



DECOLONIZING MEDICINE 2022

Centering and Rebuilding
Grounded Approaches
to Healthcare

Financial Disclosure:

Selena Chan, Christopher Gilbert,
Tammy Kremer, Liz Stumm, and
Eric Sutter have no relationships
with financial or commercial
interests to disclose.

Sharing Humanity through Arts, Reflection, and Expression for Integrative Health Equity



Osher Center for
Integrative Health



Selena Chan, DO

Associate Director of Clinical Programs
PI/Program Director, Integrative Psychiatrist, SHARE

Christopher Gilbert, PhD

Biofeedback Psychologist, SHARE

Tammy Kremer, MA

Public Health Communications Specialist
Teaching Artist, SHARE

Liz Stumm, MPH

Director of Community Partnerships and
Program Evaluation, HIV Programs
Program and Research Coordinator, SHARE

Eric Sutter

Senior Director of Programs
Community Engagement Chair, SHARE

Experiential

3-minute movement
in chairs a la
Theater of the
Oppressed





SHARE facilitates experiences to inspire connection to humanity, inner resources, and community through non-verbal forms of expression (e.g., mind-body awareness, storytelling, visual arts, mindful/playful movement, biofeedback, reflection on music and film clips)





Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Artists and culture-bearers are often trusted community members.

They connect with people in trusted places and in ways that can resonate more deeply than traditional public health communication.

“The wide range of cultural identities, traditions, and creative expressions that exist in communities. Art forms such as: music, dance, spoken word, painting, and theater, as well as graphic design, culinary arts, spiritual practices, and celebrations of local places and histories.”





love heals.

Eric Sutter
Senior Director of Programs

Liz Stumm, MPH
Director of Community
Partnerships and Program
Evaluation, HIV Programs





Liz

What I bring to SHARE:

- Empathy
- Open communication
- Familiarity

SHARE roles:

- Program/Research Coordinator

Shanti roles:

- Director of Community Partnerships and Program Evaluation, HIV Programs





**SHANTI IS A PIONEERING NONPROFIT THAT
BUILDS HUMAN CONNECTIONS TO REDUCE
ISOLATION, ENHANCE HEALTH AND WELL-BEING,
AND IMPROVE QUALITY OF LIFE.**

We believe that meaningful relationships are essential for navigating life's most difficult challenges. Every day, we ease the suffering that can accompany isolation or illness and combat it through the power of personal connection.

IN FISCAL YEAR
2020-2021

4,000+

San Franciscans
received
compassionate
care, community,
and connection
with Shanti

1,000+

People
volunteered
more than
28,000 hours
of time

Shanti's History

1974: Under the leadership of Dr. Charles Garfield, the first Shanti peer support volunteers are trained to be a consistent and compassionate presence at the bedside of patients in the UCSF cancer ward.

1980: The UCSF cancer ward begins to fill with patients with what would later be known as AIDS-related opportunistic infections. Dr. Garfield and Shanti are asked to shift their focus to care for people who, in those days, were dying of this new disease.

November 1, 1981: Shanti begins the first peer support groups for San Franciscans with AIDS.

2001: Shanti expands services and launches the LifeLines Breast Cancer Program.

2015: Pets Are Wonderful Support (PAWS), merges into the Shanti Project to ensure long-term sustainability.

2015: Shanti expands its services to treat women diagnosed with any type of cancer.

2016: Shanti launches the LGBTQ Aging and Abilities Support Network (LAASN), providing support to reduce isolation among marginalized LGBTQ seniors and LGBTQ adults with disabilities.



HIV PROGRAMS

Our HIV Programs exist to ensure that the most underserved people living with HIV and/or Hepatitis C Virus (HCV) in San Francisco receive the support they need to feel empowered and worthy, so they are better able to manage all aspects of their health.

Our continuum of HIV services allows individuals to connect with one another and access much needed resources, such as medical and mental health care, housing support, food and nutrition, counselling, and more. Services include:

- Care Navigation
- Client Advocacy
- Emotional Support
- Health Education
- Support Groups
- Volunteer Support

Rooted in compassion, our programs offer nonjudgmental support and harm-reduction strategies, affirming each client's sense of agency about their well-being.

312 People received services

7,642 Hours of direct care

100% People living with very low income

47% People of color

76% Identify as LGBTQ+

79 People living with HIV and HCV

91% Clients surveyed who feel Shanti's programs and services match what they need

MARGOT MURPHY WOMEN'S CANCER PROGRAM

Shanti's Margot Murphy Women's Cancer Program offers services to mitigate the barriers women face after a cancer diagnosis.

Our program augments clinical care and reduces the social, economic, linguistic, and cultural barriers that underserved women face accessing, maintaining, and completing treatment and transitioning into survivorship. We provide multilingual and culturally competent services, including:

- Patient Advocacy
- Language Interpretation
- Application Support for Safety Net Resources (e.g. emergency funds for housing and food)
- Appointment Accompaniment
- Transportation Assistance
- Health, Wellness, and Survivorship Activities

When women diagnosed with cancer are genuinely seen and supported, they gain a sense of empowerment about their treatment and their lives.

581

People received services

4,205

Hours of direct care

88%

People living with very low income

~2/3

Women of color

56%

Women who speak a primary language other than English

87%

Clients surveyed who feel that Shanti has improved their quality of life

LGBTQ+ AGING & ABILITIES SUPPORT NETWORK (LAASN)

Social isolation affects many LGBTQ+ older adults and adults with disabilities as they deal with stigma, discrimination, and lack of community in their daily lives. As a result, they are at risk of falling into depression and further into isolation—conditions that are proven to decrease overall health outcomes.

LAASN provides compassionate supportive services that address social isolation as well as emotional, behavioral, and health challenges faced by lesbian, gay, bisexual, transgender, and queer older adults and adults with disabilities. Services include:

- Care Navigation
- Client Advocacy
- Peer Support Groups
- Supportive Programming
- Volunteer Support

When LGBTQ+ older adults and individuals with disabilities are recognized and supported for who they truly are, they feel valued and empowered to vibrantly contribute to their community.

100 People received services

3,485 Hours of direct care

100% People living with very low income

96% People who live alone

75 People living with a mental and/or physical disability

86 People aged 60+

The Shanti Model of Peer Support



Peer Support

- We define a *peer* as someone who is not necessarily like us in obvious ways, but someone we share a basic humanity with; someone with whom we are equals.
- All people share universal human experiences.
- **By virtue of this shared humanity, we are all peers.**

Values

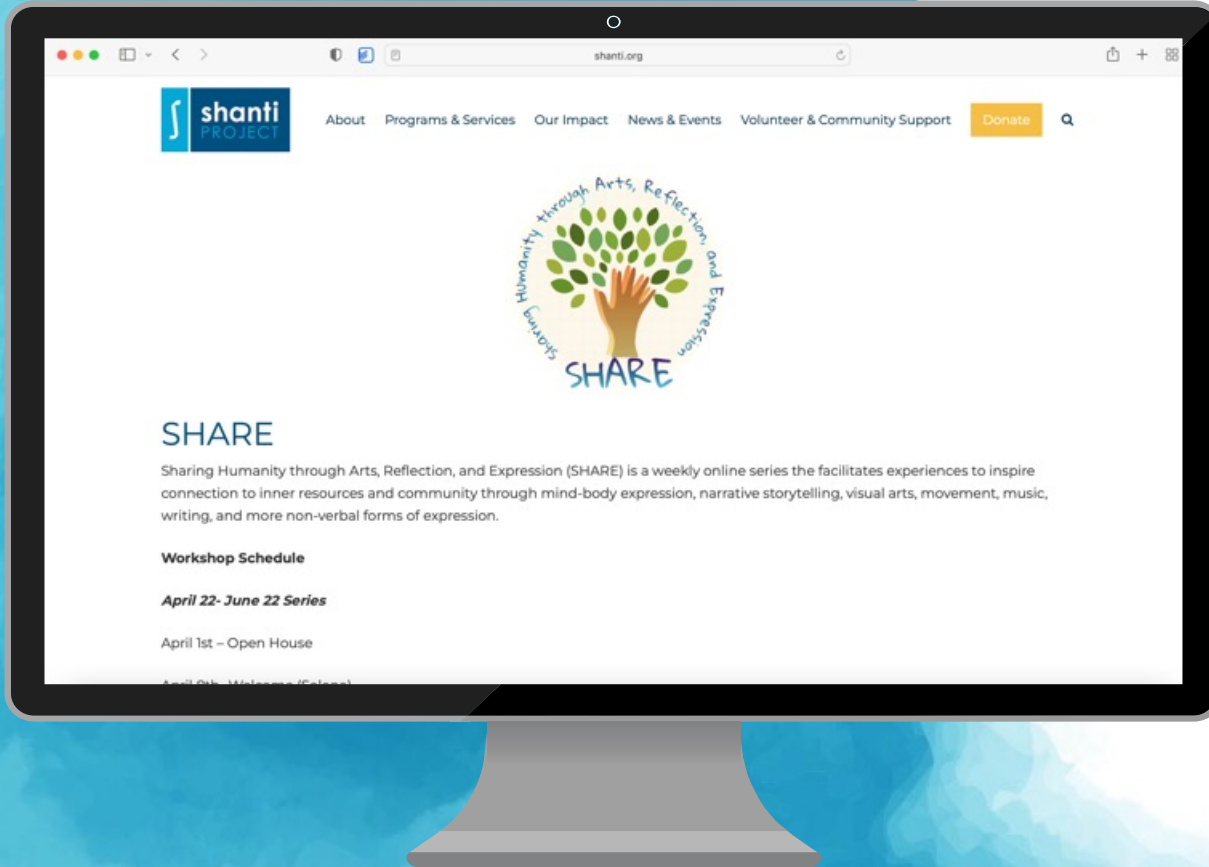
- Mutual respect
- Positive regard
- Empowerment of the client
- Genuineness
- Acceptance of differences
- Empathy
- Intention to be of service

Techniques and Activities

- Listening from the heart
- Speaking from the heart
- Acting from the heart in service to another person

www.shanti.org/SHARE

Open-source content:
Recap of weekly sessions and resources for all



Non-profit organization and public academic
medical center mission statements

UCSF

Osher Center for
Integrative Health

Nurture health and
inspire well-being
in all people



Build human connections to
reduce isolation, enhance
health and well-being, and
improve quality of life.

