

HIV and Substance Use in Texas

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Presentation Overview

- Human Immunodeficiency Virus (HIV) in Texas
- Substance Use
- HIV and Substances
- Group Discussion
- Breakout Groups

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HIV in Texas (1 of 2)

- In 2019, 95,196 people were living with HIV and of those, approximately:
 - ▶ 78 percent were male and 22 percent were female;
 - ▶ 44 percent were Hispanic;
 - ▶ 29 percent were Black; and
 - ▶ 20 percent were White.
- The most affected age groups were people ages 18 to 35.

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HIV in Texas (2 of 2)

- In 2019, approximately 4,500 additional people were diagnosed with HIV. Of those, approximately:
 - ▶ 82 percent were male and 18 percent were female;
 - ▶ 49 percent were Hispanic;
 - ▶ 29 percent were Black;
 - ▶ 16 percent were White; and
 - ▶ 37 percent were ages 25-34.

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Substance Use

- Among people aged 12 or older in 2020, 14.9 percent (or 41.1 million people) needed substance use treatment in the past year.
- Of those, 6.5 percent (or 2.6 million people) received any substance use treatment.
- Of those that did not receive treatment, 37.5 million did not feel they needed treatment.

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HIV and Substances (1 of 5)

- **Alcohol** consumption is common among people living with HIV. Recent estimates indicate that 54-67 percent of people living with HIV in the United States (U.S.) consume some amount of alcohol.
- Among a sample of **people living with HIV** across seven university-based HIV clinics in the United States, **27 percent** screened positive for **unhealthy alcohol use** as determined by the Alcohol Use Disorders Identification Test-Consumption.
- Unhealthy alcohol use includes a spectrum of consumption, including risky or hazardous use, heavy episodic use (binge drinking), and alcohol use disorder.

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HIV and Substances (2 of 5)

- **Cannabinoids** includes **synthetic** compounds, such as K2.
- Cannabis has **not** been shown to negatively impact adherence to antiretroviral therapy (ART) or a patient's ability to achieve viral suppression.
- In one study, among 874 people with HIV, daily cannabis use did not predict lower odds of ART use or achieving an undetectable HIV level, **except** when combined with binge drinking.

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HIV and Substances (3 of 5)

- **Opioids** remain a significant concern for people with HIV, both for the **acquisition** of HIV and as major contributors to morbidity and mortality.
- **Overdose** involving opioids is the leading cause of accidental death in the United States.
- People receiving treatment for opioid use are already engaging with the health care system, and **more** likely to initiate and be **adherent** to HIV treatment.

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HIV and Substances (4 of 5)

- **Cocaine and methamphetamine** have been associated with multiple detrimental effects to people living with HIV, including accelerated disease progression, poor ART adherence, and lack of viral suppression.
- People using stimulants experience a sense of euphoria and may have heightened sexual desire and arousal, leading to disinhibited sexual behaviors and **increasing** the risk of HIV transmission.
- The prevalence of stimulant use among people with HIV has been estimated to be 5 to 15 percent across multiple studies.

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HIV and Substances (5 of 5)

- The **prevalence** of tobacco smoking among people with HIV in the U.S. is approximately **twice** that of the general population (33.6 versus 16.8 percent).
- Prevalence is even higher among specific subgroups, including those who use alcohol and/or other drugs, those who have concurrent mental health disorders, and those of a lower socioeconomic status.
- In a sample of 17,995 people living with HIV on ART in Europe and North America, people who smoked had nearly **twice** the mortality of those who did not.

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Group Discussion

- How do Social Determinants of Health affect outcomes for our clients?
- How can bias or preconceived notions affect how we discuss HIV with our clients in sessions?
- What skills or techniques can we use with clients to better help them address risk and/or enter services?

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Breakout Groups

- In small groups you will be provided with a case example.
- Use your active listening skills or write it down if you need to.
- Discuss within your small group specific techniques, skills, or best practices you would use with this client.
- Share breakout discussion with the large group.

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References

- Slides 3-4: [Graphs from AIDSvu.org](#)
- Slide 5: [Key Substance Use and Mental Health Indicators in the United States: Results from the 2020 National Survey on Drug Use and Health](#)
- Slide 6-10: [Considerations for Antiretroviral Use in Special Patient Populations, SAMHSA 2021](#)

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Thank You

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