











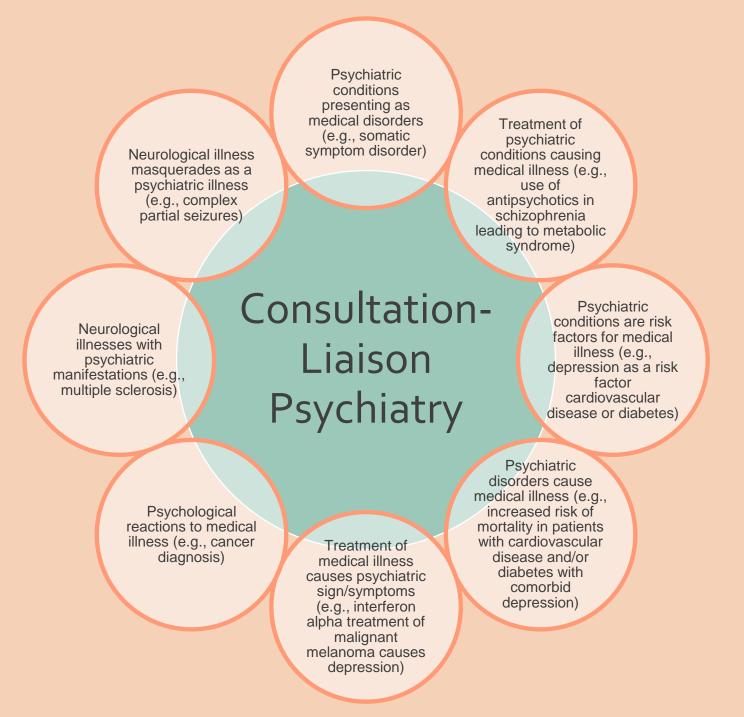
Mental Health on the frontline

Professor Jackie Hoare Head of the Division of Consultation Liaison Psychiatry Co-Director of the HIV Mental Health Unit University of Cape Town, Groote Schuur Hospital Everything is held together with stories. That is all that is holding us together, stories and compassion.

~ Barry Lopez ~

The Power of Story

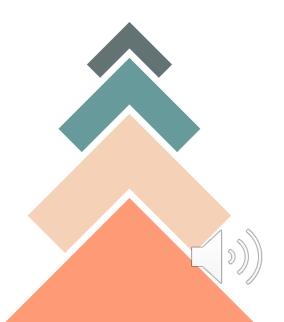






Benefits of Liaison Psychiatry

- Concurrent management of mental & physical health problems
- Better care
- Reduced utilisation of resources
- Management of medically unexplained symptoms
- Reduced length of stay
- Reduced repeat admissions
- Earlier identification of mental health problems



Youth perinatal HIVassociated neurocognitive disorders: association with functional impairment

White matter microstructural changes in **ART-naive and ART**treated children and adolescents infected with HIV in South Africa

Phillips N, Thomas KGF, Mtukushe B, Myer L, Zar HJ, Stein DJ, Hoare J. Youth perinatal HIV-associated neurocognitive disorders: association with functional impairment. AIDS Care. 2021 Feb 24:1-5. doi: 10.1080/09540121.2021.1891191. Epub ahead of print. PMID: 33625933. Hoare J, Fouche JP, Phillips N, Joska JA, Paul R, Donald KA, Thomas KG, Stein DJ. White matter micro-structural changes in ART-naive and ART-treated children and adolescents infected with HIV in South Africa. AIDS. 2015 Sep 10;29(14):1793-80. Applying the HIVassociated neurocognitive disorder diagnostic criteria to HIVinfected youth

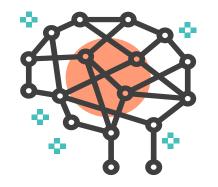
Screening for HIVassociated neurocognitive disorders in perinatally infected adolescents: youth-International HIV **Dementia Scale validation**

Hoare J, Phillips N, Joska JA, Paul R, Donald KA, Stein DJ, Thomas KG. Applying the HIV-associated neurocognitive disorder diagnostic criteria to HIV-infected youth. Neurology. 2016 Jul 5;87(1):86-93. doi: 10.1212/WNL.000000000002669. Epub 2016 May 20. PMID: 27206720; PMCID: PMC4932240. Phillips NJ, Thomas KGF, Myer L, Sacktor N, Zar HJ, Stein DJ, Hoare J. Screening for HIV-associated neurocognitive disorders in perinatally infected adolescents: youth-International LV Dementia Scale validation. AIDS. 2019 Apr 1;33(5):815-822, doi: 10.1097/QAD.0000000002144. PMID: 30649059.