“A welcoming atmosphere
that encourages different
ways of expression and
community-building.”

- SHARE participant

“When people share a vulnerable part of themselves, it opens trust for others to share, ultimately strengthening a sense of community. That's what I'm all about.”

- SHARE participant



Selena

What I bring to SHARE:

1. Learning what each person's finds meaningful for well-being and why
2. Connecting resources + people
3. Visual storytelling and metaphors

SHARE Roles:

- PI/Program Director
- Lead Facilitator

UCSF Osher Center Roles:

- Associate Director of Clinical Programs
- Integrative Psychiatrist
- Assistant Professor





UCSF Osher Center for Integrative Health



UPMC
LIFE CHANGING MEDICINE
Center for Integrative Medicine



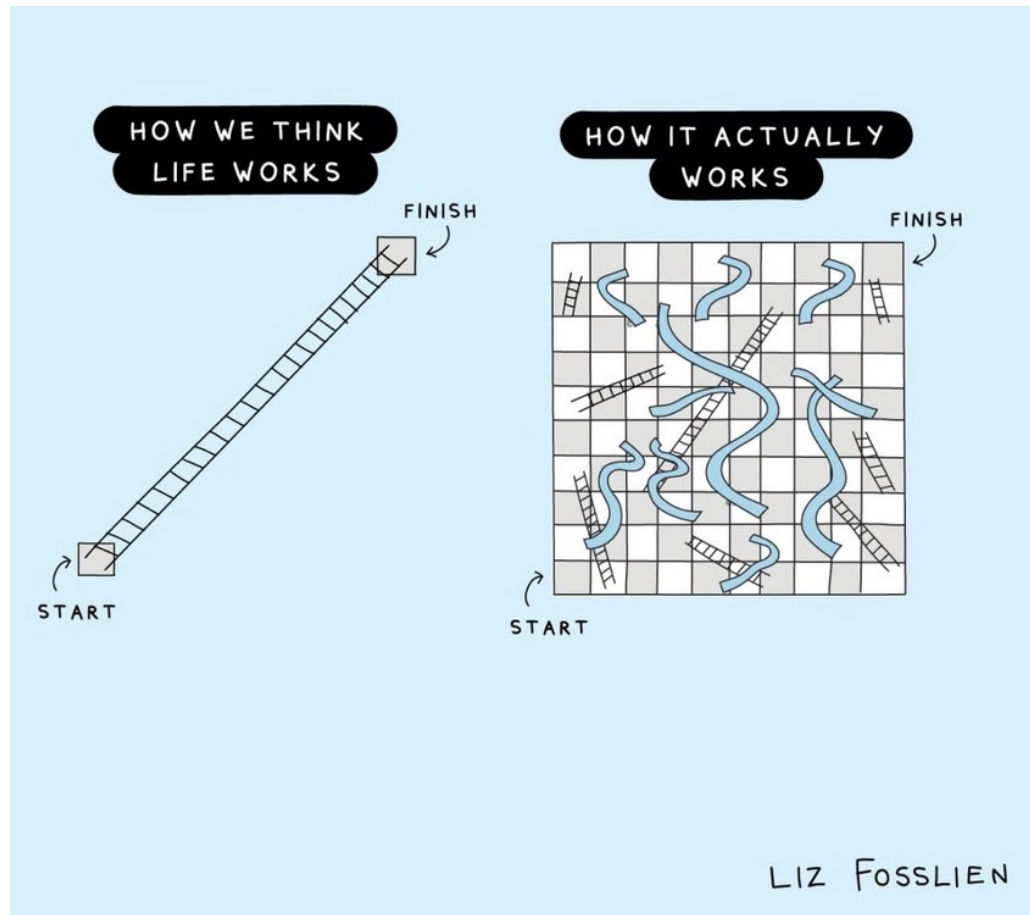
THE UNIVERSITY OF ARIZONA
Andrew Weil Center for Integrative Medicine



MIDWESTERN UNIVERSITY
Tomorrow's Healthcare Team

Point of Reference, Definition of Health and Wellbeing: East-West? Individual-Collective?

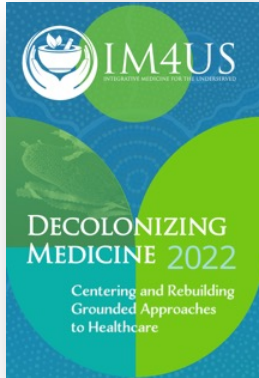
SHARE Development: Birth out of COVID-19 Pandemic



They're also human? In another light
(or BBC broadcast live-streamed
from home) we experience new
dimensions of a whole person



Coming Full Circle: When we dedicate space for meaningful connection, what could blossom?



Selena

Tammy

- March 2020:** Shelter-in-Place
- Switch to Telehealth
 - Begin weekly, drop-in group
 - Connect w/ metaphors



Chris

Fall-Winter 2020: MZHF Community-Campus Partnership Award



Spring 2021: Osher Center trio learn Shanti culture and traditions through formal training, meet w/ Shanti program directors.

Summer 2021: SHARE leads Shanti staff wellness retreats. First-hand experience to co-develop client series.



Eric

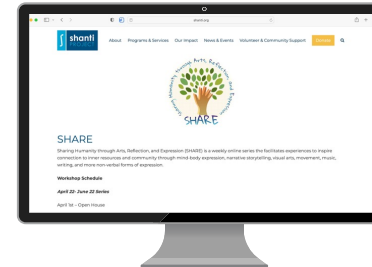


Liz

Fall 2021: Liz (Staff series) joins SHARE leadership and becomes core liaison for clients, staff programs, and resource website

Winter 2021: Continue free weekly client series. Hooray! Granted 2nd year Community + Mount Zion Award

Spring 2022: Continue free weekly online series for Shanti clients + Begin staff wellbeing retreats Total of 1 full staff series + 10 staff retreats (in-person + online)



Summer-Fall 2022
Scale model via conferences: Academic Consortium Work/Play-shop (Phoenix, Arizona) + IM4US (Online). Free, Open-Source resource toolkit and website for staff, clients, and our integrative community:
<https://shanti.org/SHARE>

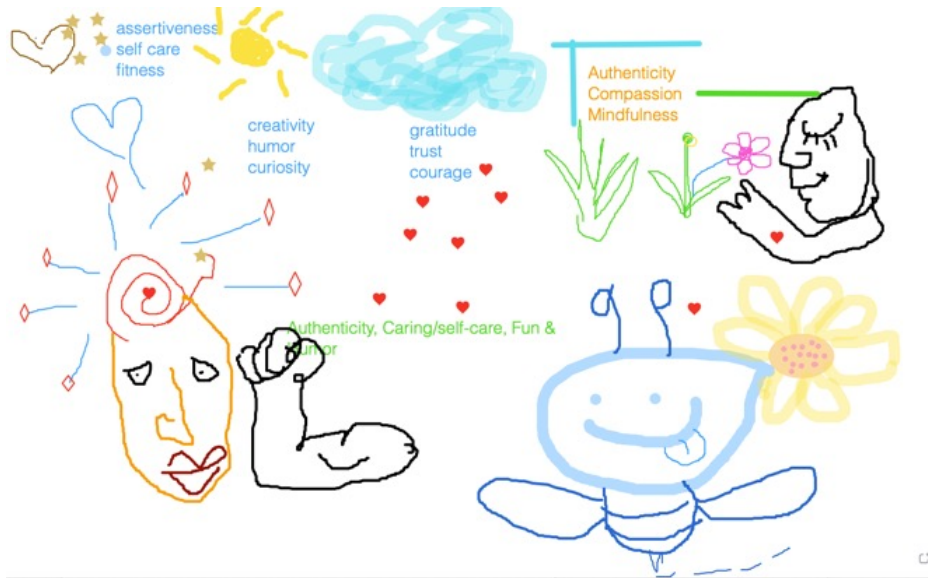
Summer -Fall 2022:
Pivot to "mobile"
SHARE, meet groups in multiple settings and locations (in-person, virtual, and w/ translator)

SHARE-ing Values



Equity , and efforts to dismantle racism/oppression.	Equity	Center Social Justice and Racial Equity	Social Justice (Tikkun Olam)
Health care is a right.	Compassion	Cultivate Compassion	Compassion (Raḥamim)
Optimal health care addresses: <ul style="list-style-type: none"> • Mind, body, and spirit • Focuses on wellness as much as on treating disease • We integrate diverse health care modalities and disciplines. • Social determinants of health must be addressed. 	Whole-person care	Champion differences Honor human dignity	Innovation (Hidush) Support clinical, research, and educational programs that advance new standards of prevention, screening, diagnosis, treatment of illness, and promotion of health and wellbeing.
Underserved patients and those providing their care need unique kinds of support.	Empowerment Focus on Wellness	Support unconditionally	Education and Leadership (Limud u'Manhigut) Empower the next generation of health leaders at UCSF Mount Zion and across San Francisco. Service (Avodah)
Collaboration and <i>sharing</i> <ul style="list-style-type: none"> • Improves patient outcomes • Inspires providers to remain whole-heartedly engaged. 	Collaboration	Take care of each other	Community Building (Kehilah)

Getting on the same page to bring together viewpoints
Immersive view. Drawing together on whiteboard.

