

# **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**



- **Share comments/resources using**





# HIV Prevention and Education for AAPI

APAIT, A DIVISION OF SPECIAL SERVICE FOR GROUPS, INC.

NAN DING, LCSW, MPH

DIRECTOR OF QUALITY MANAGEMENT DEVELOPMENT

Yǒu péng zì yuǎn fāng lái , bú yì lè hū?

**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

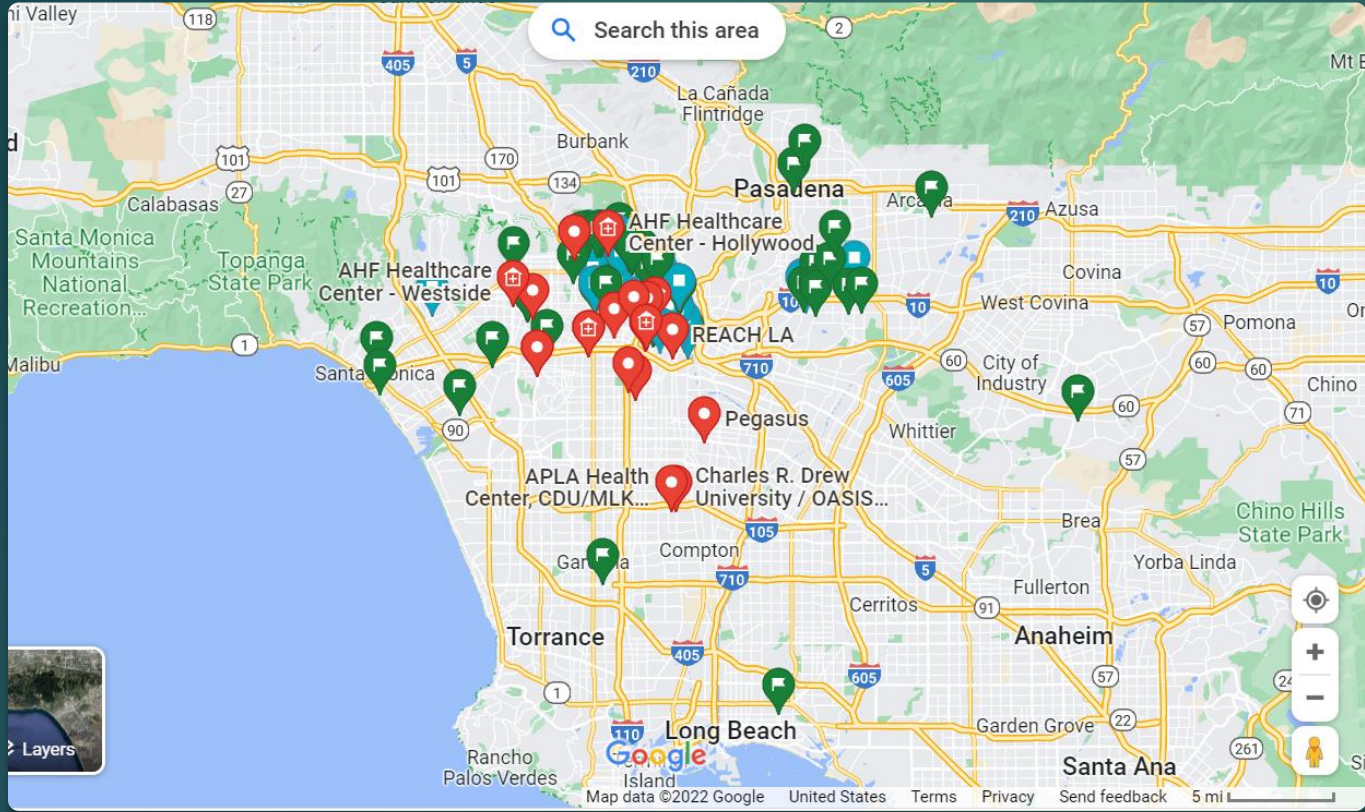
Established in 1987 as a grassroots AIDS Service Organization (ASO) for Asian and Pacific Islanders (APIs) who were dying alone from AIDS-related stigma and shame.

## TARGET COMMUNITES

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.

