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Meeting with Medical College of Wisconsin 1/12/94 8am

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Prevention of Human Immunodeficiency Virus (HIV) Infection
Among Chronic Mentally Ill Adults:
Effects of a Brief Behavioral Skills Intervention

Seth C. Kalichman, Kathleen J. Sikkema, Jeffrey A. Kelly,
Marita Bulto, Jennifer R. Johnson, Veral Adair,
James O. Gordon, and L. Yvonne Stevenson, M.A.

Community Health Behavior Program
Medical College of Wisconsin

Research has shown that many chronic psychiatric patients are at risk for human immunodeficiency virus (HIV) infection. HIV seroprevalence rates of 5% to 7% have been reported among acute psychiatric inpatients in New York, and between 6% and 19% of homeless adults with psychiatric disorders are also HIV infected. While a number of studies have now documented high rates of HIV risk behavior and increasing rates of HIV infection among urban chronic mentally ill adults, there have been no reports to date of controlled studies evaluating the effects of HIV prevention programs for this population.

We undertook a small-scale intervention trial to investigate the effects of an HIV prevention program based on behavioral skills instruction designed to specifically target chronic mentally ill adults living in an inner city.

Twenty-seven men and 25 women were randomly assigned to either participate in a four-session AIDS prevention program emphasizing risk education, sexual assertiveness, condom use, risk-related behavioral self-management, and problem solving skills, or to a waiting list control condition that later received the same intervention.

The intervention was conducted at community support service programs located at three sites in Milwaukee's inner city. Participants were recruited from clinic waiting rooms and from direct referral from case workers and support program counselors. The prevention intervention was therefore blended with existing mental health services and conducted within the context of broader social services.

Key Findings: The prevention program reduced rates of unprotected sexual intercourse from an average of 5.7 times per month to 1.9 times per month, nearly a two-thirds reduction, and increased the use of condoms from 18% of intercourse occasions to 55% of intercourse occasions over a one-month follow-up period. These changes were statistically significant. A subset of participants who provided two-month follow-up data demonstrated maintenance of sexual behavior changes.

Implication: We found that a relatively brief, skills-focused AIDS prevention program for chronic psychiatric patients produced reductions in HIV risk behaviors. Such HIV risk reduction intervention programs may be of use in inpatient, outpatient, and community based settings.



DEC 30 1993

Department of Psychiatry and
Mental Health Sciences
Community Health Behavior Program

December 29, 1993

Christine Gebbie, R.N., FAAN
National AIDS Policy Coordinator
FAX: 202-632-1096

Dear Kris:

I was delighted to hear from Steve Lee in your office that you will be able to visit with us on the morning of January 12th before your talk here in Milwaukee. As I discussed with Steve, we will pick you up in the lobby of the Pfister Hotel at 7:45 a.m. and drive you to our office, which is just a few minutes away from your hotel. We will plan to have you visit over breakfast with our faculty and staff, and will drive you back to the Pfister by 9:45 a.m.

As you know, our research program is funded by NIMH to conduct a variety of HIV prevention trials focused on such populations as continued high-risk gay men, inner-city women seen in primary health clinics, the chronic mentally ill, women in low-income public housing projects, and the homeless. A second component of our NIMH-funded research is the evaluation of mental health services for persons with HIV disease. Our program consists of approximately 40 faculty and research staff. To familiarize you with our work, I am sending you today by FedEx copies of some of our group's publications on outcomes of our prevention and mental health services research.

We hope that, on the 12th, it will be possible for you to first meet for 45 minutes with a small group of about ten of our faculty and project coordinators; we'd like to have the opportunity to discuss with you findings and implications of several of our recently-completed HIV prevention studies. Then, we would appreciate it if you could join all of our staff for the next 45 minutes and informally share your thoughts about how HIV behavioral researchers can better contribute to HIV prevention, priorities for HIV prevention and mental health needs, or other topics you feel would be of interest to an AIDS prevention and mental health research group. We'd like this to be very informal and casual, kind of a chat over breakfast. I am sure many of our personnel--who represent a variety of disciplines and backgrounds--would appreciate having the opportunity for some question and answer time about AIDS policy.

Mailing / Correspondence Address:
8701 Watertown Plank Road
Milwaukee, Wisconsin 53226

Office Location:
1201 North Prospect Avenue
Milwaukee, Wisconsin 53202
(414) 287-4680
FAX (414) 287-4683

Christine Gebbie, R.N., FAAN
December 29, 1993

Page Two

I hope this plan is acceptable to you. If it isn't, or if you'd like to do anything different, please let me know.