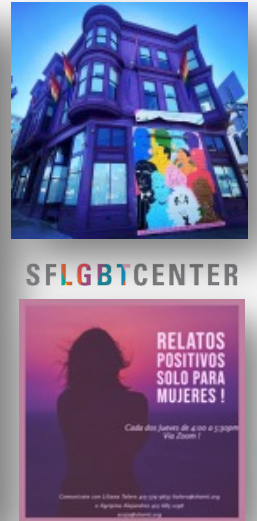
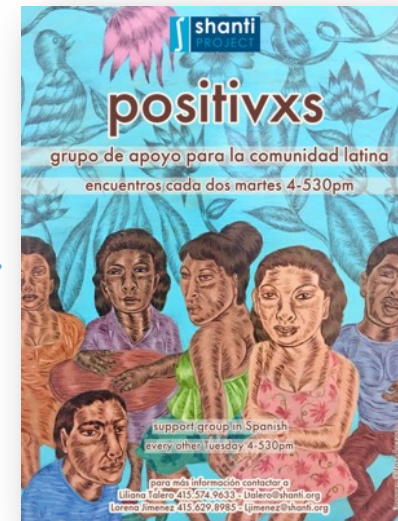


Integrating dimensions: remote, hybrid, in-person, and role/locations transitions

2020
Online-Only

2021
Online > In-Person
Connect through Care Navigators

2022
In-Person + Online





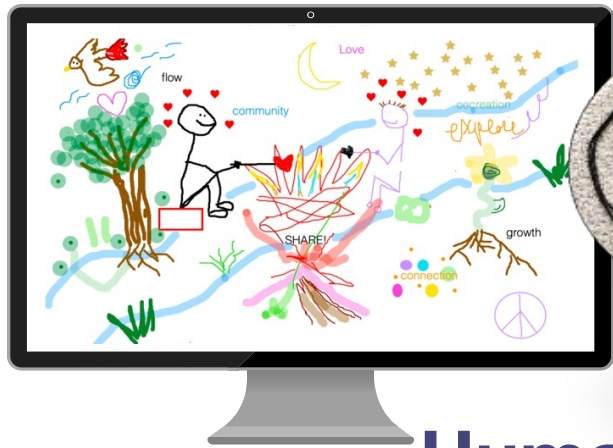
“Integrative health is all about bringing diverse ideas and perspectives together, in the research realm as well as in clinical practice.”

— Helene M. Langevin, M.D., Director, NCCIH

SHARE aims to promote social inclusion by strengthening individual and community wellbeing:

- We invite participants to share aspects of their unique identities, experiences, strengths, and viewpoints.
- We partner with each person to find creative ways to meet them where they are, with inclusivity of **nonverbal forms of communication**





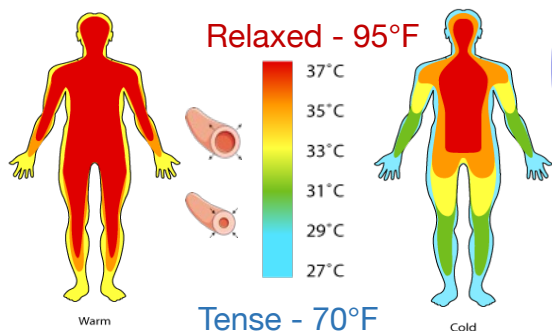
Arts

Collective drawing on one canvas, building story together. Multiple ways of creating sensory terrariums, puppets, use of toolkit



Humanity

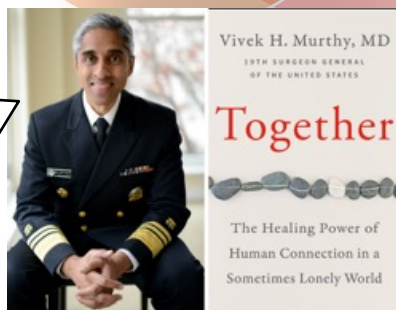
Shanti is Sanskrit for "Inner Peace."
Peace of mind, peace of body, warm hands.



Tense - 70°F

Sharing

"Empathy is ... recognizing that the **same humanity** - the same desire for meaning, fulfillment, and security - exists in each of us, **even if it's expressed uniquely.**"



Reflection



One question related to universal themes in humanity in 10-minute studio time → personal insights and way of self-care

Expression



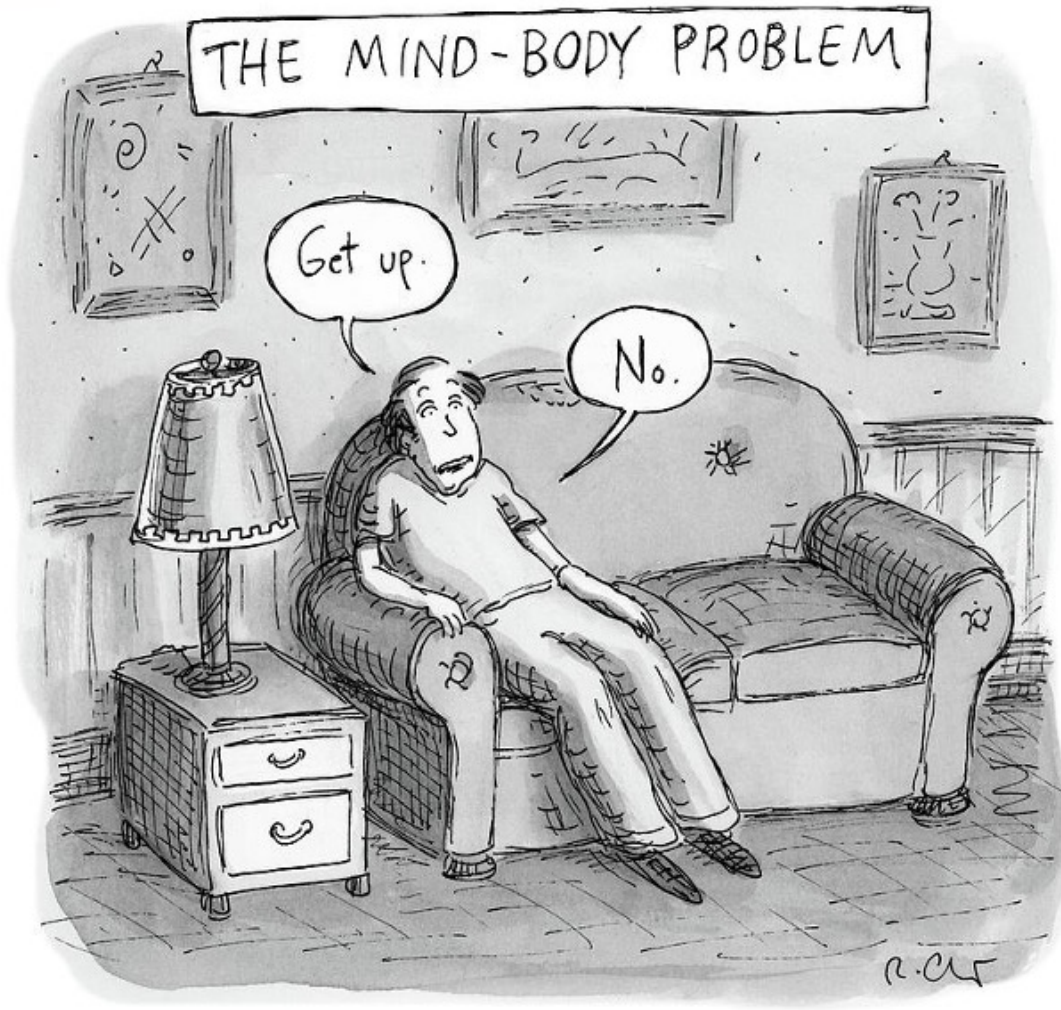
One picture → personal interpretations
"Worms. Not a pleasant thing to look at!"
"Choice. One flower is awake, one flower is asleep."
"Contrast. Violates background - different color."
"Adaptability. They give way to avoid snapping."
"Resiliency. Ice plants grow anywhere."

Dialogue (verbal, non-verbal) while positioned around a campfire
...or IM4US/Academic Consortium conference, a staff retreat, a biofeedback thermometer, a picture, puppet-making, creating a mini-garden/sensory terrarium, movement in group, etc.

Bányai István. (1998). *Zoom*. Puffin Books.



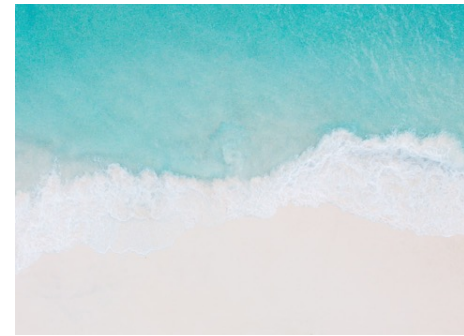




Bio-feedback

Expression of present mind-body state

Requires **Reflection**. Skills-building practice is an **Art**.