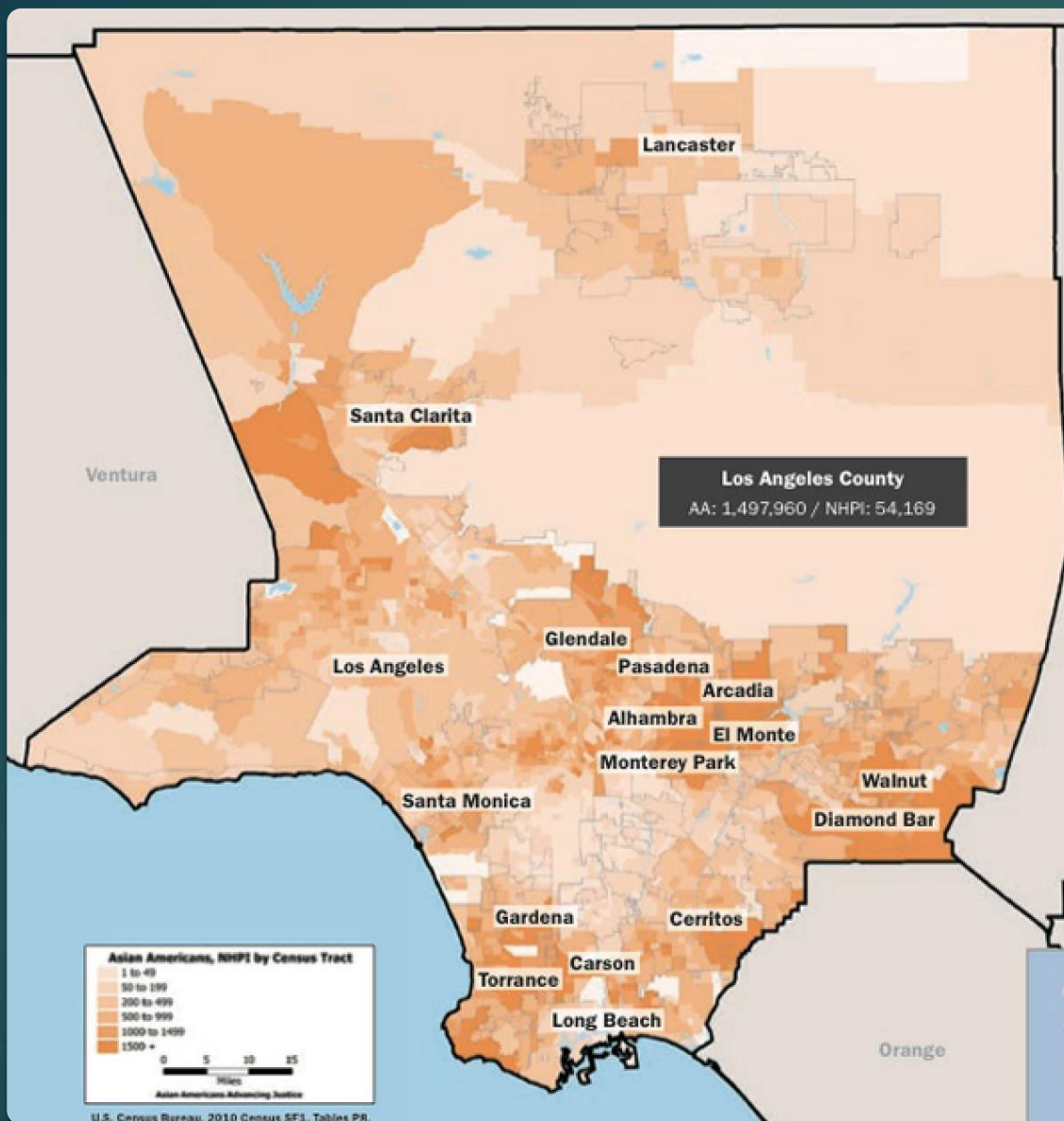
# Asian/Pacific Islanders & HIV

- ▶ 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.



