asia – probably
- 7 acquired locally and no further details known

Caseload Audit

- Average age 50
- Average length since diagnosis 16.5 years
- 8 mental health diagnosis prior to HIV (28%)
- 21 mental health diagnosis after HIV (72%)

HIV related stigma issues encountered in practice

- Rejection by family
- Rejection by long term partner
- Being target of antisocial behavior
- Treated differently by professionals
- Assuming sexuality/drug use due to status
- Self stigma – being “ashamed”

Mental Health related stigma encountered in practice

- Rejection/misunderstanding by professionals due to behaviour
- Rejection socially – friends & family
- Being target of antisocial behaviour
- Feeling embarrassed/stigmatised due to mental health issues

Addressing Stigma in Mental Health

- Be aware of national policies/projects
- Self-awareness/engagement/acceptance
- Educate others –
patients/professionals/public
- Challenge stigma if you encounter it

Challenging mental health stigma

- Research has indicated the best way to challenge stigma and stereotyping is through direct contact with people with lived experience of mental health problems.
- National & local campaigns are trying to change public attitudes to mental illness.

Challenging Stigma England

- 2009 “Time to Change” launched
- National campaign to challenge and reduce stigma in mental health in England
- Target of 5% reduction between 2008-2011
- Significant reduction noted over this time but not as much as initial target

Challenging Stigma Wales

- Time to Change Wales
- First national campaign to tackle stigma and discrimination faced by people with mental health problems.

Challenging Stigma Scotland

See Me Campaign

“Our vision is to end mental health stigma and discrimination, enabling people who experience mental health problems to live fulfilled lives.”

Case study 1

- Female age 50 – Self stigma
- Late diagnosis in hospital, lost to follow up once discharged
- Community outreach to re-engage
- Domiciliary visits building trust, therapeutic relationship & links with multidisciplinary team & GP
- HIV diagnosis & stigma exacerbated mental health issues.

Case study 1

- History of depression
- Afraid to attend treatment centre for fear of being seen
- Venepuncture at home & delivering ARV's
- No-one knows diagnosis except key professionals – for 10 years
- Self-stigma – “ashamed” and this persists

Case study 2

- Male 40's – mental health stigma
- Diagnosed HIV+ 23 years
- Chronic addiction issues
- Poor/erratic attender
- Significant psychiatric history – Personality Disorder
- Issues with trust/attachment

Case study 2

- Stigmatised in community due to behaviour
- Contact with mental health team for support
- Containment/establishing trust
- Accommodating his behaviour in the department
- Stigma issues & mental health needs affected management of adherence.

Final thoughts

- Stigma is a significant challenge for people living with both HIV and mental health issues.
- Let's help to change this!

Thank you for listening

Questions / comments