I am very honored that you will be taking time from your day in Milwaukee to visit, and we look forward to having you here.

Cordially,

A handwritten signature in dark ink, appearing to be 'JK' or 'JAK', written in a cursive style.

Jeffrey A. Kelly, Ph.D.
Professor of Psychiatry and Mental Health Sciences
Director, Community Health Behavior Program

JAK/tap



Office of Public Affairs

Tape filed

March 4, 1994



MAR 11 1994

Kristine Gebbie, R.N., M.N.
National AIDS Policy Coordinator
730 17th Street, N.W.
Suite 1060
Washington, D.C. 20500

Dear Ms. Gebbie:

Thanks again for your participation in the PBS Series "Second Opinions".

Enclosed is a copy of the video "Disease Consequences of Social Decay" that you had requested.

Best Wishes,

Toranj Marphetia
Associate Director of Public Affairs



January 18, 1994

RECEIVED

JAN 31 1994

Kristine Gebbie, R.N., M.N.
National AIDS Policy Coordinator
730 17th Street, N.W.
Suite 1060
Washington, D.C. 20500

Office of Public Affairs

Dear Ms. Gebbie:

Thank you again very much for participating in the PBS Series 'Second Opinions'. The expertise you brought to the show was very valuable in shedding light on some of the major issues in the health care policy arena.

The 13-part series, co-produced by WMVS/WMTV and the Medical College of Wisconsin, explores health care issues of cost, quality, and access to allow viewers to make responsible health care decisions for themselves and their families. The program is led by one of Milwaukee's most respected journalists, John McCullough.

Below are the air dates for the 'Second Opinion' Series.

Program	Date	They all air on Wednesday's at 7:30 p.m.
101	Nov. 10, 1993	"Whatever Happened to the Good Old Family Doctor?"
102	Nov. 17, 1993	"Children at Risk"
103	Nov. 24, 1993	"Keeping America Healthy: Who Pays?"
104	Dec. 15, 1993	"Wellness"
105	Dec. 22, 1993	"The World Can Make You Sick"
106	Dec. 29, 1993	"Getting Older in America"
107	Jan. 05, 1994	"Caring For The Mind"
108	Jan. 12, 1994	"Gender Specific Health Problems"
109	Jan. 19, 1994	"Emergency Medicine"
110	Jan. 26, 1994	"Epidemic"
111	Feb. 02, 1994	"Transplants"
112	Feb. 09, 1994	"Disease Consequences of Social Decay"
113	Feb. 16, 1994	"Live Program on Health Care Reform"

The shows will rerun the Saturday following it's initial air date at 10:00 p.m. on Channel 36 in Milwaukee. It will also be rebroadcast at 1:00 p.m. the Sunday following the original air date on all Wisconsin Public Television stations.

Best Wishes,

Toranj Marphetia
Associate Director of Public Affairs



DEC 17 1993

1/12
8-9:30 am

Department of Psychiatry and
Mental Health Sciences
Community Health Behavior Program

December 10, 1993

Christine M. Gebbie, M.N., R.N., F.A.A.N.
National AIDS Policy Coordinator
730 17th Street NW, Suite 1060
Washington, DC 20500

Dear Kris:

It was good seeing you again at the CDC Advisory Committee meeting in Atlanta recently.

Because it was discussed a bit at the meeting, I am enclosing a copy of our recently-published paper reviewing the outcomes of HIV prevention programs published in the literature. I thought this might be of interest to you.

You mentioned that you will be in Milwaukee this spring. I hope your schedule will permit you to visit our program. Our research program, funded by NIMH grants totaling about \$14 million, is aggressively conducting and evaluating community-level HIV prevention approaches with a number of populations including gay men, inner-city women, the chronic mentally ill, and the homeless. We'd love to have you visit.

Steve -
this
should
happen

Thanks, and best wishes for the holiday season.

Cordially,

Jeffrey A. Kelly, Ph.D.
Professor of Psychiatry & Mental Health
Director, Community Health Behavior Program

JAK:gc



Department of Psychiatry and
Mental Health Sciences
Community Health Behavior Program

VISIT OF CHRISTINE GEBBIE, R.N., F.A.A.N.

Community Health Behavior Program/
Center for AIDS Intervention Research
Medical College of Wisconsin

January 12, 1994

- 7:45 a.m. Ms. Gebbie will be met in the lobby of the Pfister Hotel by our staff and driven to our offices.
- 8:00 - 9:30 a.m. Visit at Program Offices
1201 North Prospect Avenue
Milwaukee, WI 53202
Telephone: (414) 287-4680
FAX: (414) 287-4683
- 9:30 a.m. Ms. Gebbie will be driven by us back to the Pfister Hotel, arriving there by 9:45 a.m.