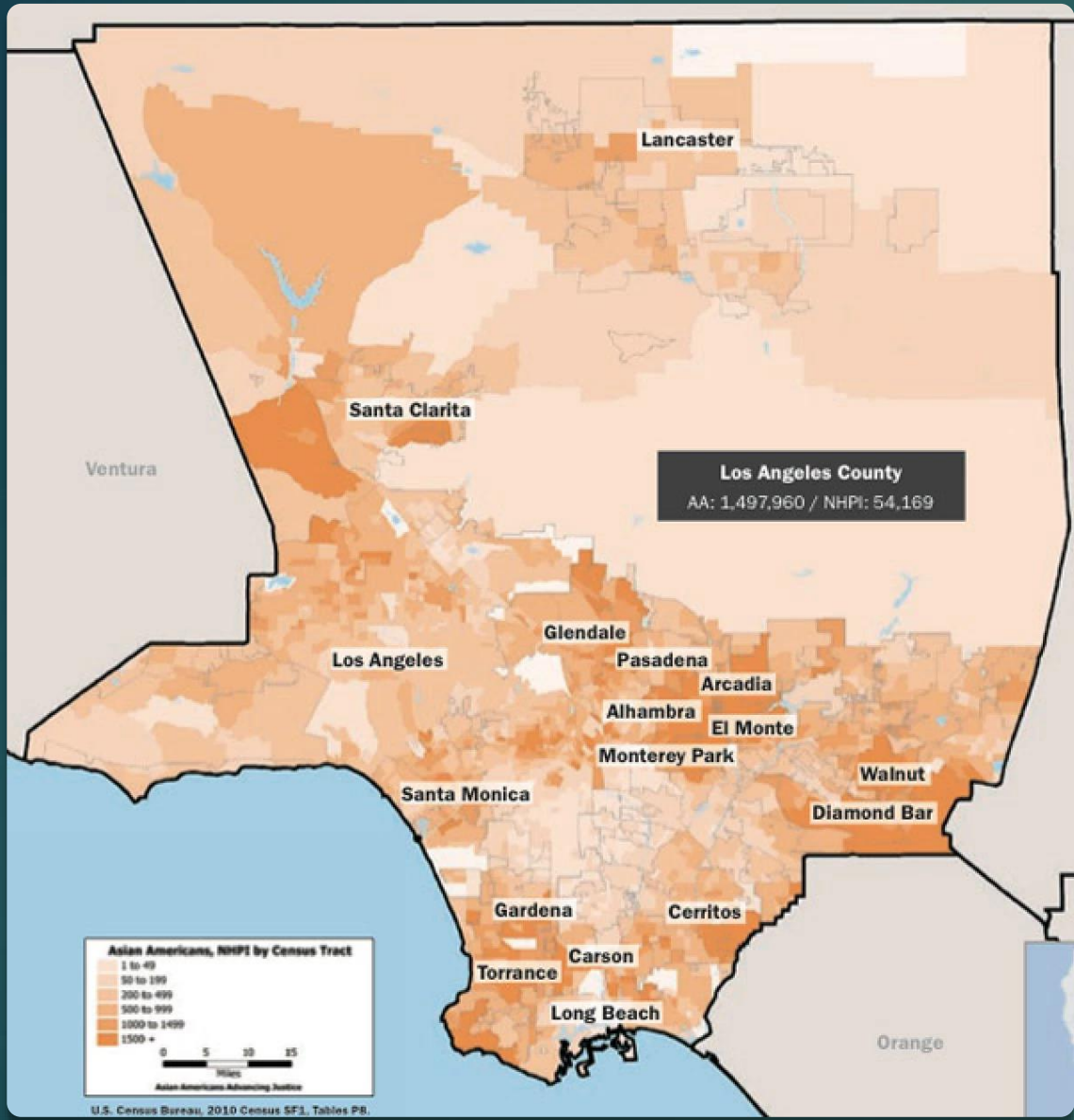
# Google search: HIV Care





- 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**

# Group Therapy- Day Room

Los Angeles, CA 90010  
Tel. 213-375-3830  
www.apaitonline.org

**May 2022**

Monday	Wednesday	Thursday	Friday
<b>WOMEN'S BRUNCH</b> On ZOOM May 8th 12:00 PM Contact Nan or Katie for details The Office will be closed on May 30th	In-Person May 4, 11, 18, 25 <b>SPANISH DAYROOM</b> contacta a Tomas para detalles	<b>API+</b> 1:00 pm May 5th in-person and Zoom contact Sujin for details	Contact Sujin for details <b>POSITIVE VIBES</b>
<b>MEMORIAL DAY</b> REMEMBER & HONOR	12:00 pm On ZOOM May 4, 11, 18, 25 <b>ENGLISH DAYROOM</b> Contact Nan or Katie for details	MAY 19 NATIONAL ASIAN & PACIFIC ISLANDER AIDS AWARENESS DAY	<b>CREATE</b> 12:00 pm May 6, 13, 20, 27 in-person for details contact Thomas

- ▶ 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



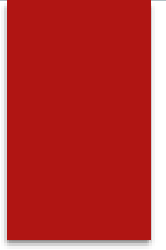
# HOPWA

HOPWA provides housing assistance to people with HIV/AIDS. Short Term Rent, Mortgage, and Utility (STRMU), Permanent Housing Placement (PHP), or Section 8.

HOPWA
SPA 4&5
SPA 4 East
SPA 6



Awareness?  
Strategies?  
Action?



