



Ryan-White Carry-Forward Funds Long-Term Survivor Support Pilot Year 2: 2014-15

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Long-Term Survivor Support Pilot

Group-Level Programming:

- responds to the needs of LTS who are 50+

54% = 50+

Need: Psychosocial Support

- Reduction of social isolation among long-term survivors
 - Peer support
 - Activities that engage, educate and empower
- Increased access to clinical and non-clinical mental health services
 - Peer support
 - Health self-management counseling
 - Traditional (behavioral and narrative) and complementary therapies

Table 12.2 Characteristics of living HIV cases by age group, December 2013, San Francisco

	Age ≥ 50 years (N=8,650)		Age < 50 years (N=7,251)	
	Number	(%)	Number	(%)
Gender				
Male	8,058	(93)	6,585	(91)
Female	465	(5)	441	(6)
Transgender	127	(2)	225	(3)
Race/Ethnicity				
White	5,928	(68)	3,832	(53)
African American	1,181	(14)	857	(12)
Latino	1,092	(13)	1,703	(24)
Asian/Pacific Islander	306	(4)	588	(8)
Native American	35	(<1)	55	(1)
Other/Unknown	108	(1)	216	(3)

Multi-year Pilot Collaboration

Year 1: Exploring and testing options

- Staffing
 - 2 consultants
 - Shanti staff for management, graphics and evaluation
 - Volunteers
- Smorgasbord of modalities
 - Town halls
 - Monthly and weekly groups
 - Smattering of social activities
 - Weekend retreats