Behavioural health risks during early adolescence among perinatally HIV-infected South African adolescents and same-age, HIV-uninfected peers

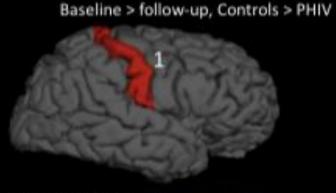
Brittain K, Myer L, Phillips N, Cluver LD, Zar HJ, Stein DJ, Hoare J. Behavioural health risks during early adolescence among perinatally HIV-infected South African adolescents and same-age, HIV-uninfected peers. AIDS Care. 2019 Jan;31(1):131-140. doi: 10.1080/09540121.2018.1533233. Epub 2018 Oct 19. PMID: 303404 (6) PMCID: PMC6299266.



Structural brain changes in perinatally HIV-infected young adolescents in South Africa

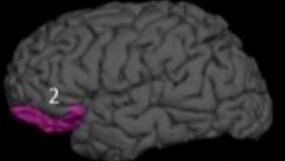
Hoare J, Fouche JP, Phillips N, Joska JA, Myer L, Zar HJ, Stein DJ. Structural brain changes in perinatally HIVinfected young adolescents in South Africa. AIDS. 2018 Nov 28;32(18):2707-2718. doi: 10.1097/QAD.000000000002024. PMID: 30234601; PMCID: PMC6506179.

Fig 3: Regional Cortical thickness and surface area changes in CTAAC PHIV over 3 years



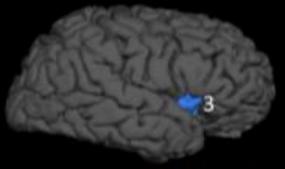
1) RH Postcentral cortical thickness

Baseline > Follow-up, Controls > PHIV



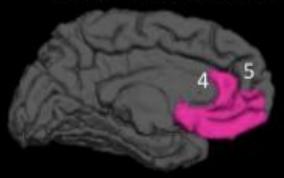
2) LH Lateral orbitofrontal surface area

Follow-up> Baseline, Controls >P HIV



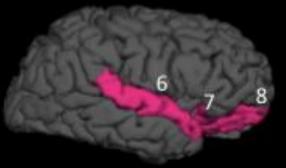
3) RH Insula surface area

Baseline > Follow-up, Controls > PHIV



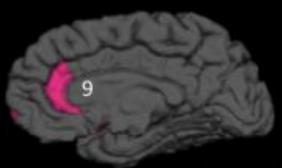
4) LH Rostral anterior cingulate surface area 5) LH Medial orbitofrontal surface area

Baseline > Follow-up, Controls> HIV



6) RH Superior temporal surface area
7) RH Rostral middle frontal surface area
8) RH Lateral orbitofrontal surface area

Baseline > Follow-up, Controls > PHIV



9) RH Rostral anterior cingulate surface



Cognition, Structural Brain Changes, and Systemic Inflammation in Adolescents Living With HIV on Antiretroviral Therapy

Neural correlates of maintenance working memory, as well as relevant structural qualities, are associated with earlier antiretroviral treatment initiation in vertically transmitted HIV

Hoare J, Myer L, Heany S, Fouche JP, Phillips N, Zar HJ, Stein DJ. Cognition, Structural Brain Changes, and Systemic Inflammation in Adolescents Living With HIV on Antiretroviral Therapy. J Acquir Immune Defic Syndr. 2020 May 1;84(1):114-121. doi: 10.1097/QAI.0000000002314. PMID: 32032303; PMCID: PMC7141763. Heany SJ, Phillips N, Brooks S, Fouche JP, Myer L, Zar H, Stein DJ, Hoare J. Neural correlates of maintenance working memory, as well as relevant structural qualities, are associated with earlier antiretroviral treatment initiation in vertically transmitted V. Neurovirol. 2020 Feb;26(1):60-69. doi: 10.1007/S13365-019-



Alcohol use is associated with mental health problems and brain structural alterations in adolescents with perinatally acquired HIV infection on ART

Hoare J, Fouche JP, Phillips N, Heany SJ, Myer L, Zar HJ, Stein DJ. Alcohol use is associated with mental health problems and brain structural alterations in adolescents with perinatally acquired HIV infection on ART. Algorithm 2021 Sep 15;97:59-66. doi: 10.1016/j.alcohol.2021.09.006. Epub ahead of print. PMID: 34536544.