11:56

Sex at Birth:  Female  Male  Intersex  
 Decline to answer

Permanent Address: Apt # (if applicable):

Home Phone #: Cell Phone #:

**Race:** Select all that apply

Alaska Native  Black/ African American  White  
 American Indian  Native Hawaiian Asian  Pacific Islander  
 Decline to Answer

EMERGENC

Contact Name: Last Name, First Name Relationship to Pat

**Where do I belong?**

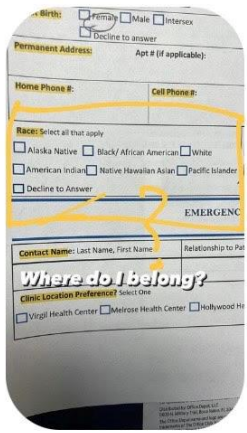
**Clinic Location Preference?** Select One

Virgil Health Center  Melrose Health Center  Hollywood He

Distributed by: Office Depot, LLC  
6600 N. Military Trail, Boca Raton, FL 33498 US  
The Office Depot name and logo are registered  
trademarks of The Office Club, Inc.  
© 2018 Office Depot, LLC. All Rights Reserved.

Awareness?

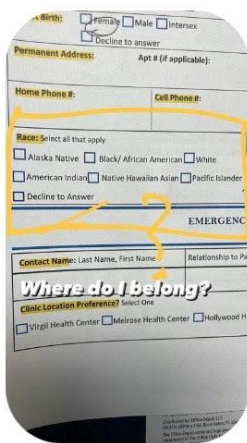
Replied to your story



Only

Same lol

Replied to your story

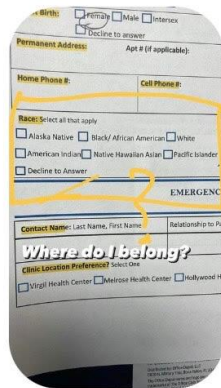


Only you c

SAME, WHAT ARE WE

MAR 4, 10:40 PM

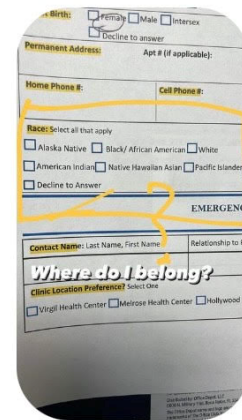
Replied to your story



Only you can see this

Lmao they had an alignment issue with Asian Pacific Islander

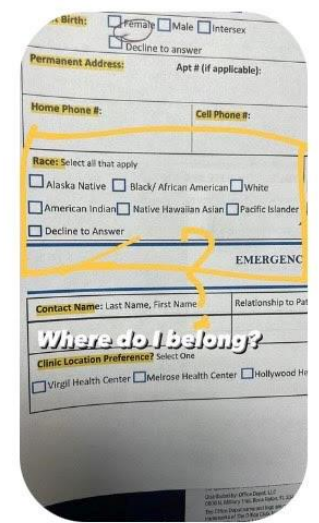
Replied to your story



Only

Decline to answer

Replied to your story

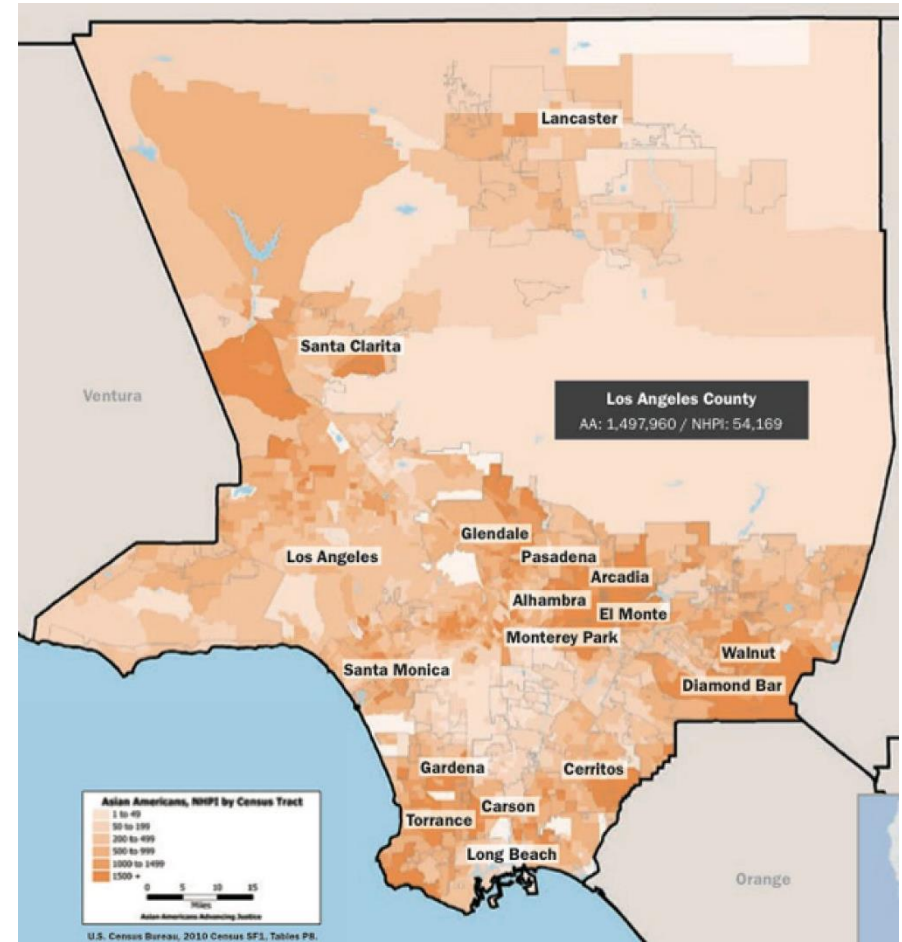
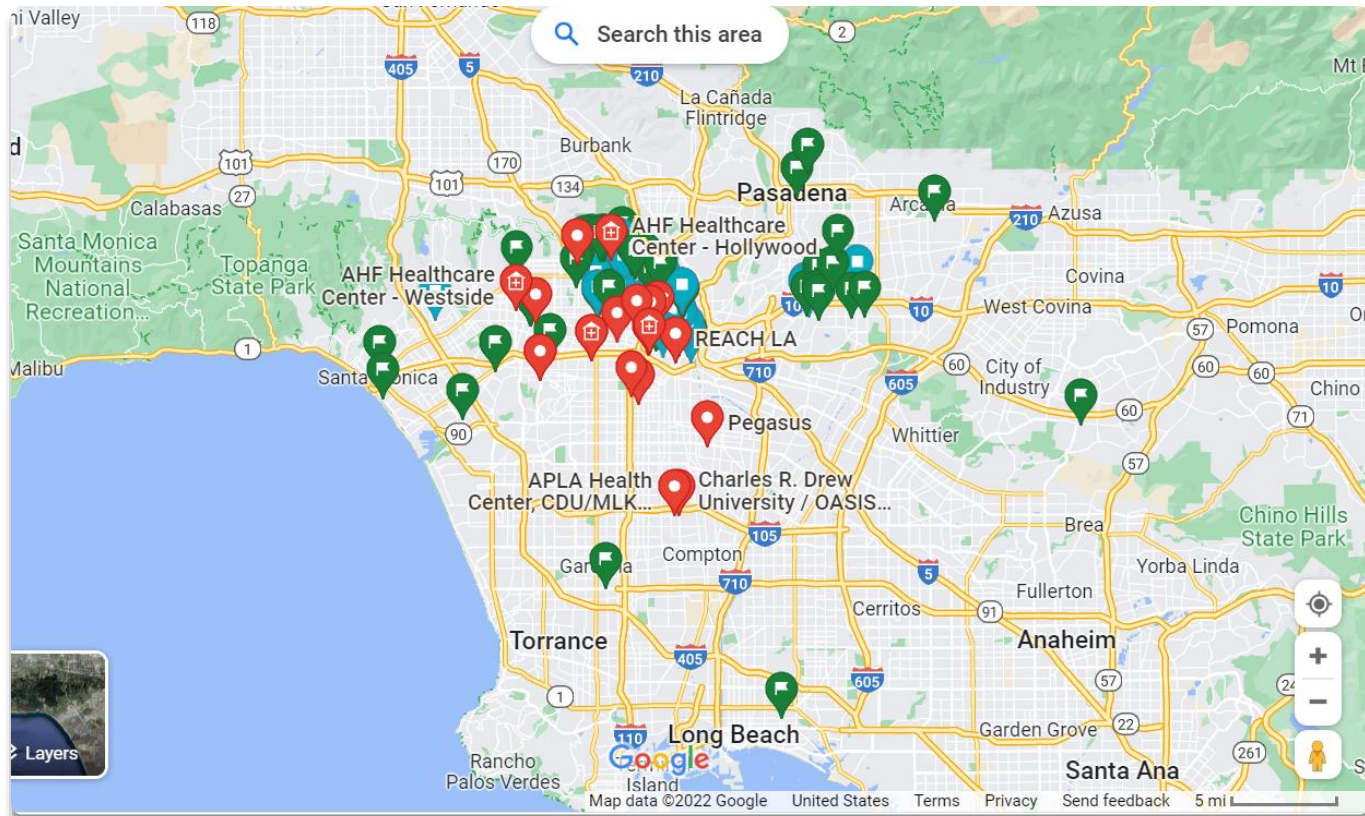