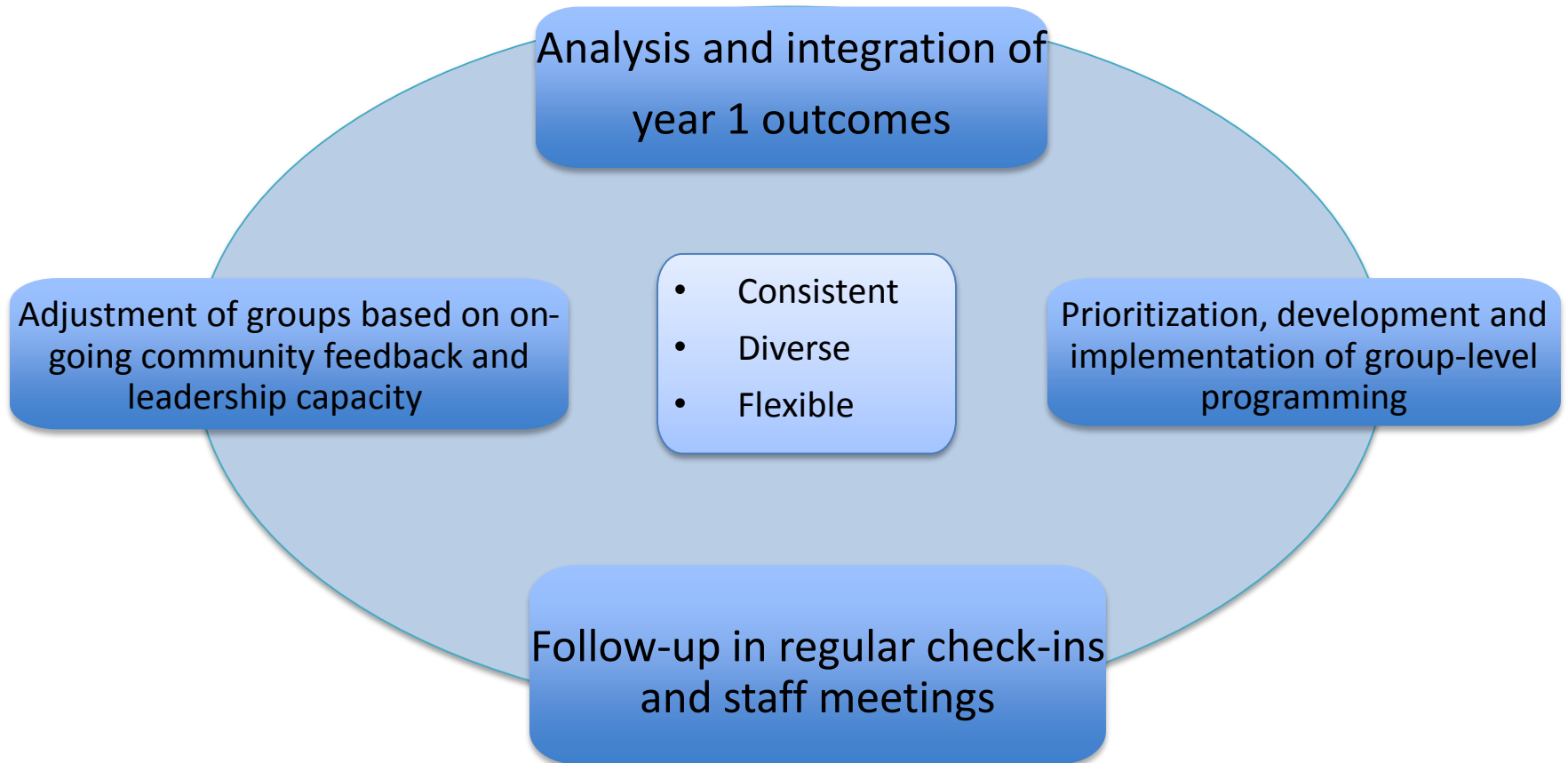
Year 2: Streamlining for sustainability

- Staffing
 - 1 manager of HIV/Aging special projects (primary liaison)
 - Additional Shanti staff for capacity building, graphics and evaluation
 - Volunteers
- Streamlined and targeted modalities
 - Town halls
 - Weekly groups
 - Social and educational activities integrated into existing Shanti programming



Shanti staff support:

- Management and event planning
- Capacity building and group facilitation
- Evaluation tools
 - Survey development, administration and analysis



GROUPS

Town Halls (N=4)

Linkage to
individual psychosocial support:

Care Navigation
Volunteer Peer Support
Peer Health Counseling

- Consistent
- Diverse
- Flexible
- Integrated
- Sustainable

WEEKLY

Coffee-Chat

Group Exercise (7-week series)
Planning Meetings (bi-monthly)

Targeted Shanti group-level
programming

"Special invitation to LTS"