Accelerated epigenetic aging in adolescents living with HIV is associated with altered development of brain structures

Perinatally acquired HIV infection accelerates epigenetic aging in **South African** adolescents

Hoare J, Stein DJ, Heany SJ, Fouche JP, Phillips N, Er S, Myer L, Zar HJ, Horvath S, Levine AJ. Accelerated epigenetic aging in adolescents living with HIV is associated with altered development of brain structures. J Neurovirol. 2021 Feb
7:10.1007/s13365-021-00947-3. doi: 10.1007/s13365-021-00947-3. Epub ahead of print. PMID: 33554325; PMCID: PMC8346577. Horvath S, Stein DJ, Phillips N, Heany SJ, Kobor MS, Lin DTS, Myer L, Zar HJ, Levine AJ, Hoare J. Perinatally acquired HIV infection accelerates epigenetic aging in South African adolescents. AIDS. 2018 Jul 17;32(11):1465-1474. doi: 10.1097/QAD.0000000001854. PMID: 29746298; PMI HIV-Related Stigma and Psychological Adjustment Among Perinatally HIV-Infected Youth in Cape Town, South Africa

Mental Health and Functional Competence in the **Cape Town Adolescent** Antiretroviral Cohort

Perez A, Brittain K, Phillips N, Stein DJ, Zar HJ, Myer L, Hoare J. HIV-Related Stigma and Psychological Adjustment Among Perinatally HIV-Infected Youth in Cape Town, South Africa. AIDS Behav. 2021 Jul 27. doi: 10.1007/s10461-021-03398-3. Epub ahead of print. PMID: 34318399. Hoare J, Phillips N, Brittain K, Myer L, Zar HJ, Stein DJ. Mental Health and Functional Competence in the Cape Town Adolescent Antiretroviral Cohort. J Acquir Immune Defic Syndr. 2019 1;81(4):e109-e116. doi: 10.1097/QAI.0000000000002068.



People living with HIV are at increased risk for developing mental health conditions. These conditions are treatable and, with help, you can recover.

Hoare, J., Sevenoaks, T., Mtukushe, B. *et al.* Global Systematic Review of Common Mental Health Disorder in Adults Living with HIV. *Curr HIV/AIDS Rep* (2021). https://doi.org/10.1007/s11904-021-00583-w

iSAY (incentives for South African youth): Stated preferences of young people living with HIV Developing family interventions for adolescent HIV prevention in South Africa Acceptability, Feasibility, and Preliminary Efficacy of a Resilience-Oriented Family Intervention to Prevent Adolescent HIV and Depression: A Pilot Randomized Controlled Trial

Galárraga O, Kuo C, Mtukushe B, Maughan-Brown B, Harrison A, Hoare J. iSAY (incentives for South African youth): Stated preferences of young people living with HIV. Soc Sci Med. 2020 Nov;265:113333. doi: 10.1016/j.socscimed.2020.113333. Epub 2020 Aug 29. PMID: 32896799; PMCID: PMC7738405. Kuo C, Atujuna M, Mathews C, Stein DJ, Hoare J, Beardslee W, Operario D, Cluver L, K Brown L. Developing family interventions for adolescent HIV prevention in South Africa. AIDS Care. 2016;28 Suppl 1(sup1):106-10. doi: 10.1080/09540121.2016.1146396. Epub 2016 Feb 26. PMID: 26916841; PMCID: PMC4828610. Kuo C, Mathews C, Giovenco D, Atujuna M, Beardslee W, Hoare J, Stein DJ, Brown LK. Acceptability, Feasibility, and Preliminary Efficacy of a Resilience-Oriented Family Intervention to Prevent Adolescent HIV and Depression: A Pilot Randomized Controlled Trial. AIDS Educ Prev. 2020 Feb;32(1):(-81.) doi: 10.1521/aeap.2020.32.1.67. Piv.):



One to One Children's... · 2021/04/27 ··· Through our collaboration with clinicians at Groote Schuur Hospital, we have developed a cross-departmental support group for adolescents with chronic illnesses, including HIV and diabetes. You can read more at onetoonechildrensfund.org/adolescents-1

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EVERYONE WAS SO KEEN TO TALK, WE HAD TO KEEP TELLING THEM, IT'S TIME FOR US TO END NOW!"

