Results of project
“HIV/AIDS prevention and care among injecting drug users and in prison settings”

Signe Rotberga
24 March 2011
Information about the project

• Duration: November 2006 – June 2011
• Government Focal Agencies: MOH, MOSA, MOJ
• Budget: 5 000 000 USD
• Revised budget: 5 968 262 USD
• Overall goal: to halt and reverse the HIV/AIDS epidemics among IDUs and in prisons, and to avoid generalised epidemic
Reported rates of new HIV infections among IDU per million population, 2008

Source: EMCDDA, 2010
Project objectives:

• Build national consensus on effective implementation strategies to address HIV/AIDS among IDUs and in prison settings
• Increase coverage of comprehensive HIV/AIDS prevention and care services
• Generate and share strategic information to respond appropriately to evolving HIV/AIDS epidemics
Financial crisis

- In 2008-2009 GDP decreased by 5-18%
- Unemployment increased to >17%
- Health care funding per citizen among the lowest in EU
- Budget for health reduced by 12-25%
- Increased co-payment from patients
- Health sector reform in Latvia and Lithuania
Obj.1: Build national consensus on effective implementation strategies to address HIV/AIDS among IDUs and in prison settings

- Increased involvement of Ministries of Justice and Interior
- Increased involvement of civil society
- Active participation of municipalities
- Advocacy for funding for harm reduction programmes

“This project has changed our mentality”

*Quote from final evaluation interview*
New policy and legal documents

• National HIV programme in Latvia focused on prevention among IDUs
• National HIV programme in Lithuania without NSP and MMT
• Order on provision of methadone in police detention centres in Lithuania and Estonia
• CM Regulation on drug dependence treatment in Latvia
• Order on financing of HIV testing in prisons in Latvia
• Order on HIV testing in Lithuania
• Proposal for NGO funding in Latvian National Drug Programme and Lithuanian HIV programme
### National response to HIV

<table>
<thead>
<tr>
<th>National HIV programme</th>
<th>EE</th>
<th>LV</th>
<th>LT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Focus on key populations</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Targets for NSP and MMT</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M&amp;E framework</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Funding for MMT</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Funding for NSP</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Funding for health in prisons</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>National coordination mechanism</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Involvement of civil society</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Political environment for harm reduction</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
Objective 2: Increase coverage of comprehensive HIV/AIDS prevention and care services among IDUs and in prison settings

Outputs:

2.1. Improved institutional and professional capacity to address HIV/AIDS among IDUs and in prisons

2.2. Increased access to HIV/AIDS prevention and care services for IDUs and in prison settings
Comprehensive package of HIV prevention services for IDUs

- Needle and syringe programmes
- Pharmacotherapy (methadone, buprenorphine) of opioid dependence
- HIV testing and counselling
- Anti-Retroviral Therapy
- Prevention and treatment of STI
- Condom programming for IDUs and partners
- Targeted information, education and communication
- Diagnosis and treatment of hepatitis
- Prevention, diagnosis and treatment of TB
Indicators for HIV prevention interventions

- Availability
- Coverage
- Quality
- Impact
## Small grants programme 2007-2010

<table>
<thead>
<tr>
<th>Country</th>
<th>Number of applications received</th>
<th>Number of applications supported</th>
<th>Total budget in USD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Estonia</td>
<td>5</td>
<td>3</td>
<td>177,300</td>
</tr>
<tr>
<td>Latvia</td>
<td>61</td>
<td>45</td>
<td>914,000</td>
</tr>
<tr>
<td>Lithuania</td>
<td>54</td>
<td>31</td>
<td>644,000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>120</strong></td>
<td><strong>79</strong></td>
<td><strong>1,735,300</strong></td>
</tr>
</tbody>
</table>
## UNODC grants in Lithuania

<table>
<thead>
<tr>
<th>Year</th>
<th>Activity</th>
<th>No. of grants</th>
<th>Amount in USD</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>NSP</td>
<td>7</td>
<td>163,530</td>
</tr>
<tr>
<td></td>
<td>Pharm.*</td>
<td>2</td>
<td>40,020</td>
</tr>
<tr>
<td></td>
<td>Prison edu.**</td>
<td>2</td>
<td>26,450</td>
</tr>
<tr>
<td>2008</td>
<td>NSP</td>
<td>4</td>
<td>106,000</td>
</tr>
<tr>
<td></td>
<td>Pharm.</td>
<td>4</td>
<td>116,500</td>
</tr>
<tr>
<td></td>
<td>Prison edu.</td>
<td>1</td>
<td>27,500</td>
</tr>
<tr>
<td>2009</td>
<td>NSP</td>
<td>5</td>
<td>57,665</td>
</tr>
<tr>
<td></td>
<td>Pharm.</td>
<td>0</td>
<td>0.00</td>
</tr>
<tr>
<td></td>
<td>Prison edu.</td>
<td>2</td>
<td>37,335</td>
</tr>
<tr>
<td>2010</td>
<td>NSP</td>
<td>1</td>
<td>25,185</td>
</tr>
<tr>
<td></td>
<td>Pharm.</td>
<td>1</td>
<td>23,046</td>
</tr>
<tr>
<td></td>
<td>Prison edu.</td>
<td>2</td>
<td>20,769</td>
</tr>
<tr>
<td></td>
<td><strong>Total:</strong></td>
<td><strong>31</strong></td>
<td><strong>644,000</strong></td>
</tr>
</tbody>
</table>