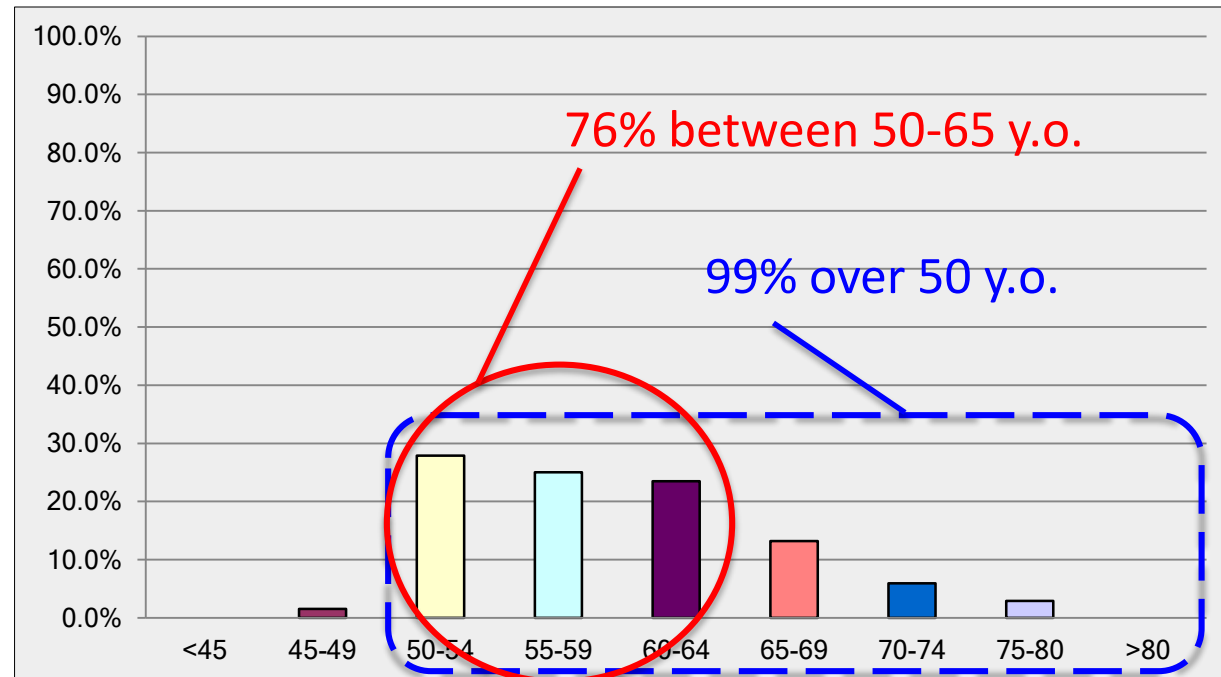
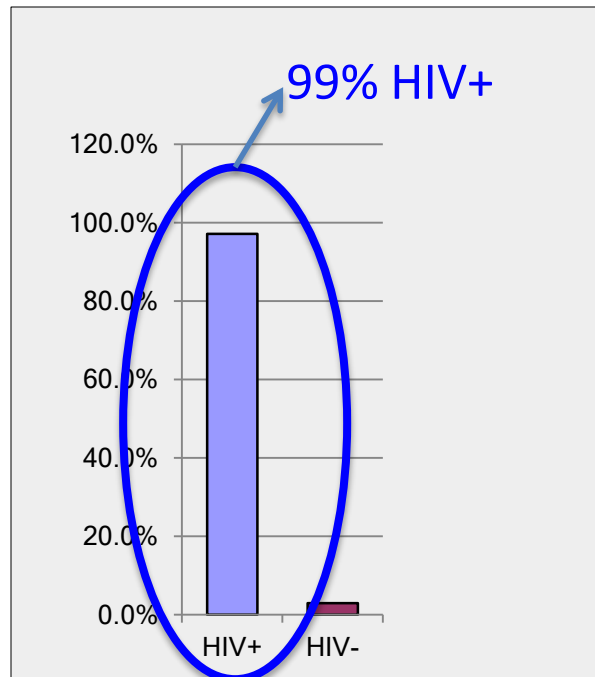
Survey Results: Quantitative

Target audience: Long-Term Survivors of the AIDS epidemic

- people who are HIV+
- over 50 years old

Target UDC: 50 – exceeded goal by 36% (N=68)

