

<b>Dimension: Mental Health</b>	<b>The Undetectables Program</b>
<b>This Intervention is Linked to the Following Secondary Driver:</b> <ul style="list-style-type: none"><li>• Client-centered and client-driven support systems in place to provide individual and peer-to-peer group support</li></ul>	
<b>Level of Evidence:</b> Well-Defined Interventions with an evidence-base	

## Summary:

A stepped approach to ART adherence for people with HIV who have mental health issues, substance use issues and/or are experiencing homelessness.

## Core Components

The Undetectables Program as originally implemented by Housing Works and evaluated by Housing Works and the University of Pennsylvania consisted of the following core components:

- Stepped approach to ART adherence
- Individual-level ART adherence planning and support
  - Case conferences among client, health providers & case manager
  - Motivational interviewing & assistance to meet subsistence needs
  - Behavioral health assessment/referral
- \$100 gift card incentive for quarterly lab result showing undetectable viral load ( $\leq 50$  copies/ml), up to 4 per year
- Cognitive behavioral therapy (CBT) adherence support groups
- Adherence devices such as pill-boxing and text or other daily medication reminders
- Directly observed ART therapy (DOT) –formal and informal

Since the successful pilot, Undetectable Projects have been successfully implemented in more than a dozen locations.

## Tips and Tricks:

- Organizations interested in starting an Undetectables Program can receive the following support from Housing Works:
  - **Comprehensive technical assistance** to guide agencies through adopting the Undetectables program, from exploring the model to assessing organizational readiness to training staff at all levels.

- **An Undetectables Program Guide** to support full program implementation. Resources include training slides, reference materials, step-by-step instructions, sample forms and policies and marketing materials.
- Implementing an effective Undetectables Program takes time, testing and refining before going to scale, using continuous improvement methods.

### **Additional Resources (Existing Guides, Case Studies, etc.):**

- **Housing Works' Undetectables Program Site** - [LiveUndetectable.org](https://liveundetectable.org)
- [Housing Works' Presentation on the Undetectables Project](#)
- ["The Undetectables" & "PrEP Heroes" HIV Suppression Campaigns](#)

### **Suggested Measures:**

#### **Process Measures**

- % of patients living with HIV who have mental health issues, substance use issues and/or experiencing homelessness and housing stability that are referred to an Undetectables Program
- % of patients referred to an Undetectables Program who successfully enter a program
- % of patients participating in an Undetectables Program that agree or strongly agree with the statement "My Undetectables Program has helped me to achieve my HIV viral suppression goals.
- % of patients participating in an Undetectables Program that agree or strongly agree with the statement "My Undetectables Program has helped me to achieve other life goals.

#### **Outcome Measures**

- % of patients participating in an Undetectables Program with improved viral suppression rates within 6 months
- % of patients participating in an Undetectables Program that achieve viral suppression (percentage of patients with a HIV viral load less than 200 copies/ml at last viral load test during the measurement year)

### **Citations and Acknowledgements:**

Housing Works [www.housingworks.org](http://www.housingworks.org) and the Undetectables Program Site <https://liveundetectable.org>