Ending the HIV Epidemic (EHE) Regional Learning Collaborative

Alameda, Los Angeles, Orange, Riverside, Sacramento, San Bernardino, San Diego, and San Francisco Counties

Session 18:
Addressing the HIV Epidemic in Asian and Pacific Islander Communities

Tuesday, May 24, 2022
10-11:30 a.m. PT
Session Agenda

1) Presentations
   ➢ APAIT
     ➢ Nan Ding, Director of Clinical Quality Management Development and Behavioral Health Counselor
   ➢ UCLA
     ➢ Dr. Wei-Ti Chen, Associate Professor

2) Panel Discussion/Q&A
   ➢ Enter questions using Q&A
   ➢ Share comments/resources using Chat
HIV Prevention and Education for AAPI

APAIT, A DIVISION OF SPECIAL SERVICE FOR GROUPS, INC.
NAN DING, LCSW, MPH
DIRECTOR OF QUALITY MANAGEMENT DEVELOPMENT
有朋自远方来，不亦乐乎？

Isn’t it pleasant to have friends come from afar?
Agenda

1. Organization Overview
2. AAPI Data overview
3. HIV Prevention and Treatment
4. Mental Health
5. Housing
6. Action?
Organization Overview

MISSION
To positively impact the quality of life for vulnerable communities experiencing behavioral health challenges, housing insecurity, and at-risk for HIV/AIDS

HISTORY
Established in 1987 as a grassroots AIDS Service Organization (ASO) for Asian and Pacific Islanders (APIs) who were dying alone from AIDS-related stigma and shame.

TARGET COMMUNITIES
APAiT historically reaches out to the diverse multi-ethnic communities of LA and Orange counties who identify as LGBTQIA-2S, immigrants, and refugees, at risk for HIV/STIs, housing insecure, and with behavioral health lived experience.
Asian/Pacific Islanders & HIV

- APIs constitute 14.7% of LAC population, and 3.9% of people living with HIV/AIDS (PLWH/A) in Los Angeles County (LAC).
- This number is deceptively low. Due to stigma, API’s are the least likely race to get tested for HIV and report HIV status.
- 18.8% of the API community in LAC identifies as LGBTQIA2S, putting these individuals at greater risk for contracting HIV.
- Within Los Angeles County, only 20.7% of APIs have ever been tested for HIV.
Google search: HIV Care
Last decade
1. the Asian American population of L.A. County grew **20 percent**
2. the Pacific Islander population grew **9 percent**
3. the total county population grew only **3 percent**.

Los Angeles County as the capital of Asian America, with the largest number of Asian immigrants of any county in the nation.
Continued
- Monterey Park boasts the largest percentage of Asians per capita at 68 percent.
- Arcadia experienced the highest percentage of Asian American population growth at 38 percent.
HIV Prevention and Education
HIV Storefront

- Provides free, confidential, and rapid HIV/STI counseling and testing (HCT)
- Monday – Friday
- Various Hours
HIV Mobile Testing Unit (MTU)

- Provides free, confidential, and rapid HIV/STI testing
- Uses for outreach and engagement
- Bringing testing to underserved areas to reach individuals affected by homelessness/housing insecurity
- Events: PRIDE, bars, clubs, etc.
HIV/STI Prevention & Education

- **G-SPOT**
  - Sexual health education for Gay, Bi, and Queer male-identified individuals

- **Queer Assets**
  - Life skills workshops for Gay, Bi, and Queer male-identified individuals

- **Midnight Stroll – Outreach**
  - Monthly outreach supplying homeless hotspots with basic necessities and information about resources available
Outreach

Social media HIV Testing
Promotion
Outreach

Midnight Stroll

2021 Highlights

- 11 Midnight strolls
- 844 lunch bags
- 185 winter relief
Mental Health

OVERVIEW
INDIVIDUAL THERAPY
GROUP THERAPY
PDP
Brief Overview

- AAPIs have the lowest help-seeking rate of any racial/ethnic group
  - 23.3% of AAPIs with a mental health condition are receiving treatment
  - 32.6% of AAPIs are not fluent in English