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A SERVICE OF
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JAN 4 1994

Put in my
Milwaukee file so
I can refer for him
there

December 29, 1993

Christine Gebbie, R.N., M.N.
National AIDS Policy Coordinator
Executive Office of the President
Washington, D.C. 20500

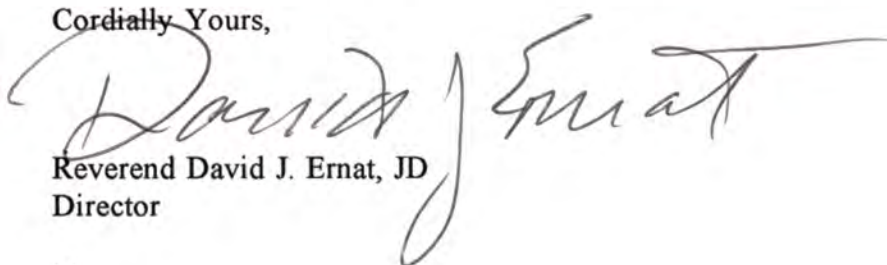
Dear Ms. Gebbie:

Warren Buckingham and I spoke at the Skills Building Conference which took place in New Orleans earlier this year. We discussed the needs of rural America as it addresses HIV/AIDS. You and I met briefly at the conference and as we spoke you suggested that Bob Duea and I get together. Unfortunately, we have yet to connect, but I am confident that our paths will cross in the near future.

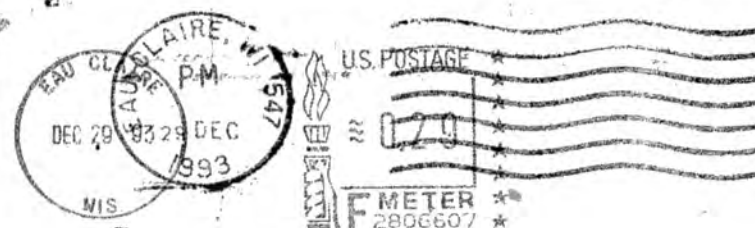
I look forward to your presentation in Milwaukee on January 12, 1994. I anticipate you will have much to say about rural America, noting that the low numbers of HIV transmission in rural Wisconsin will remain low *only* if cogent prevention education takes place.

I wish you well as you lead the country in embracing HIV/AIDS.

Cordially Yours,


Reverend David J. Ernat, JD
Director

jd



Christine Gebbie, R.N., M.N.
National AIDS Policy Coordinator
Executive Office of the President
Washington, D.C. 20500

P.O. Box 11

EAU CLAIRE, WI

54702-0011





Department of Psychiatry and
Mental Health Sciences
Community Health Behavior Program

December 29, 1993

Christine Gebbie, R.N., FAAN
National AIDS Policy Coordinator
FAX: 202-632-1096

*Steve Lee looks fine
to me*

Dear Kris:

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Christine Gebbie, R.N., FAAN
December 29, 1993

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Cordially,



Jeffrey A. Kelly, Ph.D.
Professor of Psychiatry and Mental Health Sciences
Director, Community Health Behavior Program

JAK/tap



Department of Psychiatry and
Mental Health Sciences
Community Health Behavior Program

VISIT OF CHRISTINE GEBBIE, R.N., F.A.A.N.

Community Health Behavior Program/
Center for AIDS Intervention Research
Medical College of Wisconsin

January 12, 1994

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JAN 26 1994

Department of Psychiatry and
Mental Health Sciences
Community Health Behavior Program

January 17, 1994

Kristine Gebbie, R.N., M.N.
National AIDS Policy Coordinator
730 17th Street NW, Suite 1060
Washington, DC 20500

Dear Kris:

I want to thank you for taking time to visit with us during your recent trip to Milwaukee. Our faculty and staff were all very honored that you spent time here, and we appreciated having the opportunity to discuss our HIV prevention and mental health intervention research with you.

I will follow up with Bill Kincaid in St. Louis concerning the women's risk reduction intervention program. More generally, I hope that you will feel welcome to call on me (or anyone else here) whenever you believe we can contribute to your efforts or the efforts of others in areas of HIV prevention and mental health issues. It is of great importance to us that results of our intervention research be used to advance public health HIV prevention efforts.

Thank you again for making time to visit us.

Cordially,

Jeffrey A. Kelly, Ph.D.
Professor of Psychiatry and Mental Health Sciences
Director, Community Health Behavior Program

JAK:ljr