

"BARRIERS TO HIV PREVENTION AND CARE DUE TO CONSUMER SUBSTANCE ABUSE AND CHEMICAL DEPENDENCE" PART II.

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Distinct Populations of Youth and the Elderly

- In African American communities marijuana use in youth, as in other cultures can progress to crack cocaine and other substances.
- Older individuals becoming addicted to illicit drugs and contributes to the rise in HIV cases amongst the elderly.

What is Substance Abuse?

- Continued harmful use of a mind altering substance
 1. Caffeine
 2. Nicotine
 3. Alcohol
 4. Cocaine

What is Chemical Dependence?

Involves physiological processes

- Person develops a tolerance which leads to withdrawal

African Americans and Crack Cocaine

- African Americans most impacted by HIV/AIDS
 - Survival sex workers
 - Sex to support habits
 - Lowered inhibitions
 - Unawareness of surroundings/danger
- AAMSM account for 46% of all new infections
- Anhedonia

What is HIV?

- **Human Immunodeficiency Virus is the virus that causes AIDS**
 - **Modes of transmission**
 1. **Blood**
 2. **Semen**
 3. **Vaginal fluids**
 4. **Breast milk**

What is AIDS?

□ Acquired Immune Deficiency Syndrome

- Opportunistic Infections
- CD4 Count of <200
 1. PML (Progressive Multifocal Leukoencephalopathy)
 2. PCP (Pneumocystis Carinii Pneumonia)
 3. KS (Kaposi's Sarcoma)
 4. Candida

Youth Populations and Substance Use

- Gateway drugs lead to other illicit substances

- Marijuana

- Alcohol

- Heroin
 - Narcotic
 - Use is increasing among teens
 - Affects may mask HIV symptoms (skin, nausea, vomiting, constipation, fatigue)
 - Crime
 - Suicide

Other Popular Drugs

- MDMA
- Ketamine

Youth Populations and Sexual Behavior

- Teen sexual behavior
- Preteen sexual behavior
- Pregnancy
- STI

Substance use influences Sexual Behavior

Elderly Populations and Substance Use

- Alcohol
- Prescription painkillers
- Sleep aids

Elderly Sexual Behavior

- Male as opposed to female
- Performance enhancements
- Engagements with certain environments/prostitution may increase exposure to illicit substances

Primary HIV Prevention

□ Keeping HIV negative persons negative

- Essential for youth and the elderly
- HIV testing
- Competent care staff who realize need for inclusion

Secondary HIV Prevention

- Ensuring HIV positive persons do not transmit the virus to others
- Focuses on individuals remaining healthy over time
- Making certain individuals do not become re-infected
- In youth populations may feel invincible
- In elderly populations may feel there is “no hope”

Treatment of HIV

- Highly Active Antiretroviral Therapy (HAART)
 - Drug interactions

Psychiatric Disorders have to be treated including Substance Abuse

- Underlying conditions causing perceived need for self-medication
- Childhood issues
- Elderly issues (loneliness, depression, dysthymia)
- Cultural barriers to psychiatric care (African Americans/Elderly)

Mental Health & HIV

Substances can alter brain function

- Short term memory loss
- Alteration of brain chemistry
- Affects of substances can mask HIV symptoms
- ✓ St. John's Wort
- ✓ Caffeine

Addiction

- A compulsion to continue using a substance despite negative consequences

Adjustment Disorder

Excessive reaction to a life stressor.

□ Youth

- Changing schools
- Breakups
- Moving to a new neighborhood
- Puberty

□ Elderly

- Loss of friends
- Health crises
- Unrealized desires

Depression

- Constant sadness
- Decreased interest or pleasure in usual activities
- Loss of energy
- Change in sleep pattern
- Change in appetite
- Restlessness or feeling slowed down
- Difficulty concentrating
- Feelings of worthlessness, helplessness, guilt
- Thoughts of suicide

Treatment of Substance Abuse and Chemical Dependence

- Substance use affects judgment
- Drug use/abuse affects health
- Treatment is prevention
- Youth and elderly have esoteric needs

Education for Youth

- Educating youngsters about HIV/AIDS
- Teaching youth early about substance use/abuse
- Teach by example for children
- Consistency
- Clarify mixed messages

Education for Elderly

- Inform elderly that HIV/AIDS is real for them too
- Talk with health care providers
- Elderly need to be comfortable having discussions with providers
- Discussions regarding male enhancements, and HIV risk
- Avoiding late onset of Substance abuse

Directed Early Social Marketing Campaigns