- Why?
  - Didn’t want others to find out
  - Confidentiality concerns
  - Fear of neighbors’ negative opinions
Individual therapy Services

DMH
- **PEI**: Prevention Early Intervention
- **OCS**: Outpatient Care Services
- **FSP**: Full-Service Partnership

DHSP – Ryan White
- Medication management services
- Targeted case management
- Individual psychotherapy
- Community outreach services

SAMHSA
- Receive HIV testing upon enrollment
- Receive referrals/linkage to any necessary services
- Are supported with comprehensive case management and behavioral health services
- Short – term

Languages available in-house – Mandarin, Japanese, Korean, Tagalog and Vietnamese
James Sakakura Family Room
- Agency’s longest running program
- Aims to provide services that keep clients living with HIV/AIDS engaged in treatment and care
- Psychosocial support groups
- Self-empowerment workshops
- Access to basic necessities and services

API+ groups
- Multi-lingual groups available (Spanish, Korean, Tagalog, Chinese, Japanese, Vietnamese and English).
Prostitution Diversion Program (PDP)

- Court-ordered program
- Primary population – AAPI monolingual AAPI language speaking cisgender female
- Occupation – massage parlor
- Includes HIV prevention and education
- Asian Pacific Islander Human Trafficking Taskforce
Housing

SSG/APAIT'S 4 HOUSING SITES
BRIDGE HOUSING
PERMANENT HOUSING
HOPWA
APAIT/SSG’s 4 Housing Sites

Bridge Housing
- Auntie Mele’s House
- Casa De Zulma

Permanent Housing
- Sara’s Place
- Rampart Mint
HOPWA provides housing assistance to people with HIV/AIDS. Short Term Rent, Mortgage, and Utility (STRMU), Permanent Housing Placement (PHP), or Section 8.
Awareness?
Strategies?
Action?
| Awareness? |
Replied to your story

Replied to your story

Replied to your story

Replied to your story

Replied to your story

Replied to your story

Same lol

SAME, WHAT ARE WE

Lmao they had an alignment issue with Asian Pacific Islander

Decline to answer

Only you can see this

Only

Only
Strategies?
Action

ASIAN AMERICAN AND PACIFIC ISLANDER HERITAGE MONTH: Commemorating AAPI Authors

Mental Health Awareness Among Asian Americans and Pacific Islanders BREAK THE SILENCE

Lunar New Year Traditions February 1st
Action

1. KEL'HU
   Hi! I'm Kelly Hu and I'm here to talk to you about COVID-19 effects on our mental health.

2. My Wellness Journey with Alec Mapa
   My Wellness Journey Starts with Me
   WHAT HAS COVID-19 TAUGHT YOU?

3. NATIONAL API HIV AWARENESS DAY
   #apait_ssg
   #StatusIsSexy
Action
Lesson learned

- Transportation
- Language services
- Mobile Testing Unit/ Community Mobile Clinic
- Consistent AAPI presence, engagement and outreach activities – social media, staff (DEI)
- Collaboration
- Training
- Reflection
- Whole – person care
Resources

- APAIT
- Asian Americans Advancing Justice
- AAPI Equity
- Asian Pacific Fund
- APCTC
- Chinatown Service Center
- Pacific Clinics
- Pacific Asian Language Services
- Japanese American Cultural and Community Center
Thank You

千里之行, 始于足下。

道德经

A journey of a thousand miles, begins at one's feet.
Asian & Pacific Americans Living with HIV and Their Healthcare Issues

Wei-Ti Chen, RN, CNM, PhD, FAAN
Associate Professor
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Asian Pacific Americans living with HIV (APAWH) are not doing better than other people of color living with HIV; however, APAWH have long remained invisible in the scientific literature.
Background