* - Pharmacotherapy of opioid dependence  
** - Prison education  

*Needle and syringe programmes  
Prison settings  
Pharmacological treatment of opioid dependence*
Needle and syringe programmes
Project focused on:

• Outreach
• Peer-driven interventions
• Work safety
• Monitoring and reporting
• Cost-effectiveness
Increased efficiency of NSP at NGO Dia+Logs
From research to practice:
scaling-up MMT in Latvia
Assessment of pharmacotherapy of opioid dependence in 2007

- Strengths and weaknesses
- Legislation
- Treatment guidelines and technology
- Staff issues
- Client issues
- Accessibility
Activities supported by UNODC

- Changes in legislation
- New treatment technology
- Inclusion of MMT in national HIV and drugs programmes
- Training of staff
- Grants for starting MMT in new sites
- Dialogue with Health Payments Centre
- Dissemination of information
Partnerships

- Ministry of Health
- Latvian Association of Narcologists
- Riga Centre of Psychiatry and Addiction Disorders
- Health Economic Centre
- National Drug Coordination Commission
- Municipalities
- Prison Department
- Police
- Probation Service
Results

Percentage of opioid injectors on MMT

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage of opioid injectors on MMT</th>
<th>Opioid injectors on MMT</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>0.4%</td>
<td>78</td>
</tr>
<tr>
<td>2007</td>
<td>0.5%</td>
<td>85</td>
</tr>
<tr>
<td>2008</td>
<td>0.7%</td>
<td>132</td>
</tr>
<tr>
<td>2009</td>
<td>0.9%</td>
<td>163</td>
</tr>
<tr>
<td>2010</td>
<td>1.5%</td>
<td>271</td>
</tr>
</tbody>
</table>
HIV prevalence rate per 100 000 population and services for IDUs (01.01.2011.)
Pharmacotherapy of opioid dependence in Lithuania and Estonia
Scaling-up methadone maintenance therapy (MMT) in Lithuania

### MMT sites
- 2006: 12
- 2010: 21

### MMT coverage
- 2006: 6.5%
- 2010: 13.1%

### MMT in police custody centres
- 2006: No
- 2010: Yes

### MMT in prisons
- 2006: No
- 2010: Preparations cancelled

5458 – estimated population of PDU in Lithuania

[Map showing new MMT programmes]
Availability of methadone therapy
## Achievements in Estonia – prison settings

<table>
<thead>
<tr>
<th></th>
<th>2006</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measurable targets for MMT in prisons in national HIV strategy</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>MMT available in prisons</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>MMT continued in police arrest houses</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>State funding for NGO work in prisons</td>
<td>No</td>
<td>Yes</td>
</tr>
</tbody>
</table>
Achievements in Estonia – community services

• More focus on quality of MMT
• Integration of MMT and ART
# Quality of pharmacotherapy with methadone, 2010

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Targets</th>
<th>LV</th>
<th>LT</th>
<th>EE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of programmes with psychosocial support</td>
<td></td>
<td>80</td>
<td>100</td>
<td>90</td>
</tr>
<tr>
<td>Percentage of patients receiving dose &gt; 60 mg</td>
<td>Low: ≤ 50%</td>
<td>86</td>
<td>51.3</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td>Medium: &gt;50% - ≤ 80%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>High: &gt;80%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percentage of patients with average duration of treatment &gt; 6 months</td>
<td></td>
<td>84</td>
<td>57.3</td>
<td>N/A</td>
</tr>
<tr>
<td>Average methadone dose, mg</td>
<td>60 mg</td>
<td>81</td>
<td>61.2</td>
<td>68</td>
</tr>
</tbody>
</table>
Coverage of pharmacotherapy of opioid dependence

- Latvia: 0.4 (2006), 1.9 (2010)

Legend: Green = 2006, Blue = 2010
Clients in pharmacotherapy of opioid dependence as a percentage of the estimated number of problem opioid users, 2008 (EMCDDA)
Figure 29. Methadone: global manufacture, consumption and stocks, 1989-2008

*Stocks as at 31 December of each year. Source: INCB
Access to methadone:

Governments should ensure adequate access to opioid-based medications

INCB Report for 2009 and 2010, CND Resolution 53/4, UN Political Declaration and Plan of Action on International Cooperation towards an Integrated and Balanced Strategy to Counter the World Drug Problem
Aims of international drug conventions

- Prevent diversion into illicit markets
- Ensure adequate availability of controlled substances

INCB Report 2010
Impediments to the availability of opioids for medical needs, INCB Report 2010

- Attitude- and knowledge-related
  - addiction-related concerns among health care professionals and patients
  - Insufficient training for health-care professionals
- Unduly restrictive laws and burdensome regulations
HIV testing for IDUs

• Availability for IDUs
• Testing in non-medical settings
• Use of rapid tests
• In Latvia:
  – Availability in prisons
• In Lithuania:
  – New MOH Regulation
  – Handbook for service providers
  – Training on HTC
Access to Anti-Retroviral Therapy

- Partnership with WHO
- Access to IDUs
- Treatment in prisons and throughcare
- Guidelines (CD4 count)
- Price of ARV drugs
- Decentralisation in LV
Education on risk reduction for drug users in prisons

- Adaptation of trainers handbook in LV, LT
- Training of prison staff
- Grants for introduction of education programmes in prisons
- Implemented in 7 out of 12 prisons in Latvia
- Piloted in 2 prisons in Lithuania
What’s new?

• Topics: safer drug use, sexuality
• Methods: interactive education in small groups
• Approach: comprehensive programme instead of single lectures or information leaflets
• Needs assessment
• Evaluation of programmes, incl. feedback from prisoners
Delays

- MMT clinical protocol in Estonia
- Pilot project on naloxone distribution in Estonia
- Further amendments in Regulation on MMT in Latvia
- MMT in prisons in Latvia and Lithuania
Capacity building
## Capacity building and exchange of experience

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>TOTAL PER ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>TRAININGS</td>
<td></td>
</tr>
<tr>
<td>No. of seminars</td>
<td>86</td>
</tr>
<tr>
<td>No. of participants</td>
<td>1912</td>
</tr>
<tr>
<td>STUDY TOURS</td>
<td></td>
</tr>
<tr>
<td>No. of study tours</td>
<td>12</td>
</tr>
<tr>
<td>No. of participants</td>
<td>87</td>
</tr>
<tr>
<td>MEETINGS</td>
<td></td>
</tr>
<tr>
<td>No. of meetings</td>
<td>40</td>
</tr>
<tr>
<td>No. of participants</td>
<td>2040</td>
</tr>
<tr>
<td>PARTICIPATION IN PROF. NETWORKS</td>
<td></td>
</tr>
<tr>
<td>No. of events</td>
<td>28</td>
</tr>
<tr>
<td>No. of participants</td>
<td>192</td>
</tr>
<tr>
<td>Total number of events</td>
<td>166</td>
</tr>
<tr>
<td>Total number of participants</td>
<td>4231</td>
</tr>
</tbody>
</table>

Target groups: policy makers, physicians, nurses, social workers, psychologists, police and prison staff, NGOs
Training topics

- Outreach
- Motivational interviewing
- Peer-driven interventions
- Pharmacotherapy of opioid dependence with methadone
- Rapid assessment and response
- HIV treatment
- Advocacy for harm reduction
- Risk reduction for drug users in prisons
- HIV testing
- ASI
Capacity building: Approach

- Needs assessment
- Quality
- Evaluation
- Sustainability
  - Selection of participants
  - Follow-up
  - Development of certified training programmes and materials
Training modules and guidelines

- Risk reduction education for prisoners
- Methadone maintenance therapy
- HIV testing and counselling
- Intervision
- Social work with IDUs
- UNODC/WHO/UNAIDS policy documents and toolkits on HIV prevention among IDUs and in prisons
## Information and education materials

<table>
<thead>
<tr>
<th>Audience</th>
<th>Number of publications</th>
<th>Number of printed units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Materials for service providers</td>
<td>17</td>
<td>67,600</td>
</tr>
<tr>
<td>Materials for IDUs</td>
<td>7</td>
<td>3,600</td>
</tr>
</tbody>
</table>
Objective 3: generate and share strategic information, lessons learned

- 26 assessments, studies
- Participation in expert meetings / conferences
- Project website
- Monitoring and evaluation
“Strategic information not always used to shape national response”

Mid-term evaluation about the situation in Lithuania
WHO: time in prison should not lead to infection with HIV and TB

New HIV infections in Lithuanian prisons
Reducing stigma and discrimination

Patient receiving daily dose of methadone
*Photo from UNODC Annual Report 2010*

Methadone clinic in Telšiai, Lithuania
Impact on HIV epidemic?
Newly diagnosed HIV cases per 100,000 population in Baltic states and EU average, 2006-2009