Only

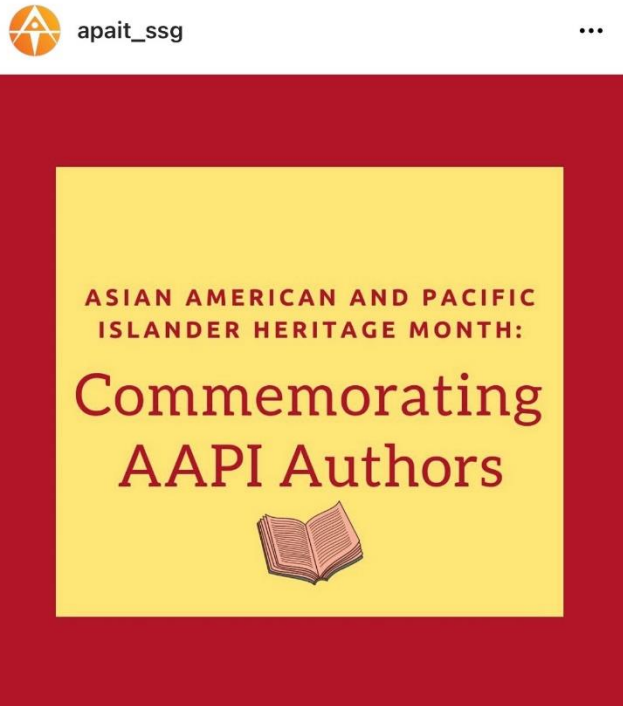


MAR 5, 0:57 PM

# Strategies?



# Action



# Action

apait\_ssg

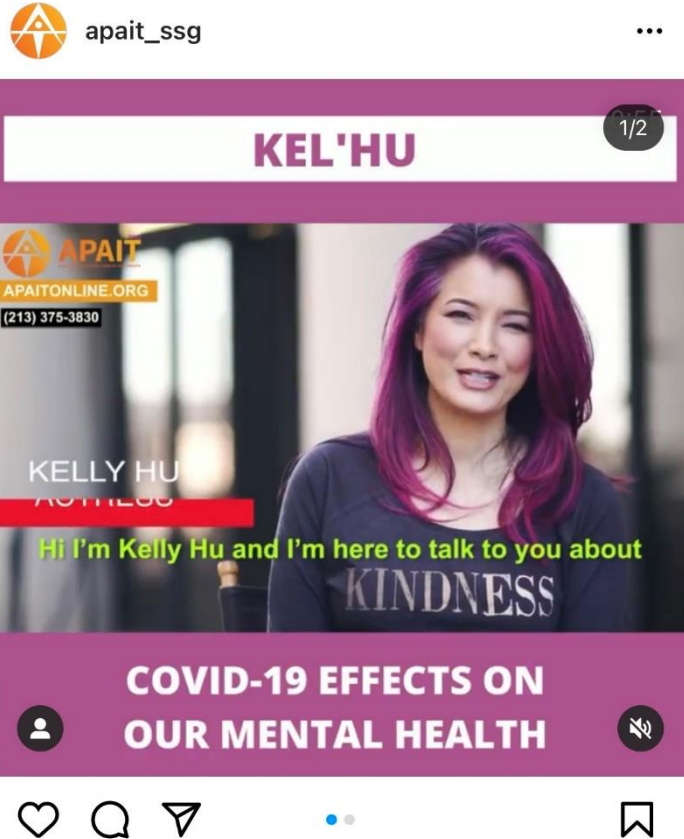
KEL'HU 1/2

APAIT  
APAITONLINE.ORG  
(213) 375-3830

KELLY HU  
ACTRESS

Hi I'm Kelly Hu and I'm here to talk to you about  
KINDNESS

COVID-19 EFFECTS ON  
OUR MENTAL HEALTH



apait\_ssg

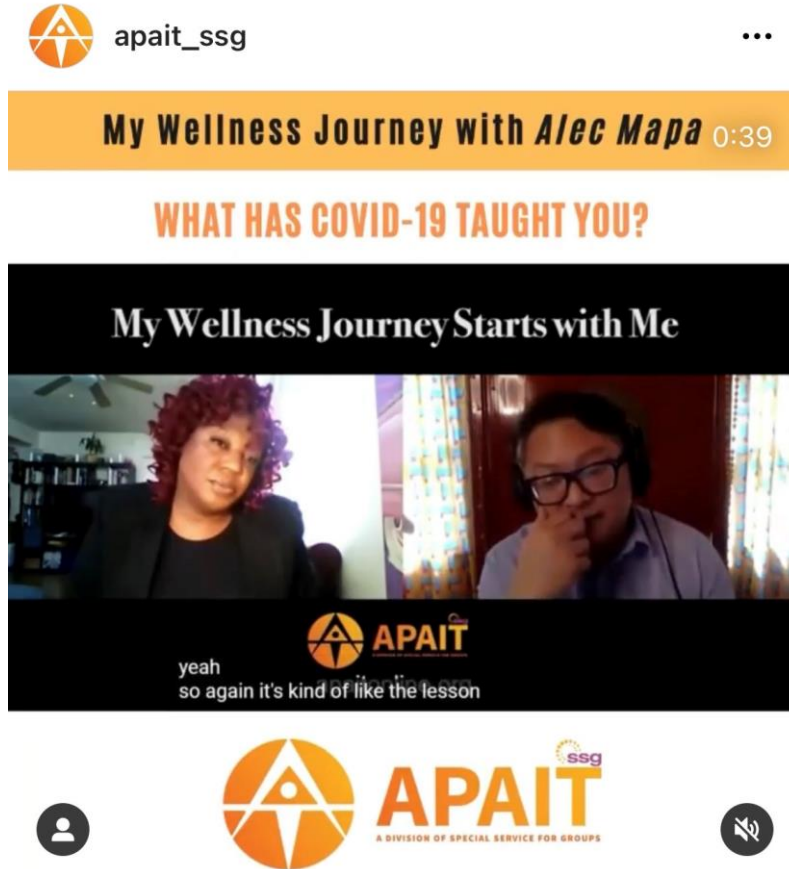
My Wellness Journey with *Alec Mapa* 0:39