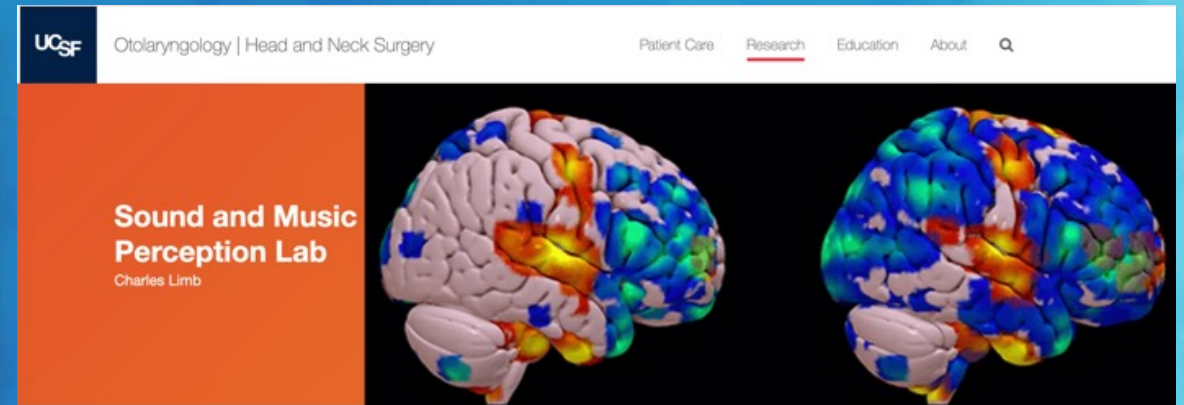
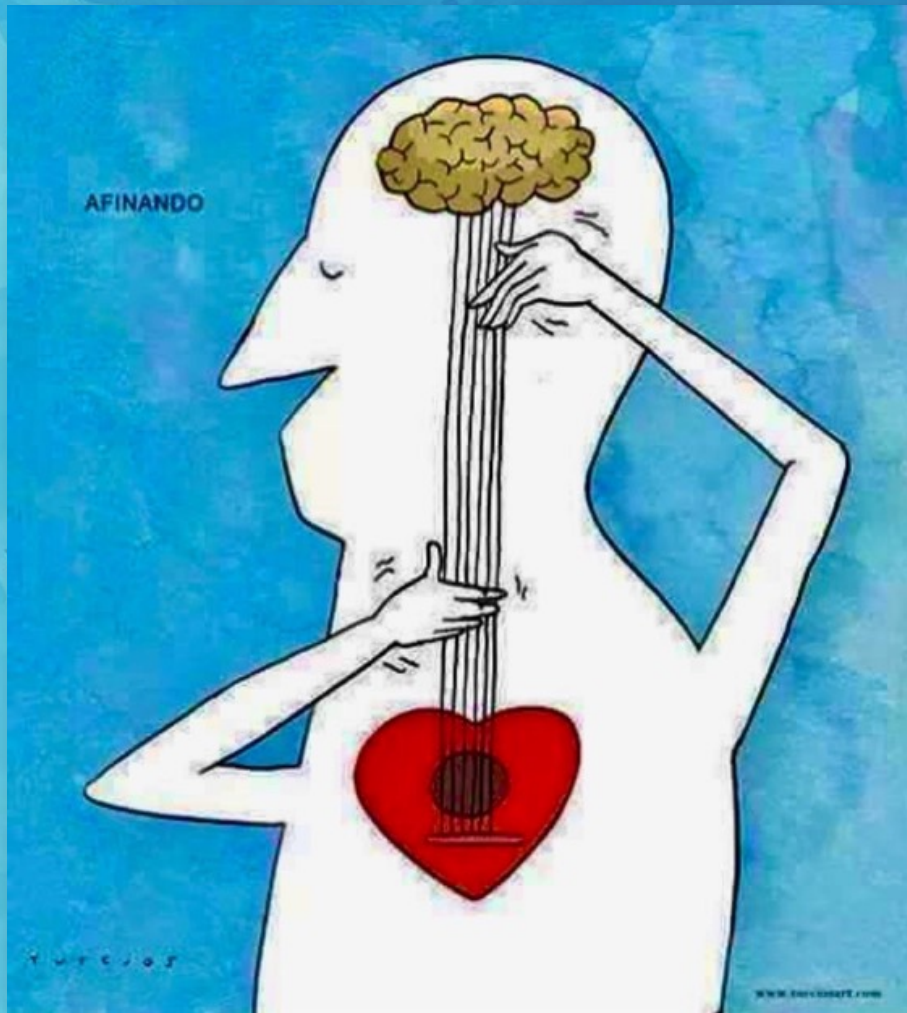
Voluntary, conscious: "I breathe"

Breathing

Involuntary "I am being breathed"



Frontal cortex deactivated by improv and spontaneity:
e.g., singing, improv, dance, drumming, laughter, martial arts, expressive therapies



“It's not just something that happens in clubs and jazz bars. It's actually maybe the most **fundamental form of what it means to be human** –to come up with a new idea.



Charles Limb, MD

Chief, Division of Otology, Neurotology and Skull Base Surgery
Professor of Otolaryngology

<https://ohns.ucsf.edu/limb-lab>



Rubin, P. (2019, March 16). *How does music affect your brain? every way imaginable*. Wired. <https://www.wired.com/story/tech-effects-how-does-music-affect-your-brain/>

Thank you all!

We are grateful for the opportunity to create meaningful human-to-human connections and community.



IM4US
INTEGRATIVE MEDICINE FOR THE UNDERSERVED

**DECOLONIZING
MEDICINE:** Centering and Rebuilding
Grounded Approaches
to Healthcare
OCTOBER 6-8, 2022



MOUNT ZION HEALTH FUND
resources for a healthy community





Eric

What I bring to SHARE:

- Openness
- Flexibility
- Cross-cultural translation

SHARE Roles:

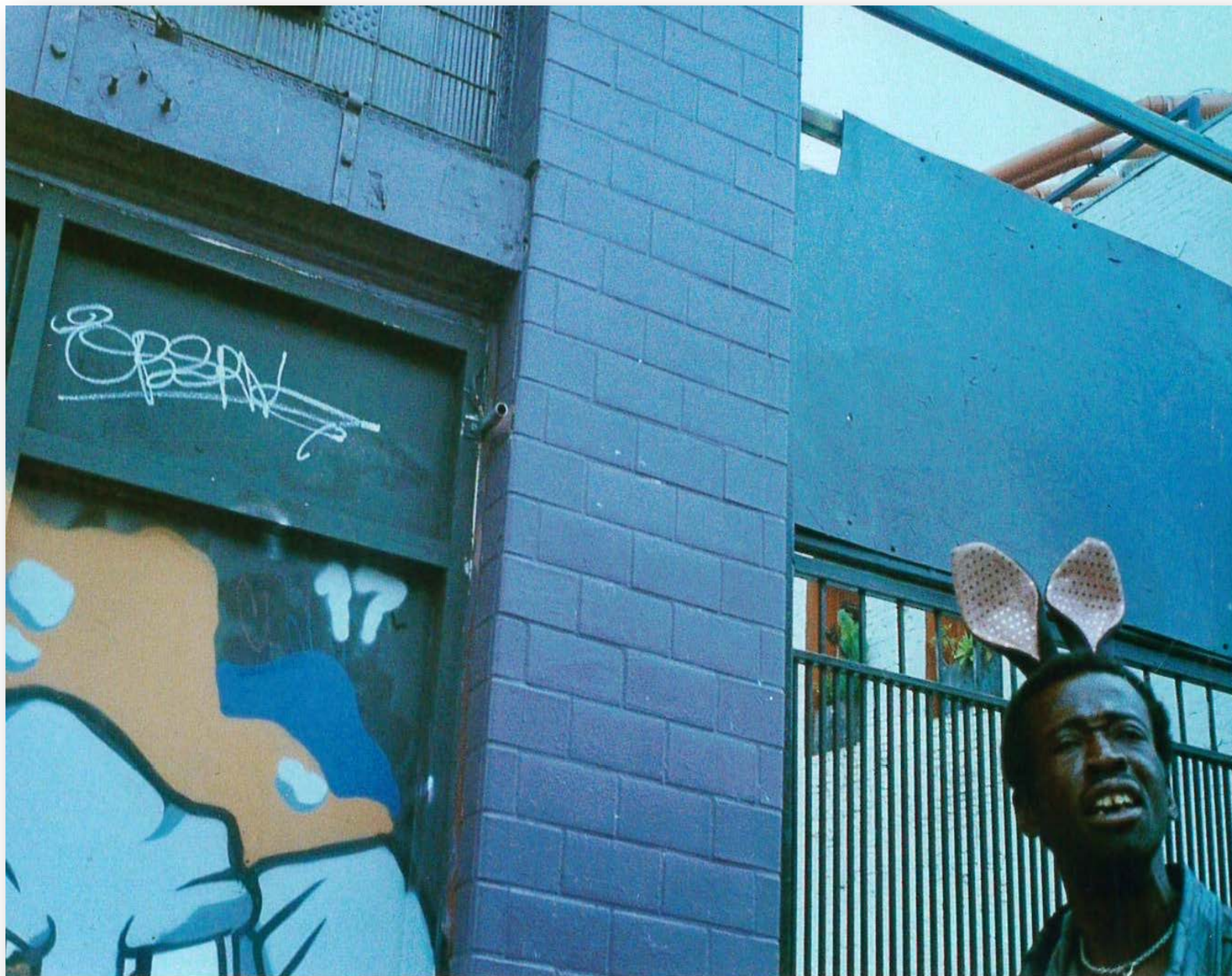
- Chair, Community Engagement

Shanti Project Roles:

- Senior Director of Programs







COVID-19 Pandemic: Impact on Shanti Community

In collectively experiencing a global health crisis and divide – building human connections has been critical.

Many of Shanti's clients were already socially isolated before the pandemic:

- Stigma, discrimination, lack of familial acceptance
- Staff acknowledged provision of emotional support as a key aspect of essential service delivery.

Additionally, Shanti staff were separated from each other in previously unthinkable ways.



love heals.

First Pilot for Shanti Staff

Cross-sector, interdisciplinary space for staff in diverse roles unique for Shanti:

- Accounting managers
- Care navigators
- Case managers
- Database associates
- Development associates
- Executive leadership
- Program directors
- Program managers
- Special projects leaders
- Volunteer coordinators
- Wellness coordinators

Goals:

1. Build community across previously siloed programs
2. Personally experience SHARE
3. Expand on self-care practices
4. Collaborate on identifying current client needs
5. Shape development/continual adaptation of series

The success of the staff pilot was reflected in: staff independently decided to continue weekly meetings modeled after the SHARE format throughout the pandemic; Liz Stumm from the pilot series stepped into a SHARE leadership role



Year 1

- **Clients:** Weekly series (open empowerment community)
- **Staff:** Pilot Series



Year 2

- **Staff:** Quarterly wellness retreats, SHARE consultation
- **Clients:** “Mobile” SHARE facilitators into **established**
- **Alternating Staff/Client sessions**

The screenshot shows a website layout with six client spotlight cards arranged in a 3x2 grid. Each card includes a photograph of the client, a title, a short bio, and a 'Read more' button.