- Asian Americans (AA) tend to cluster in major metropolitan areas, including San Francisco (23.2%), Los Angeles (14.7%), New York City-Philadelphia (9.9%), and Washington D.C. (9.3%).
- AA perform well on health indicators, as compared with other racial minority groups, however, AA show the highest HIV growth rate (17%) nationally, with more than 80% of new infections being in AA men, in particular men who have sex with men (MSM).
- More than 1/3 of AA develop AIDS within a short time after being diagnosed.
- AA did not differ from Hispanic and African Americans in access to, and retention in, HIV care, resulting in low viral suppression (54%).
- Notably, AA are the major racial group that most frequently seeks romantic partners outside their own group.
Acculturation

- Many of the APAWH are immigrants. Acculturation stress are intertwined with racism and HIV stigma. These significantly shaped their mental and behavioral health.
- APAWH’s perceived stress can mediate the relationship between acculturation and depressive symptomatology
- Many APAWH described how their “American Dream” (self-actualization) was affected by their HIV diagnosis
- APAWH’s acculturation had a positive total effect on patient/healthcare provider (HCP) relationships, which can be mediated by HIV stigma and stress
- Acculturation was beneficial for patient/HCP relationships to the extent that it decreases perceived stigma and stress
Family Support

• Family members assist APAWH in coping with HIV-related stressors
• APAWH hesitated to disclose their status to family and friends until it could no longer be hidden
• Family support is associated with positive changes in
  • physical and mental health
  • decreases self-isolation
  • better access to HIV care
  • higher ART adherence
  • reduced risk behaviors
  • enhanced quality of life among APAWH
Family Stress

• Stigma from friend and family members
• Asian MSM experience pressure to marry, a strong expectation in Asian society
• For APAWH men who are single or are married but childless, the family can thus become an additional source of stress
• Caregivers who were children of the APAWH, not only providing physical and psychological support, but also served as the translator and liaison (informational support) between the family and the healthcare facilities.
• HIV-infected women in discordant couples experienced higher (86%) intimate partner violence (IPV)
HIV is a disease associated with a large amount of stigma and other taboo subjects among Asian Americans.

The taboo nature of homosexuality, substance use, and promiscuity, particularly within Asian society, prevent Asians from having a better understanding of HIV.

HIV-infected individuals, including men who have sex with men (MSM), suffer from shame and self-stigmatization.

Many of the APAWH struggle with disclosing their sexual preferences and HIV status to their family members, and these men tend to experience higher levels of depression.
Religion and Spirituality

• Religion, particularly Christianity, is traditionally associated beliefs and doctrines that are antagonistic toward groups at high risk for HIV, including homosexuals and those who are sexually promiscuous
• With Buddhism, the principal beliefs are focused on karma and reincarnation, and both may factor into self-management and self-efficacy
• Worships and meditation can decrease the internal stress and enhance the immune system
Understudy Areas

• APAWH is one of the hardest-to-recruit populations
• Interventions aimed at improving immigrant APAWH & HCP relationships are lacking, and there are limited studies to support the development of such interventions
• Coping with HIV, Sleep disturbances and physical symptoms are potential factors
• Role of family support in APAWH care and health engagement especially in these factors include physical, psychological, spiritual, informational, social, and practical support strategies should be explored
Future Direction

- Mental health: Stigma, social and religious commentary, and guilt (or self-blame)
- Addressing the mental health aspect of the HIV for acquiring the disease play in the lives of those affected
- Religion could bring peace of mind but reactions many participants got from church/temple members hurt them
- HIV status, immigrant status, family relationships, Asian American identity, and religious support or disapproval from society can be studied
Future Directions

- Acculturation, HIV-related stigma and stress are key to achieve therapeutic patient-HCP relationships and enhance care engagement.
- Coping strategies adopted by APAWH have very important practical applications because such strategies determine the APAWH quality of life.
- Migrant smuggling might be an issue in APAWH.
References


Thank You

R03 MD012210 (PI: Wei-Ti Chen)
R25MH087217 (PI: Guthrie, Barbara)
(Pilot PI: Wei-Ti Chen)