WHAT HAS COVID-19 TAUGHT YOU?

My Wellness Journey Starts with Me

yeah  
so again it's kind of like the lesson

APAIT  
A DIVISION OF SPECIAL SERVICE FOR GROUPS

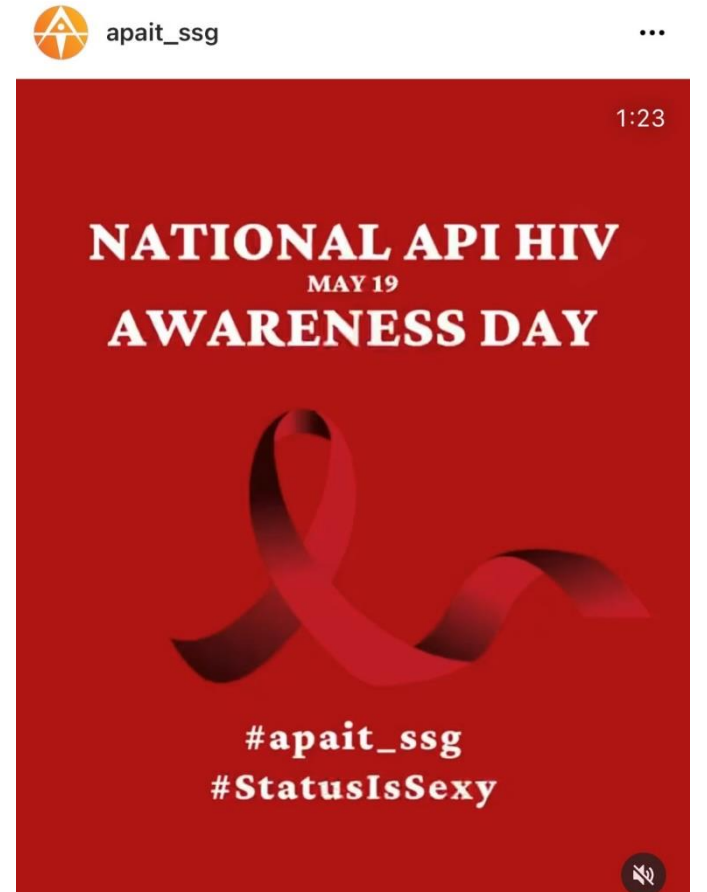


apait\_ssg

1:23

NATIONAL API HIV  
MAY 19  
AWARENESS DAY

#apait\_ssg  
#StatusIsSexy



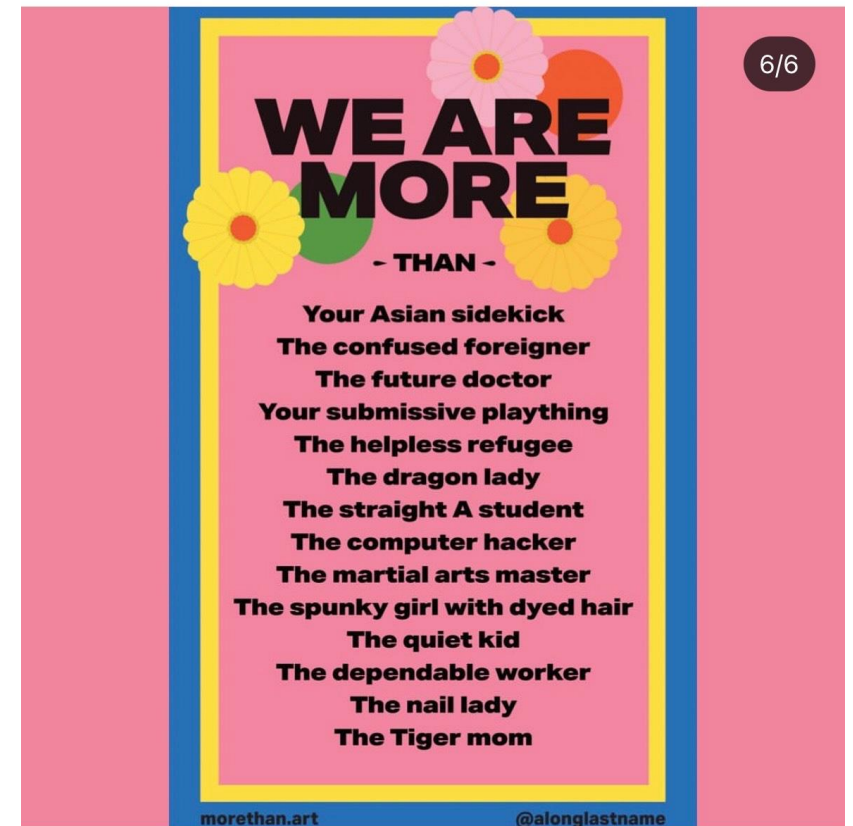
# Action



apait\_ssg  
APAIT



apait\_ssg



6/6

# 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](#)

千里之行，始于足下。

道德经

A journey of a thousand miles,  
begins at one's feet.

Thank  
You

**UCLA** School of Nursing

# **Asian & Pacific Americans Living with HIV and Their Healthcare Issues**

Wei-Ti Chen, RN, CNM, PhD, FAAN

Associate Professor

[wchen@sonnet.ucla.edu](mailto:wchen@sonnet.ucla.edu)

**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)



# Stigma/ Mental Health

- 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

- Center for Disease Control and Prevention. HIV Among Asian Americans. In. Atlanta, GA: ,Center for Disease Control and Prevention; 2020.
- Nguyen H. Asians and the immigrant paradox. In: Leong FT, Juang L, Qin DB, Fitzgerald HE, eds. *Asian American and Pacific Islander Children and Mental Health*. Vol 1. Santa Barbara, California ABC-CLIO, LLC; 2011:5.
- Chen WT, Guthrie B, Shiu CS, et al. Revising the American dream: how Asian immigrants adjust after an HIV diagnosis. *J Adv Nurs*. 2015;71(8):1914-1925. PMC4503482.
- Chin JJ, Neilands TB, Weiss L, Mantell JE. Paradigm shifters, professionals, and community sentinels: immigrant community institutions' roles in shaping places and implications for stigmatized public health initiatives. *Health & place*. 2008;14(4):866-882.