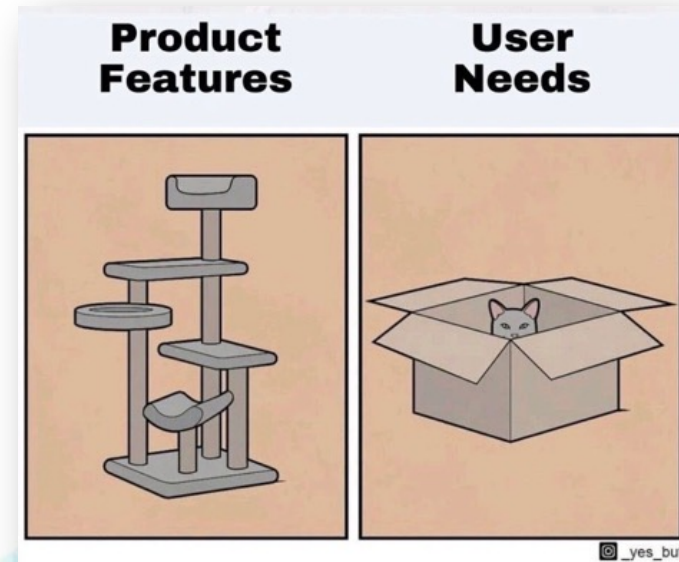
- Client Spotlight: Hulda**
Hulda became a client of Shanti in 1994, three years after she was diagnosed with HIV. At that time San... more
- Client Spotlight: Shirley**
Shirley is a 96-year-old woman who spends most of her time alone with her kitty in her condo she has... more
- Client Spotlight: Anil & Tango**
PAWS helps ensure Anil, a PAWS client of eight years, has the resources to care for his beloved dog, Tango... more
- Client Spotlight: Luisa**
My name is Luisa and have been a client of Shanti's Women's Cancer Program for more than eight years. I... more
- Client Spotlight: Alexandra & Otis**
Otis is a 13-year-old white and tan Jack Russell Terrier. Alexandra is a 48-year-old woman. They are the best of... more
- Client Spotlight: Hank Trout**
Photo Credit: Saul Bromberger & Sandra Hoover Photography When I moved to San Francisco in August 1980 to take a... more

Pivots: Client Series

Expectation



Reality



Client themes:

- **Break from illness identity**
- **Non-judgmental space to connect**
- **Diverse ways to participate**

Staff themes:

- **Connection with coworkers**
- **A break in the day for self-care**
- **Self-insights and authenticity**

“Fascinating and genuine facilitators who care about participants and teach us valuable lessons.”

- SHARE participant

“Weekly meetings with cancer patients NOT focused on the cancer. Encouraged to enjoy!”

- SHARE participant

“You did me a world of
good, most comfortable
I’ve been with my illness
and other people.”

- SHARE participant

“I appreciate the silliness and laughter. To me, allowing space to ‘get weird’ or ‘goofy’ for a minute is very healing.”





Tammy

What I bring to SHARE:

- Creative play
- Mindfulness and spirituality
- Group facilitation

SHARE roles:

- Teaching Artist
- Lead Facilitator

UCSF roles:

- *Then:* UCSF Osher Center Communications Specialist
- *Now:* Public Health Communications Specialist, California Prevention Training Center







Experiential #1: **Mindful Movement**

Tammy Kremer, MA





Example Activities

Puppets

Mindful movement

Guided meditation

Playful movement games

Theater of the Oppressed

Collaborative story creation

Expressive Writing



Sharing Humanity through Expression



“Warmth”

“Connection”

“Vulnerable”

“Energized”

“Trust”

“Creativity”

“Fun”

“Smiles”

“Spontaneous”

Sharing Humanity through **Reflection**



Jaguar Jacksonville eyes the yoyo, chases it down the beach



• The jaguar is perplexed, hesitant, not knowing exactly what he's seeing.

Tulum is the stage.



I am a yoyo with limitless energy, I roll fastest on packed sand

Sunset is the cut off for jaguar's adventures



Session 2, May 6



Story 2

A gorilla tries to open a coconut to get to the juice.



Another gorilla steals a coconut from a person with a selfie stick.



Selfie sticks are very obnoxious. They use the selfie stick to break open the coconut.



The coconut is a shy coconut and doesn't want their picture or video taken.



The coconut asks the gorilla to have more depth and be less superficial.



The gorilla complies.



The gorilla learns it's not all about looks.



"I am very fierce. I will protect you from this obnoxious tourist," the gorilla says to the coconut.



The small coconut has helped the big gorilla learn humility and compassion. The coconut has learned to accept help and the gorilla has learned that you can take a pause and meditate before reacting.

The gorilla and coconut lay down in the sun and take a nap. No more selfie sticks.



Two have come together to learn from each other and collaborate.

The tourist is directed towards a Safeway where they can buy shredded coconut for \$3.



Collaborative Spotify playlists: Facilitator/Client/Staff-sourced



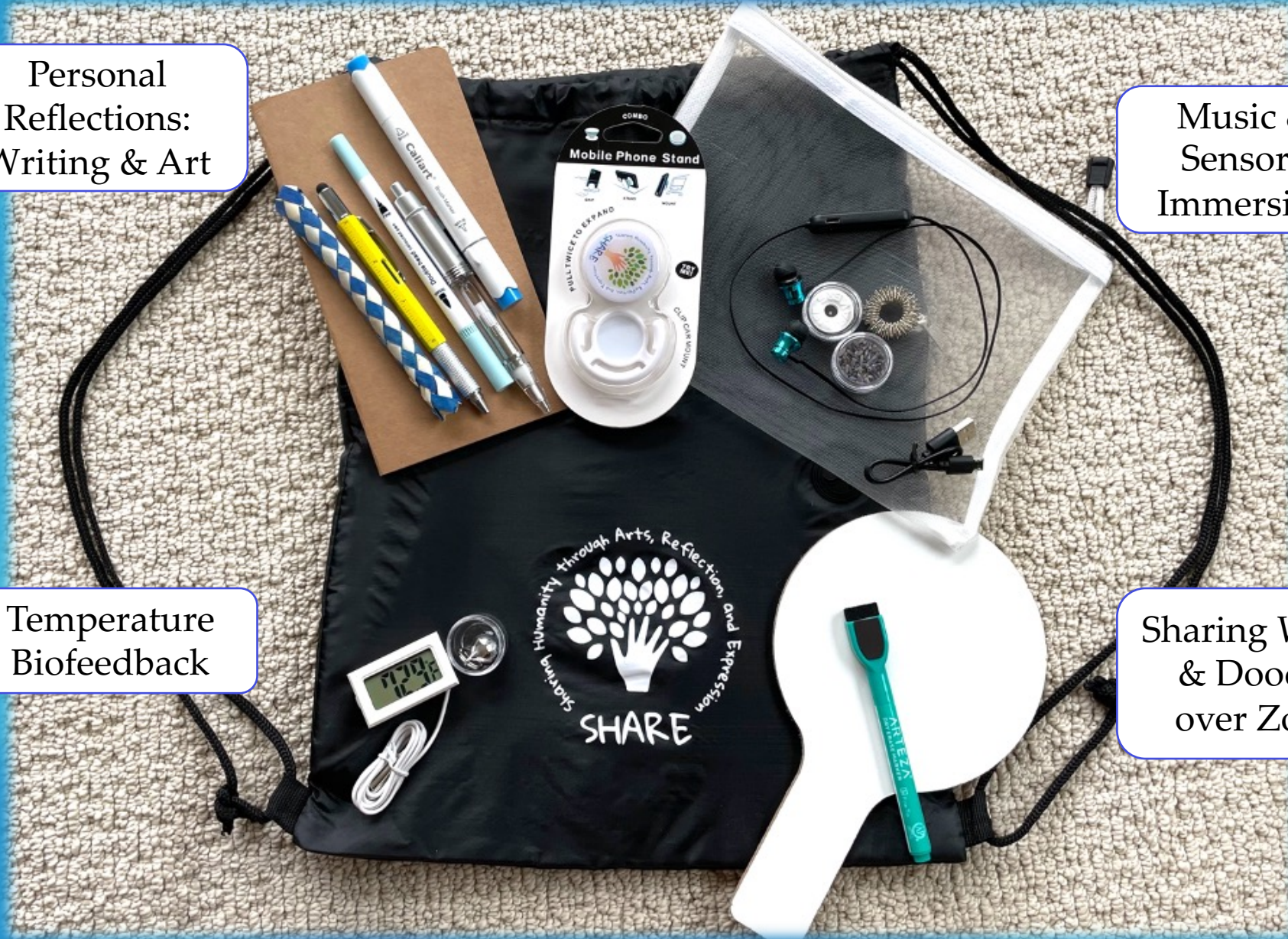
How will you use the SHARE Toolkit?

Personal
Reflections:
Writing & Art

Music &
Sensory
Immersion

Temperature
Biofeedback

Sharing Words
& Doodles
over Zoom



“The kit itself made me value my creative self again after frontline cancer treatment. Gave me a jolt that yeah, good things are still available.”

- SHARE participant



Chris

What I bring to SHARE:

- **Humor**
- **Maintenance of lifelong friendships**
- **Never far from rapture**

SHARE Roles:

Lead Facilitator

- **Biofeedback**
- **Expressive Writing**

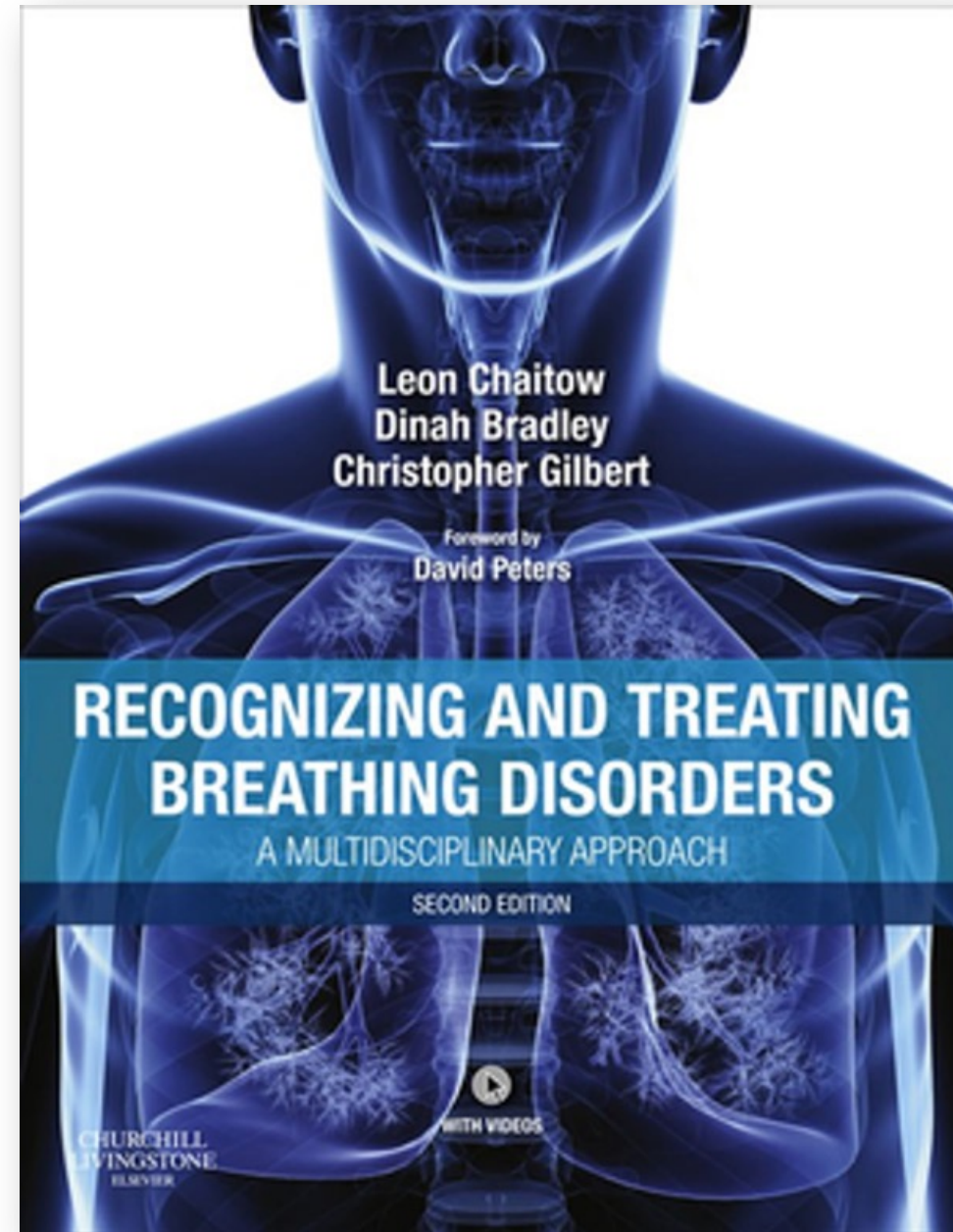
UCSF Roles:

Then: **Osher Center**

Biofeedback Psychologist

Now: **Behavioral Health**

Program Coordinator

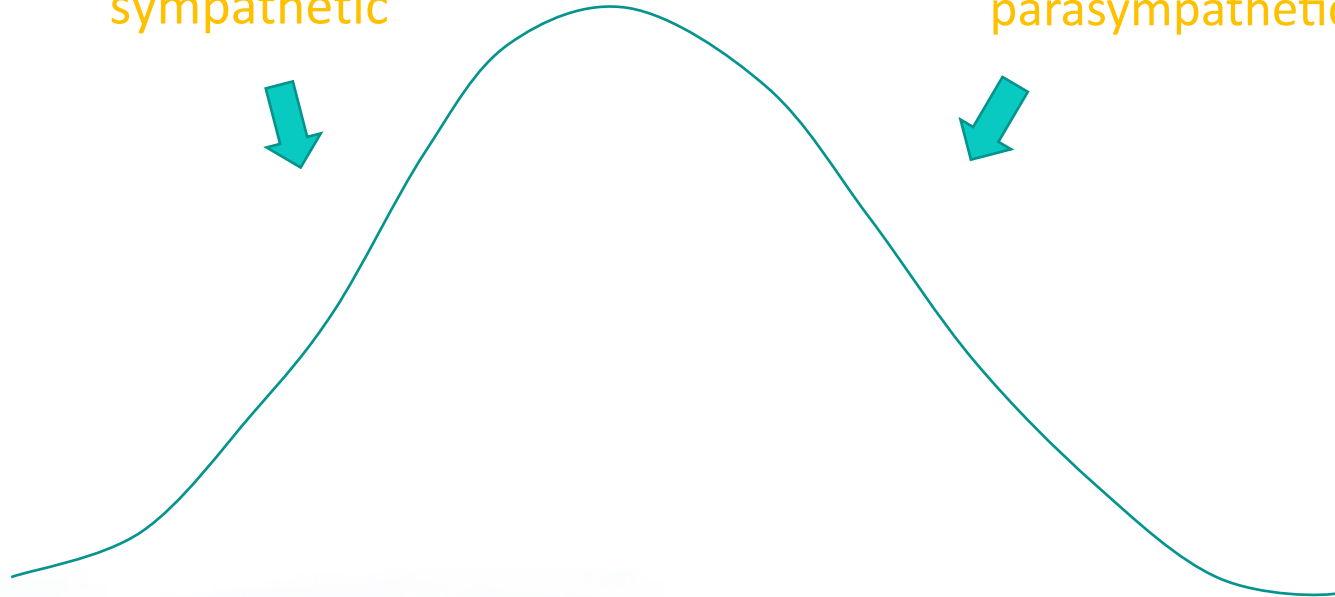


AUTONOMIC ASSOCIATIONS OF BREATH PHASE

INHALE
sympathetic



EXHALE
parasympathetic



Factors that affect breathing variables

INPUT

Need to vocalize

Preparation for effort

Sensing danger

Relief, relaxation

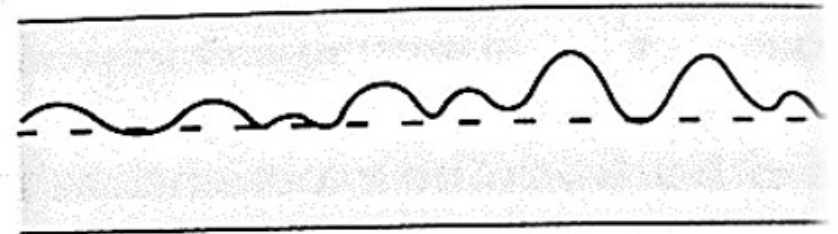
Freeze reaction

Anxiety, emotion

Chemoreceptors
(O_2 , CO_2 , pH)



