

Shanti's Annual Report Fiscal Year 2014 – 2015



On behalf of our clients, thank you for partnering with Shanti as we improve the quality of life, health and well-being of people living with life-threatening illnesses, including cancer, HIV, and Hepatitis C Virus.

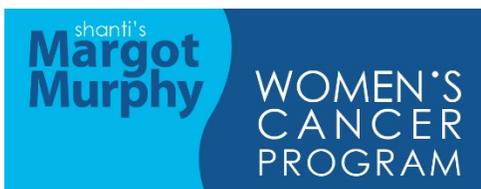
We are excited to share the news of Shanti's merger with one of our long-time community partners, Pets Are Wonderful Support (PAWS), which will better help us achieve our mission. PAWS was a San Francisco-based organization founded in 1987 to support people living with disabling illnesses and disabilities in caring for their pets. The newly-formed organization will retain the Shanti name, and PAWS has become a program of the merged organization. PAWS services will continue from its current location in the Mission District and Shanti has assumed ownership of the PAWS building, while maintaining our office location at 730 Polk Street. We look forward to sharing more about our merger over the next year.

We are pleased to report to you that during our last fiscal year ending June 30, 2015 (FY 2014-2015), Shanti provided services to 1,662 individuals with HIV, HCV, or cancer, with 1,501 from the San Francisco area and 161 from our national work presenting the L.I.F.E. Program workshops to PLWH. With the addition of PAWS clients, we will serve approximately 2,000 people in FY 2015-2016.



With your donations and grants, Shanti is able to provide clients emotional and practical support because they face their illnesses in isolation. Equally important, these clients need help navigating the health care system, as well as health education related to their illness.

The vast majority of our clients are very low-income, marginalized, and underserved, which makes Shanti's services part of their fragile safety net. Without our services, many of these clients would struggle to access treatment, fill out paperwork, schedule appointments, communicate with their doctor, access educational materials, get to medical appointments, or receive emotional support. The following is information about our programs.



SHANTI'S MARGOT MURPHY WOMEN'S CANCER PROGRAM

"I was amazed by my Care Navigator. She has so much information to share with me. She helped me so much. I have nothing to say rather than Shanti is awesome." Yvonne, a Margot Murphy Women's Cancer Program client

Shanti's Margot Murphy Women's Cancer Program (hereafter Women's Cancer Program) provided services to 485 clients last year, with 80% of program clients living at or below 200% of the Federal Poverty Level. Our Women's Cancer Program augments hospital-based care and reduces the barriers that underserved women face accessing, maintaining, and completing treatment. We offer Care Navigation, Health & Wellness Activities, and emotional/practical support to clients in this program.



Our Women’s Cancer Program was established in 2001 as a breast cancer program—we are very pleased to report that we now serve women with all cancers. During the last fiscal year, our program served 30 women with gynecologic cancers. These clients came to us as referrals from local partner hospitals and via word of mouth. Of these clients, 60% had Stage 3 or Stage 4 cancer. 35% have ovarian cancer, 33% have endometrial cancer, and 23% have cervical cancer. We have received excellent feedback from clients and partners about our expansion.

In FY 2014-2015, staff and volunteers: provided over 6,900 hours of direct care to clients; distributed 2,310 taxi vouchers for medical and critical social services appointments; and distributed 320 emergency grocery vouchers. During active treatment, when clients are engaged in Care Navigation, and throughout survivorship, we provide free Health & Wellness Activities to help our clients manage the effects of their illness. Last year, these activities included 65 workshops comprising nutrition classes (in Cantonese, Spanish, and English) facilitated by professional nutritionists, art therapy workshops, “health chats” offered in Cantonese, Spanish, and English, and weekly massage, reiki, and yoga. For many Shanti clients, Health & Wellness Activities provide the opportunity to emerge from isolation and enjoy community.

We are excited to report that our partnership with UCSF and BreastCancerTrials.org has yielded positive results. We are focused on improving how researchers in the cancer field can better educate underserved breast cancer patients and survivors about health research. Over the past year, we have begun to test the efficacy of the intervention among willing participants. This research study is funded by the California Breast Cancer Research Program and will continue through mid-2017.