- Chen WT, Guthrie B, Shiu CS, et al. Acculturation and perceived stress in HIV+ immigrants: depression symptomatology in Asian and Pacific Islanders. *AIDS Care*. 2014;26(12):1581-1585. PMC4188794.
- Tang K, Chen WT. HIV and religion in HIV-infected Asians and their families: A qualitative study. *Applied nursing research : ANR*. 2018;44:18-24. PMC6220712.
- Huang, F., **Chen, W.**, Shiu, C., Sun, W., Toma, L., Luu, B. & Ah-Yune, J. (2020). Acculturation, HIV-related Stigma, Stress, and Patient-healthcare Provider Relationships among HIV-infected Asian Americans: A Path Analysis. *Journal of Immigrant and Minority Health (JOIH)*, 22(6), 1217-1224.
- Huang, F., **Chen, W.**, Shiu, C., Sun, W., Radaza, A., Toma, L., Luu, B. & Ah-Yune, J. (2021). Physical Symptoms and Sleep Disturbances Activate Coping Strategies Among HIV-infected Asian Americans: A Pathway Analysis. *AIDS Care*, 33(9), 2101-1208. PMID: **33487002**
- Huang, F., **Chen, W.**, Shiu, C., Sun, W., Radaza, A., Luu, B. & Ah-Yune, J. (2021). Experiences and Needs of Family Support of HIV-infected Asian Americans: A Qualitative Dyadic Analysis. *Applied Nursing Research*, 58, 151395. PMCID: PMC7229465
- Huang, F., **Chen, W.**, Shiu, C., Sun, W., Toma, L., Luu, B. & Ah-Yune, J. (2021). Asian Pacific Americans Living with HIV Who Were Smuggled Migr Study. *Clinical Nursing Research*,30(8):1193-1201. PMID: **34036840**

# Thank You

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

華人策劃協會



**Chinese-American  
Planning Council, Inc.**



SAN FRANCISCO  
COMMUNITY  
HEALTH CENTER