OUTPUT



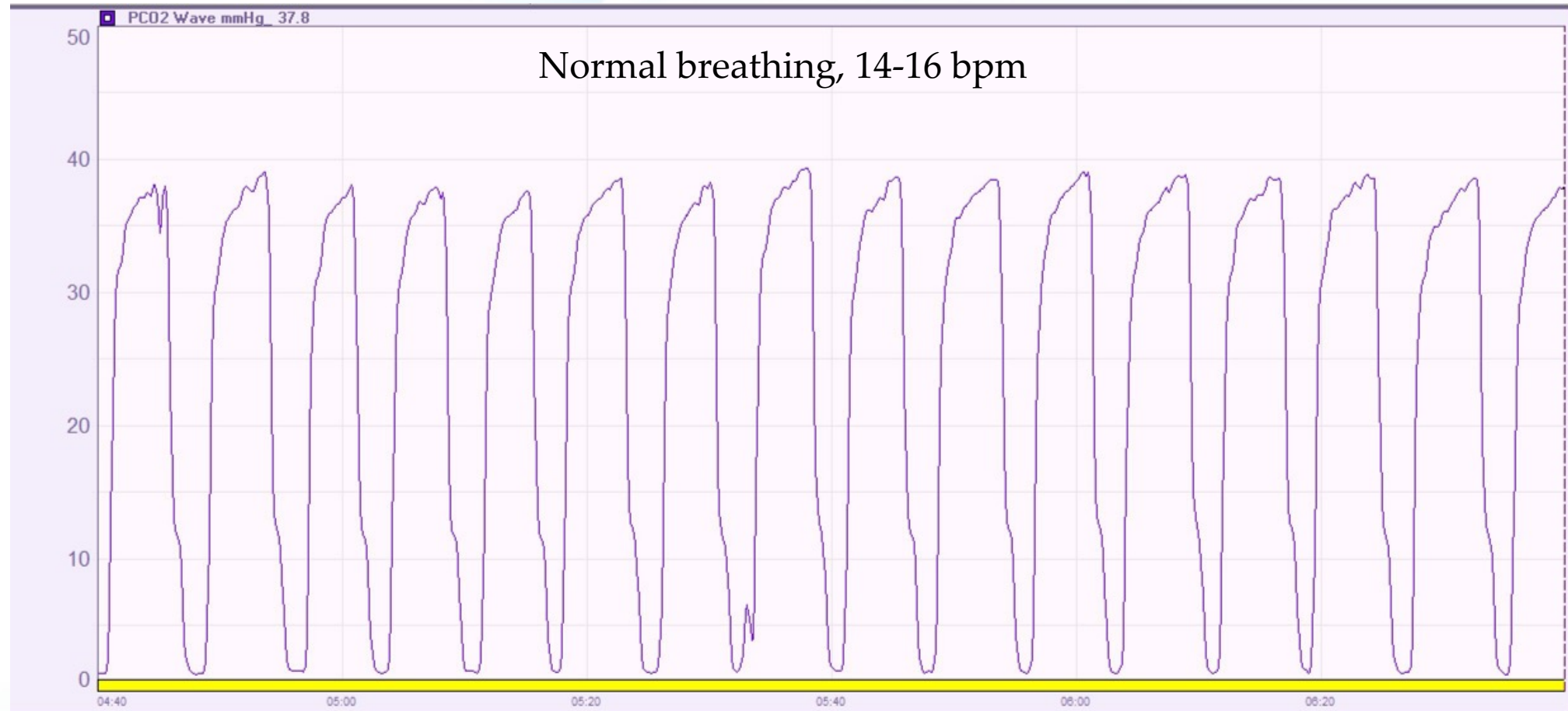
Rate

Depth

Mouth vs. nose

Abdomen vs. chest

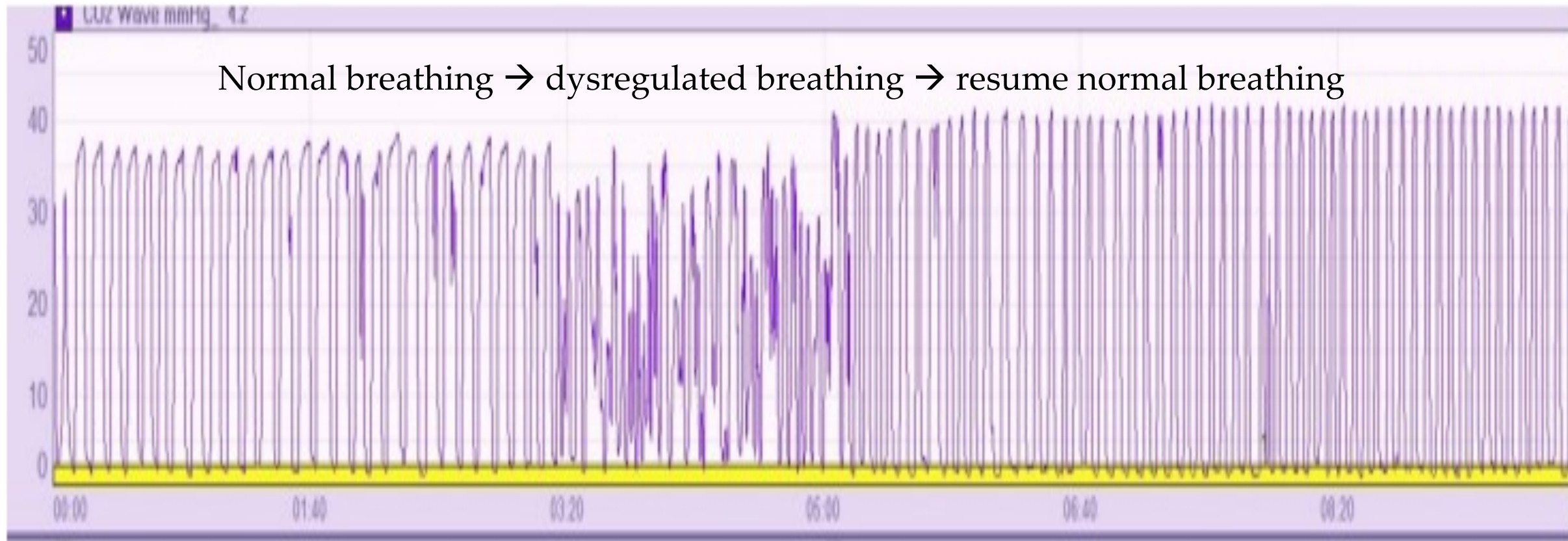
Breathe vs. pause

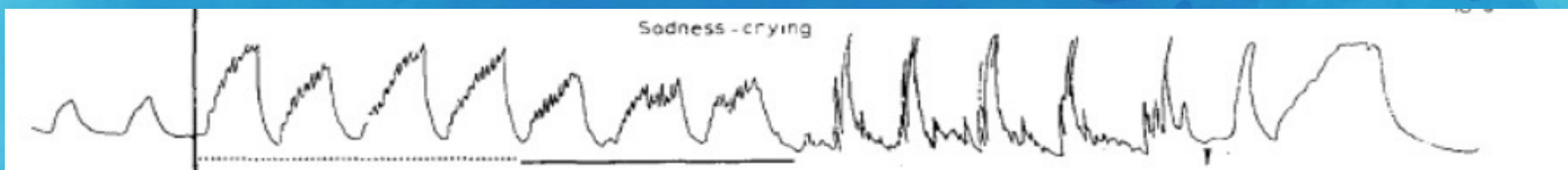
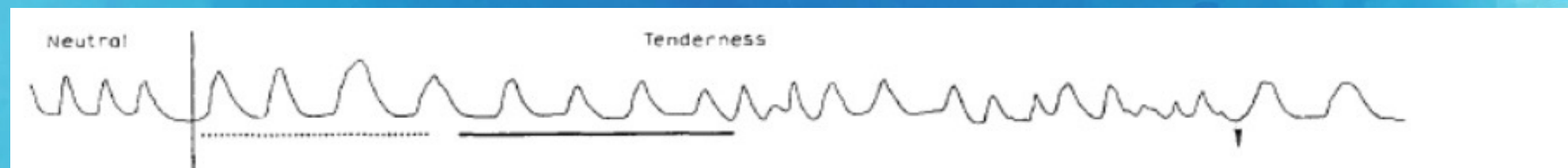
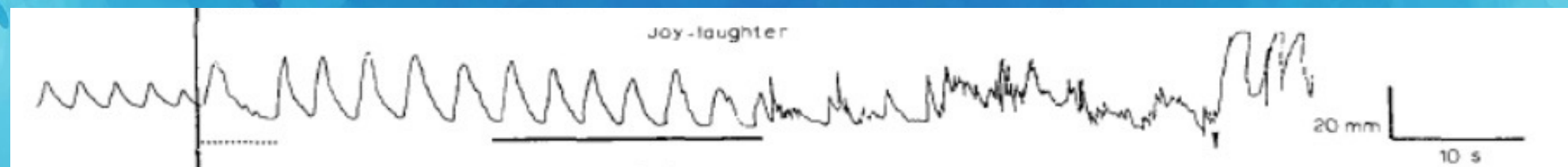
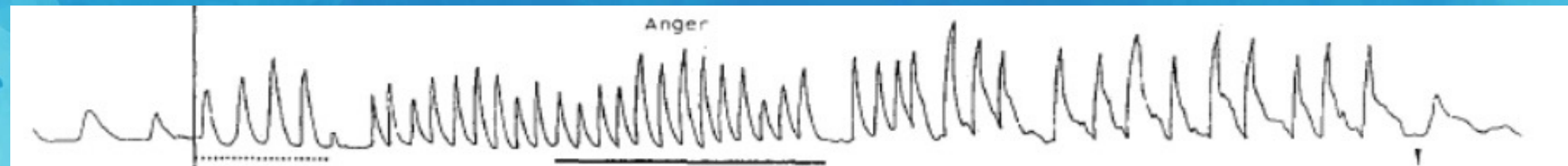
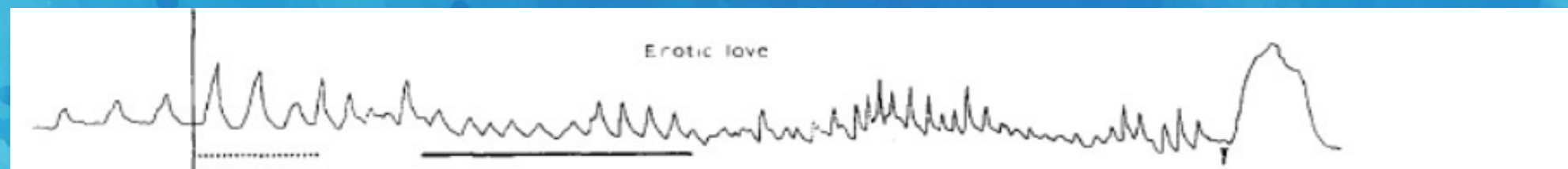


Mild overbreathing → slow breathing → closer to healthy breathing

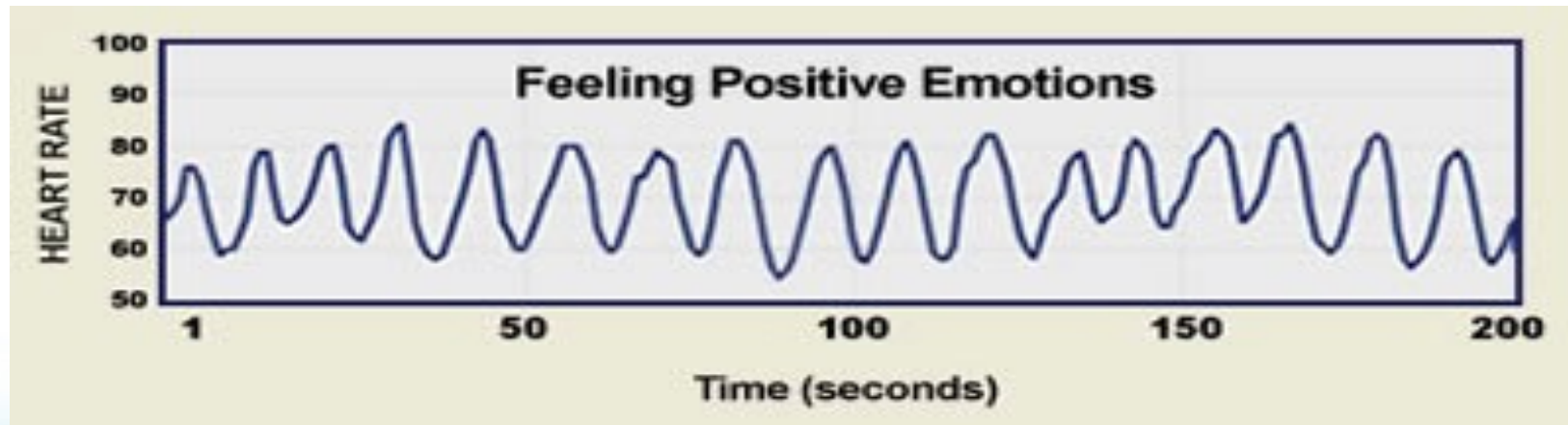


Normal breathing → dysregulated breathing → resume normal breathing

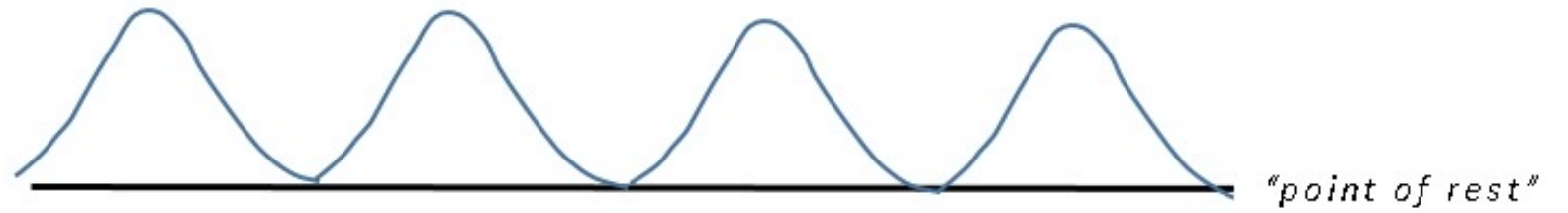




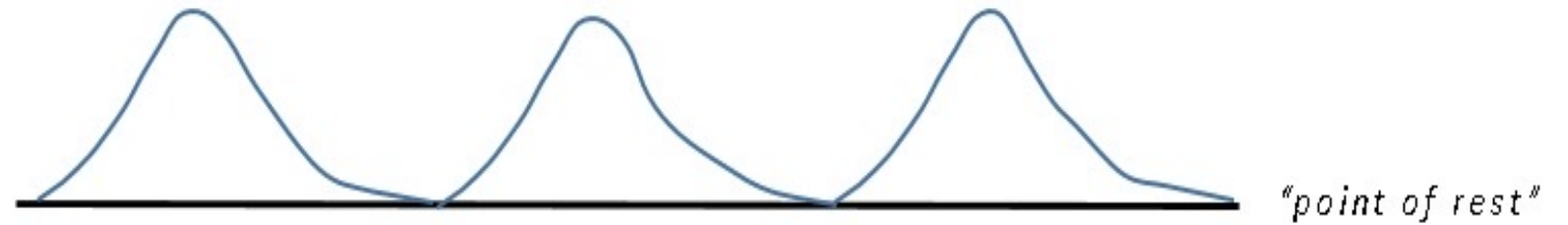
Heartmath: Difference in heart rate pattern between two general feeling states.