HIV SERVICES PROGRAM

“I have been fortunate to have had a volunteer since 1994. Thinking back, I am sure being a client has significantly contributed to my being able to write this today.” Shurland, an HIV Services Program client

Shanti’s HIV Services Program provided services to 414 unique people living with HIV (PLWH) last year, including 79 new clients. We provided clients with over 13,000 hours of direct care to help them overcome obstacles to their health. The program serves the most disenfranchised and at-risk populations, including people who experience high rates of homelessness or are marginally housed. Many clients have multiple diagnoses related to mental health, substance use issues, or HCV, and a high number of clients are homebound due to physical limitations. Clients come from many at-risk communities such as PLWH who are 50 years or older, communities of color, and women (transgender and cisgender women). The program’s direct services include home visits to assess client health, advocacy with providers, and treatment adherence support.



Our Drop-in Center is open four days per week, with Fridays reserved for women only. Clients come in to talk with Care Navigators, Health Counselors, or Client Advocates, as well as to access resource materials, vouchers, or bus tokens. Our program includes treatment-centered educational workshops at least once per month, a weekly movie night, and weekly support groups that prioritize the following PLWH populations: 1) clients with intensive needs, 2) women, and 3) men of color. Our Activities desk

provides a variety of free tickets to events occurring throughout the Bay Area that our clients would otherwise be unable to afford.

We are pleased to share that our program now serves San Franciscans living with HCV (mono-infection). Our HIV Services Program initiated a pilot project where we will serve 15-35 people living with HCV in FY 15-16, depending on intensity of client needs. Specific services will include 1) treatment readiness, 2) support with treatment adherence, 3) client advocacy, 4) accompaniment to medical appointments, 5) practical and emotional support, and 6) referrals to other services. This is the first program of its kind in San Francisco, and we are very excited to provide this service to our community.

We also expanded our program to better serve aging adults living with HIV. New programming included a peer-planned dance event that attracted 80 people and four weekend-long retreats geared toward aging adults living with HIV and long-term survivors.



The Shanti L.I.F.E. Program®

L.I.F.E. PROGRAM® (LEARNING IMMUNE FUNCTION ENHANCEMENT)

“Attending the LIFE Program and having some place to go share the ups and downs of everyday life with other program participants has eased my depression and literally brought me out of my self-imposed isolation.” Jason, a L.I.F.E. Program client and Peer Facilitator

In FY 2014-2015, the L.I.F.E. Program served 706 PLWH, with 545 from the San Francisco area and 161 in other U.S. cities where we present the L.I.F.E. workshop. The L.I.F.E. Program is an effective HIV self-management program based on research in HIV treatment, prevention, health promotion, and self-management. The program’s goal is to significantly improve health outcomes for PLWH by providing knowledge, motivation, skills, and support necessary to maintain health-supportive routines.

In San Francisco, Shanti offers the L.I.F.E. Program in a variety of formats including individual health counseling, structured groups, and workshops. Last year, we conducted two L.I.F.E. Health workshops in English and two in Spanish, each comprising 3-hour sessions over 12-16 weeks. We offered one peer facilitator training for 22 new peer facilitators who are now trained to run workshops for PLWH. We also offered regular support sessions, which included L.I.F.E. Experience, Honoring Our Experience, L.I.F.E. Goes On (an HIV/HCV Co-Infection support group), and Yoga for HIV+ Health. These support sessions provided extended self-management tools to our clients who chose to attend, and focus on unique issues faced by our clients.

The L.I.F.E. Program supports underserved and diverse populations with a culturally and linguistically relevant program designed to best meet the needs of its clients. In FY 2014-2015, the program was replicated and implemented in community-based organizations, hospitals, and medical clinics in nine national sites, including Missouri, Massachusetts, Louisiana, Florida, and South Carolina. These efforts served 161 participants outside of San Francisco. Shanti provides each site with curriculum development, facilitator training, technical assistance, and outcomes evaluation. Since 2004, over 5,000 individuals have completed the 12-16 week L.I.F.E. workshop for PLWH in San Francisco and the rest of the country.

VOLUNTEER SERVICES PROGRAM

“I’m glad to see my client get through some tough challenges he faced in the last year and continue to look at life positively.” Vijay, a Volunteer for an HIV Services Program client

In FY 2014-2015, 129 Volunteer Caregivers provided one-on-one emotional and practical support to clients; they donated 9,367 hours of time, valued at \$210,289. We hosted three volunteer trainings last fiscal year, attended by 68 people.



