

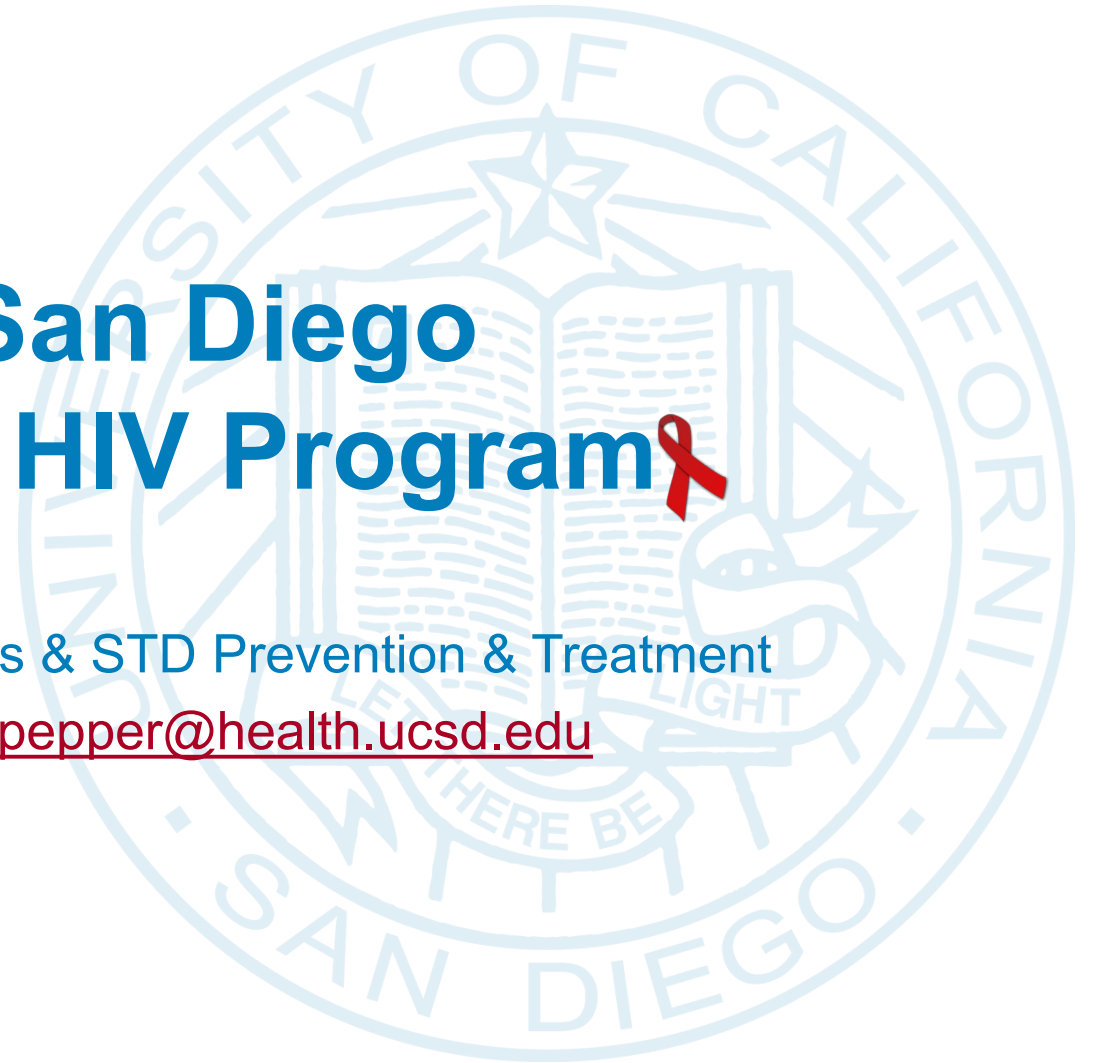
UC San Diego Health

University of California, San Diego Mother Child Adolescent HIV Program

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CDC/HRSA Advisory Committee on HIV, Viral Hepatitis & STD Prevention & Treatment

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Trauma and Women with HIV

Among women with HIV in the U.S.:

- 55% experience intimate partner violence (2x national rate)
- 61% experience sexual abuse (5x national rate)
- 30% have PTSD (5x national rate)
- 77% are black or Latina

Impact on HIV Care Continuum

- Increases risk of HIV acquisition and transmission
- Delayed linkage to care and decreased retention in care
- Less likely to take antiretroviral treatment and 4x as likely to experience treatment failure

WOMEN WITH HIV ARE RESILIENT

Creating a Trauma Informed Care Environment

- **Safe**, welcoming and trauma informed environment with trusted providers is the *foundation*
- Organizational **assessment**
- Trauma Informed Care is a **culture** not a checkbox and includes racial justice
- Quality ongoing **training and support** inclusive of *all* team members
- Includes trauma informed supervision and **care for providers**
- Must be **informed by clients**
- **Universal screening**
- Continuous Quality Improvement
- More important than ever amid **pandemic**

Implementing an Evidence Informed Intervention for Trauma (Seeking Safety)

- Individual or group intervention which can be facilitated by a wide range of individuals (peers, mental health providers, community health workers, case managers)
- **Present-focused** model to help people attain safety from trauma and/or substance use
- No retelling of traumatic experiences
- Focuses on psychoeducation and **teaching safe coping skills**
- Implementation should be **informed by client input**
- Tailoring intervention to population and culturally responsive
- Delivered in person or virtually

Considerations for Women with HIV

- Head of household & engaging in trauma work
- Stigma
- Safety/privacy for virtual services
- Transportation
- Childcare
- Long time survivors and newly diagnosed
- Sustained recovery and active use
- Impact of trauma on navigating complex systems
- Immigration
- Medical trauma
- Unsafe and unstable housing

Key Points

1. Trauma prevalence is high in women with HIV; it contributes to risk of acquisition, poor outcomes and transmission
2. A trauma informed culture and environment is the foundation
3. Evidence informed screening and services for trauma are effective, increase engagement in HIV services and should be informed by clients
4. **Women with HIV are resilient**