“Just right”



**“Even better”
(extended exhale)**



Schematic relationship between pCO₂, pH, and blood vessel diameter

Figure 1.
Hyperventilation

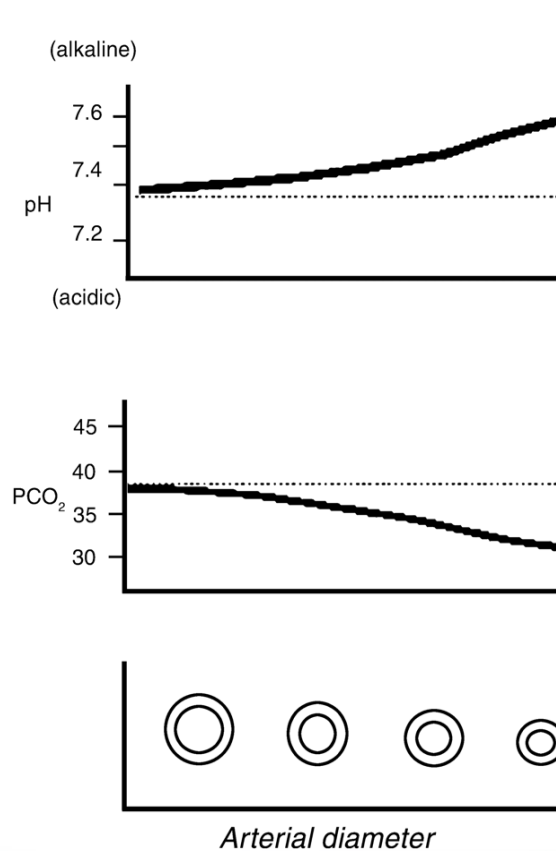
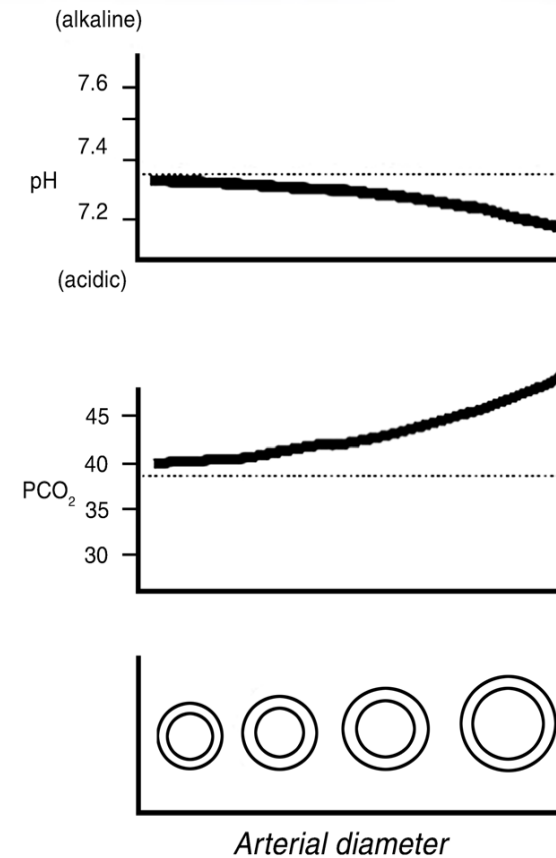


Figure 2.
Breath-holding

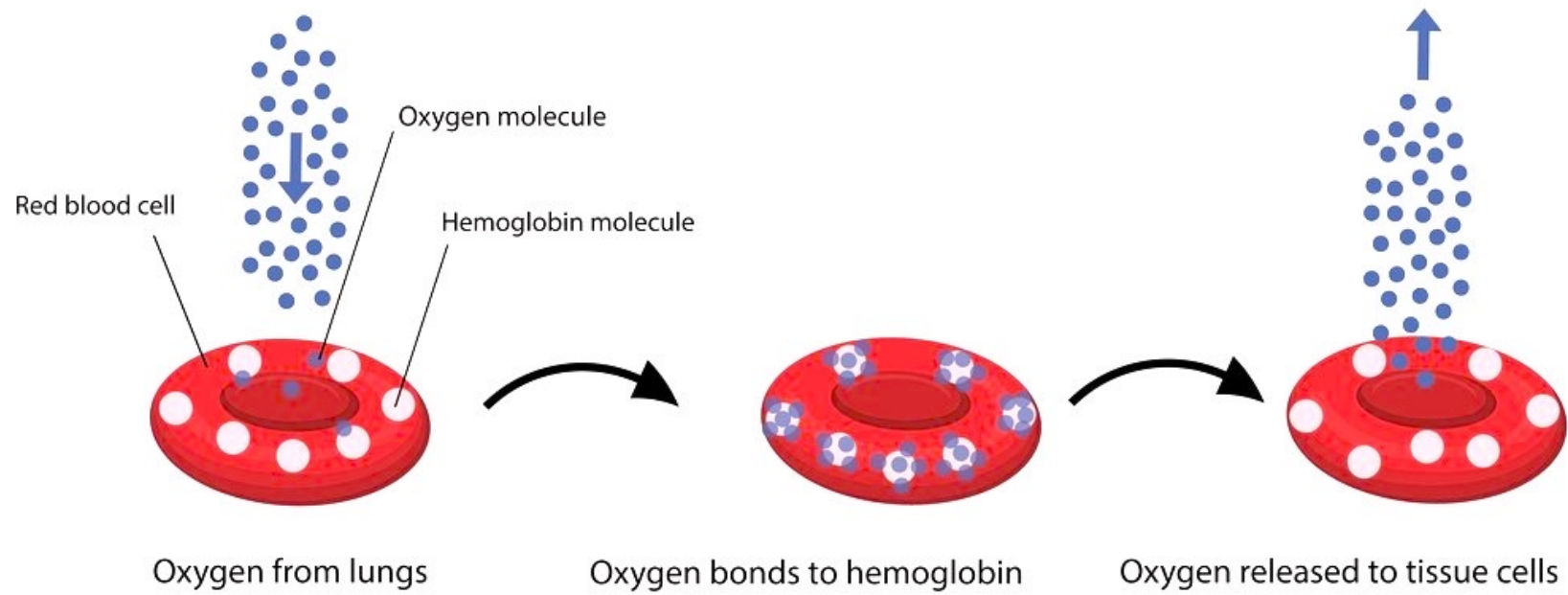


CO₂ depleted

CO₂ accumulates

Arterial constriction

Arterial dilation



Pulse Oximetry
Shows amount of oxygen
in the bloodstream
Extra-high reading means
“Oxygen in the blood is
not reaching the tissues”



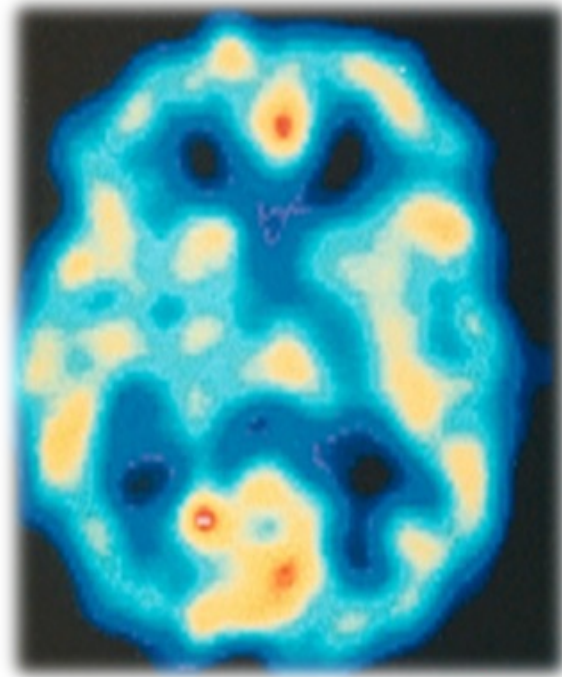
Breathing effects on cortical perfusion and functioning

Normal breathing

High blood flow

Good
cortical perfusion

Good
cortical function

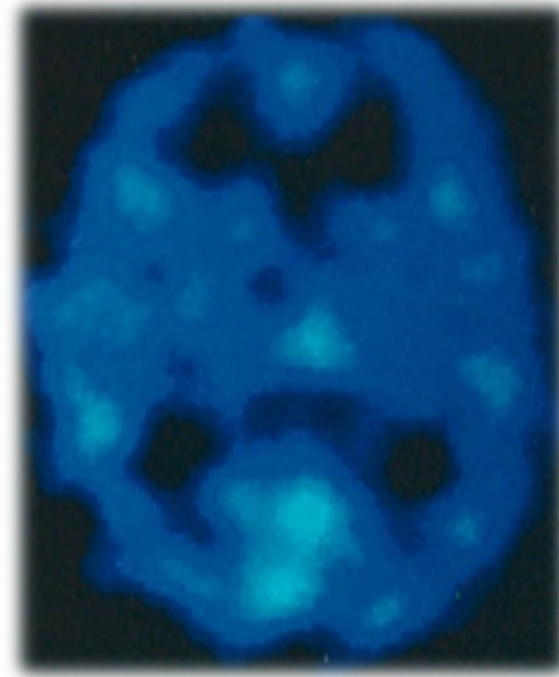


Hyperventilation

Low blood flow

Reduced
cortical perfusion

Poor cortical
function + deficits



Thank you!



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