Concerns about peer relationships and self-image often conflict with the demands of chronic illness and 0:04 atment regimens.



BETTER BETTER DOGETHER A toolkit for clinicians to improve support for

adolescents with chronic health conditions

OCTOBER 2020

one to one africa

Enhance social networks to improve
perceived levels of psychosocial
support

- Develop a sense of belonging
- Create a safe space where all members have some kind of chronic illness or condition
- Foster a sense of shared experience despite the differences
- Enhance ability to express empathy.
- All of the above contribute to better chronic illness management





"Those People Motivate and Inspire Me to Take My Treatment." Peer Support for Adolescents Living With HIV in Cape Town, South Africa

Rencken CA, Harrison AD, Mtukushe B, Bergam S, Pather A, Sher R, Davidson BJ, Carrihill M, Matiwane M, Kuo C, Galárraga O, Hoare J. "Those People Motivate and Inspire Me to Take My Treatment." Peer Support for Adolescents Living With HIV in Cape Town, South Africa. J Int Assoc Provid AIDS Care. 2021 Jan-Dec; 20:23259582211000525. doi: 10.1177/23259582211000525. PMID: 33691500.

Overall, caregivers often reported that adolescents enjoy the group, commenting that "wow, Mom, it is nice there.

> ~ Caregiver ~ (Female, 44)

... because they know that we have this thing ... they are not shocked ... they just react properly.

> ~ Adolescent ~ (Female, 12)

Even if—you—you have your own secrets, you talk about them there. [. . .] [Then] they remain there.

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~ Adolescent ~ (Male, 16) I would say that those people motivate and inspire me to take my treatment. In short we help each other.

> ~ Adolescent ~ (Male, 17)

"positive impact because they encourage, and they show them that there is still life out there, you see. It is not the end of the world; it is not a death sentence and it is not the end of your life. They still have a life and they can still have the future they want you see."

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~ Caregiver (Female, 47) ~



Acknowledgements and Thanks

Dan Stein, Heather Zar, Landon Myer, John Joska, Nicole Phillips, Bulelwa Mtukushe, Louise Frenkel, Leslie Swartz, Jason Bantjes, Kerry Louw, Katherine Sorsdahl, Deirdre Pieterse, Nada Lagerstrom, Ntobeko Ntusi, Marc Mendelson, Graeme Meintjes, Robert Paul, Pim Bouwers, Linda-Gail Bekker, Beau Ances, Ernesta Meintjes, Caroline Kuo, Marta Muloiwa, Rudzani Muloiwa, Rebecca Sher, Bianca Davidson, Michelle Carrihill, Abigail Harrison, Omar Galarraga, Lucie Cluver, Kevin Thomas, Kirsty Donald, JP Fouche, Graham Fieggen, Ned Sacktor, Sarah Heany, Tatum Sevenoaks, Steve Horvath, Andrew Levine, Kirsty Brittain, Don Operario, Mluleki Matiwane, Yvonne Sani, Thembela Molwana, Avril Cowlin, Adele Marais, Ereshia Benjamin, Greg Calligaro, Greg Symons, Lara Fairall, Ivan Joubert, Jenna Piercy, Tracey Naledi, Bhavna Patel, Bernadette Eike, Kate Mawson, Rowan Duys, Taryn Amos, Joe Wilmshurst, Brian Eley, Marc Combrinck, Victor Valcour, Millicent Atujuna, Soraya Seedat, Lisa Frigati, Mark Cotton, Jeymohan Joseph, Stephen Du Plessis, Douglas Dumbrill, Arwen Dumbrill, Carla Freeman, Psychiatry Registrars, COVID team.



The human soul doesn't want to be advised or fixed, it simply wants to be seen, heard and companioned exactly as it is. When we make that kind of deep bow to the soul of a suffering person, our respect reinforces the soul's healing.

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~ Parker Palmer ~

Any Questions?

Virtual Attendee Logistics:



Raise your hand if you would like to elaborate on a question sent in the Q&A



sent via the Q&A.

All virtual attendees are muted.

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Closing Remarks THANKS!

