

Shanti's Annual Report Fiscal Year 2009 - 2010

Shanti's mission is to enhance the quality of life, health and well-being of disenfranchised and underserved women and men living with life-threatening illnesses. In FY 2009-2010, Shanti provided direct services to over 2,400 San Franciscans with breast cancer or HIV/AIDS. This report outlines our achievements and changes during our last fiscal year ending 30 June, 2010.

Overview of Program Achievements

All of Shanti's programs strive to eliminate disparities in the delivery of health services and to improve the health and well being of challenged, at-risk and underserved communities. Our clients include women and those of trans experience, communities of color, seniors, the homeless and marginally housed and those with a dual or triple diagnosis with mental health and/or substance use issues in addition to their positive HIV or breast cancer diagnosis. Shanti's services are offered through the following programs:

The L.I.F.E. Program® (Learning Immune Function Enhancement)

In FY09-10, the Shanti L.I.F.E. Program® served over 1000 clients in San Francisco, and another 500 clients nationally. In San Francisco, L.I.F.E.® is offered in a variety of formats including individual health counseling and structured groups and workshops. In FY 09-10, L.I.F.E.® offered 933 individual health counseling sessions; 103 workshops; and over 1000 hours of outreach, client health education and provider education.

L.I.F.E.® targets underserved populations, and is culturally and linguistically relevant to its clients. Women's L.I.F.E.®, a program which began in March 2009, continues today. Shanti brings L.I.F.E. to a number of other communities through collaborations with Clinica Esperanza, Black Brothers Esteem/San Francisco AIDS Foundation and Our Love/Stop AIDS Project.

L.I.F.E.® is currently run with a variety of client populations in community-based organizations (CBOs), hospitals, and medical clinics in 18 cities, including St Louis, Boston, and Ft. Lauderdale. In FY09-10, Shanti launched L.I.F.E. in two new sites, New Orleans, and Chicago. Shanti provides each site with curriculum development, facilitator training, technical assistance, and outcomes evaluation. Since 2004, over 3000 individuals nationally have completed L.I.F.E.®.

In response to the rise of hepatitis C co-infection among people living with HIV (PLH) we are now sponsoring co-infection support groups. We are one of the only providers of this service and hold a drop-in support group at Sr. Mary Philippa Health Center's HIV Clinic at St. Mary's Medical Center, and an "acute survivor" group in the Castro neighborhood.

Cancer Support Group

In 2009 Shanti introduced San Francisco's first support group for gay and bi-sexual men with a cancer diagnosis. Cancer is a co-morbidity that is occurring increasingly within the aging HIV + population, though one does not need be HIV+ to participate in the group. This support group has been well-received and has recently added a yoga class that is tailored for the participants.

HIV Services Program

Our HIV Direct Services Program served over 900 clients in FY09-10. This Program creates a vital link between care providers and some of San Francisco's most disenfranchised and at-risk populations: the dually and triply diagnosed (with mental health and/or substance use issues), the homeless, the

homebound, and the aging population. Communities of color and women (including the transgendered population) are also targeted within this program.

Shanti HIV Services is an entry point for many newly-diagnosed individuals. The program improves access to care through our peer advocates who offer services at Shanti and at St. Mary's Medical Center thus providing a mobile resource to long-standing, new, and potential clients. We also collaborate with Westside Community Services to provide integrated case management. In addition to serving clients in formal settings, staff serves clients in their homes. Our peer support program is the City of San Francisco's oldest HIV-centered volunteer peer support program, one that has remained vital and health-affirming despite the many changes and shifts that have occurred over the course of the epidemic.

We offer a Drop-in Center, Care Navigation and an Activities program, which provides free tickets to concerts, theatre, sporting events and other activities to provide clients with the opportunity to stay active and engaged with their community.

Community Support Program

This program provides management, evaluation, policy analysis, needs assessment, administrative support and training to council members of the San Francisco EMA (Eligible Metropolitan Area) HIV Health Services Planning Council. This body is mandated by the U.S. Congress to determine the size and demographics of the population of individuals with HIV in the three county area and the needs of this population.

LifeLines Breast Cancer Program

LifeLines served approximately 450 women in FY 09-10, an 11% increase in the total number of clients compared to the previous year --- a continuation of a dramatic climb in client numbers that started almost two years ago. Despite the increase, we have not turned away a single person, have continued to meet our program objectives without increasing our staff and we continue to have positive responses from clients. The majority of our clients are immigrants, typically over the age of 50, facing significant practical and psychosocial challenges. Without LifeLines, many of these women would struggle to fill out paperwork, schedule appointments, understand their doctor, access educational materials, get to medical appointments or receive emotional support.

In January 2010, LifeLines launched a pilot collaboration with South East Health Center's Mobile Mammogram Program to support screening outreach efforts to monolingual Cantonese speaking residents of the Bayview/Hunter's Point community. To date, LifeLines staff have successfully reached out to and scheduled free mammography appointments for at least 10 monolingual Cantonese-speakers each month.

As a testament to our program's efficacy, on average, our breast cancer clients' survivorship rates are 12% higher than the national average for African American, Asian and Hispanic/Latina women as published by the American Cancer Society (2009). Our success is due to our multi-faceted approach, which includes multi-lingual and culturally appropriate Care Navigation, Volunteer Peer Support and Wellness programming.

Volunteer Services Program

Shanti Volunteers donated over 20,000 hours of their time in FY09-10. Many of our clients are serious ill, and isolated, and their Volunteer Caregiver represents the difference between having one person or having no one that can be in their life as a source of compassionate and non-judgmental support.

Shanti staff and volunteers facilitated four Volunteer Trainings to over 100 participants during the last year. This fiscal year, if we are able to secure additional funding, we will add a fifth training so that we

can meet the needs of our clients who are waiting to be matched with Volunteer Caregivers. Currently we have 250 volunteers, of which 100 are Volunteer Caregivers.

Primary Funding Sources

Shanti receives non-governmental funding from the following sources: Avon Foundation for Women: \$100,000, Genentech Foundation: \$80,000, San Francisco Affiliate of Susan G. Komen for the Cure: \$46,758, Amgen Foundation: \$20,000, San Francisco Foundation: \$37,918, Cisco Systems Foundation: \$15,000, San Francisco AIDS Foundation: \$15,000 and the Silva Watson Moonwalk Fund: \$10,000 among others. Governmental funders include the San Francisco Department of Public Health and the Mayor's Office of Housing, Community Development.

Organizational Synopsis

Though the difficult funding environment combined with client increases over the past 12 months have proved challenging for us, we continue to grow and flourish as an organization. We have added nine new members to our board of directors including a newly appointed board chair. Our new and much improved website was also launched in July (please see: www.shanti.org). We owe our achievements to exceptional leadership, mission-driven staff and over 250 exemplary volunteers.

Over the past year, our individual support grew by 7%, which is a testament to the generosity of our supporters in the community and their appreciation for the value of our services. Shanti's 35th Anniversary Event and our 2010 Annual Event were great successes and true occasions to increase our visibility and connect with new members of the community. We have increased and diversified our funding and our committed team has allowed us to provide high levels of service to our clients, who often have nowhere else to turn.

Unrestricted funding is incredibly valuable to Shanti because it supports critical organizational needs. We are able to meet our goals with the support of both institutional and individual donors like you. On behalf of our clients, we thank you for your commitment to supporting our programs. We are hopeful that we can continue our valuable partnership.