The Volunteer Training is designed to train volunteers to provide high levels of psychosocial support. The training takes place over several days for a total of 24 hours of experiential learning. This includes the use of interactive activities, presentations, and discussions. Topics covered in the training are HIV 101, breast cancer 101, issues of diversity and cultural humility, self-care, boundaries, the Shanti Model of Peer Support™, building quality relationships, suicidal ideation, clinical issues, psychosocial issues, the harm reduction model, and loss/grief.

Once Volunteer Caregivers are trained and matched with clients, they provide emotional and practical support to clients in need. The emotional support given to clients is very important, as clients are often isolated from family members or may have cultural barriers to asking for help from those around them. Volunteer Caregivers provide emotional support with supportive listening, conversations, and companionship.

The critically needed practical support given to clients is also very important as many clients are physically too weak to take care of their ongoing needs due to poor health and medication side effects. Volunteer Caregivers assist with day-to-day activities such as laundry, cooking, pet care, grocery shopping, light housecleaning, childcare, accompaniment to purchase medical supplies, accompaniment to medical appointments, translation/interpretation, navigating the internet to obtain information related to their health, and recreational outings. The Volunteer Services Program also supports the many beneficiary events in which Shanti participates, including the San Francisco AIDS Walk and Folsom Street Events; 252 people served as (non-Volunteer Caregivers) volunteers throughout the organization.

CANCER SUPPORT GROUP

In FY 2014-2015, Shanti's Cancer Support Group, "Jeffrey's Place," served 57 gay/bisexual men with a cancer diagnosis, treatment, or in survivorship. Cancer is a co-morbidity that occurs increasingly among aging PLWH, though one does not need be HIV-positive to participate in the group. Half of the men served have dual diagnoses with HIV and cancer, and all who have dual diagnoses had a minimum of three different types of cancer. The group meets the 1st and 3rd Thursday each month with yoga on Tuesdays.



COMMUNITY SUPPORT PROGRAM

This public policy body provides management, evaluation, policy analysis, needs assessment, administrative support, and training to council members of the San Francisco HIV Health Services Planning Council. This group is mandated by Congress and the Health Resources and Services Administration to determine the prioritization of HIV service categories and the allocation of Ryan White resources to the San Mateo, Marin and San Francisco). In 2015, Planning Council staff members conducted two needs assessments on 1) African American and 2) Asians or Pacific Islander PLWH. The needs assessments found that top priorities for both groups included primary medical and mental health care. Other high priority service needs were psychosocial, housing, dental, and food assistance services.

The needs assessments surveyed over 100 PLWH, with the collaboration of API Wellness Center, the African American Center of Excellence, and Black Brothers Esteem.

PRIMARY FUNDING SOURCES

During FY 2014-2015, Shanti's major non-governmental funders included the following: Gilead Sciences and Foundation: \$175,000; Genentech Foundation: \$100,000; Avon Foundation: \$75,000; and Love from Margot Foundation: \$75,000. Our government funding is distributed by the City and County of San Francisco (subcontracted through the San Francisco AIDS Foundation and San Francisco General Hospital) and the San Francisco Department of Public Health (Ryan White Part A and Women's Prevention Services funding). Together these contracts provided a total of \$1,474,982. Other revenue included service fees through the national L.I.F.E. Program contracts, which totaled \$57,482.

We are also pleased to acknowledge a generous bequest from the estate of Charles B. Jones. We look forward to sharing more about this bequest in an upcoming organizational newsletter.

ORGANIZATIONAL SYNOPSIS

FY 2014-2015 has proven to be a positive year for events produced by Shanti. We were able to sustain healthy event revenue after our 40th Anniversary gala. We are glad to share that organizational growth and diversification of our services over the past few years has greatly helped us build sustainability: since FY 2011-2012, our organizational budget for expenses has increased by 41%. We are embracing further growth this year as we integrate our services with those of PAWS via our merger. This places us in a great position to strengthen our donor programs, events, and grants fundraising in the next year. Thank you for partnering with us to serve people with life threatening illnesses and disabilities.

THANK YOU FOR YOUR SUPPORT!