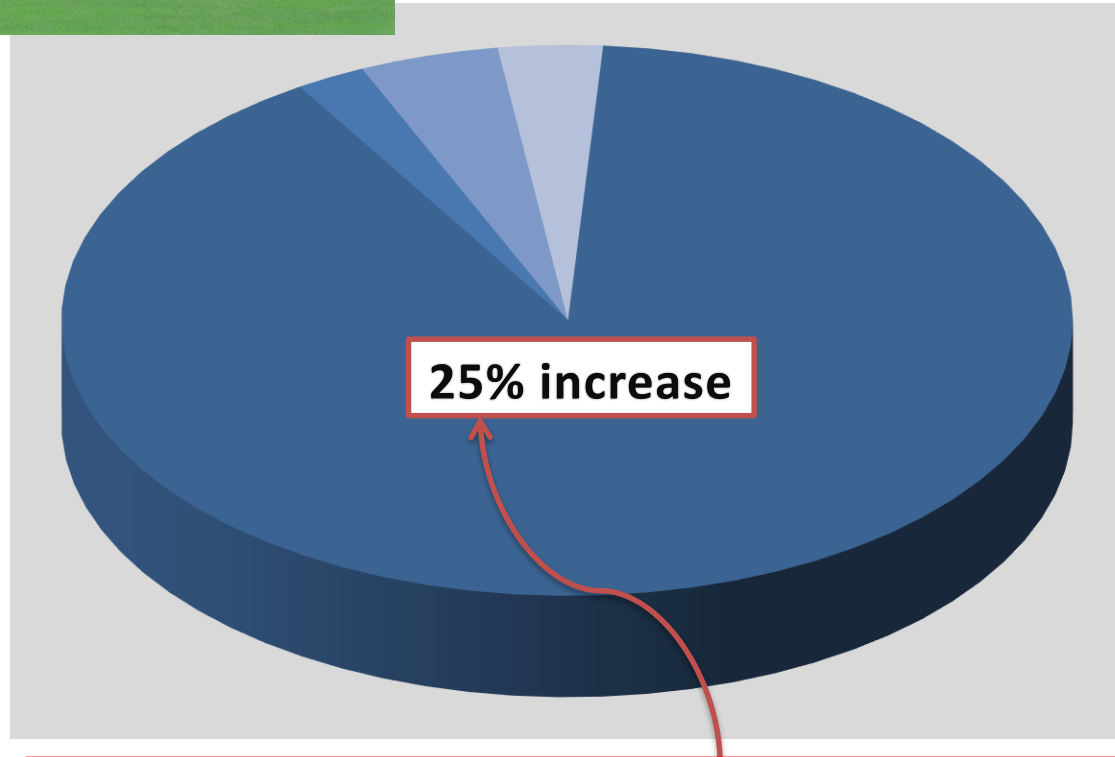
- Women – 7%
- Non-white – 18%



Survey Results: Quantitative



If we build it, will they come?



25% increase

Streamlined programming and targeted outreach

- 82% EMA
- 2% Sonoma/Sacramento
- 3% Alameda
- 3% Other (Oregon, Palm Springs, unknown)

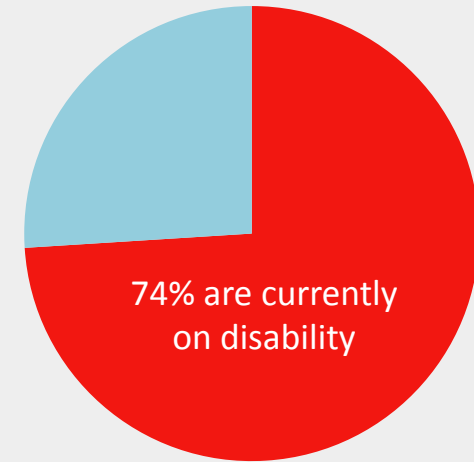
- **75% know at least one LTS who needs support but is too shy or nervous to attend a group event**

Survey Results: Quantitative

Limited Income: on disability or employed less than full-time

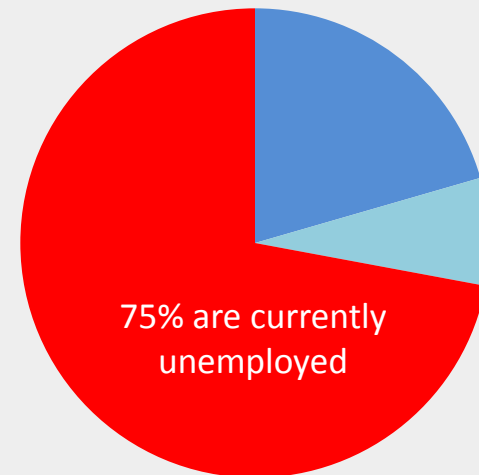
Disability

- 74% of participants are currently on disability

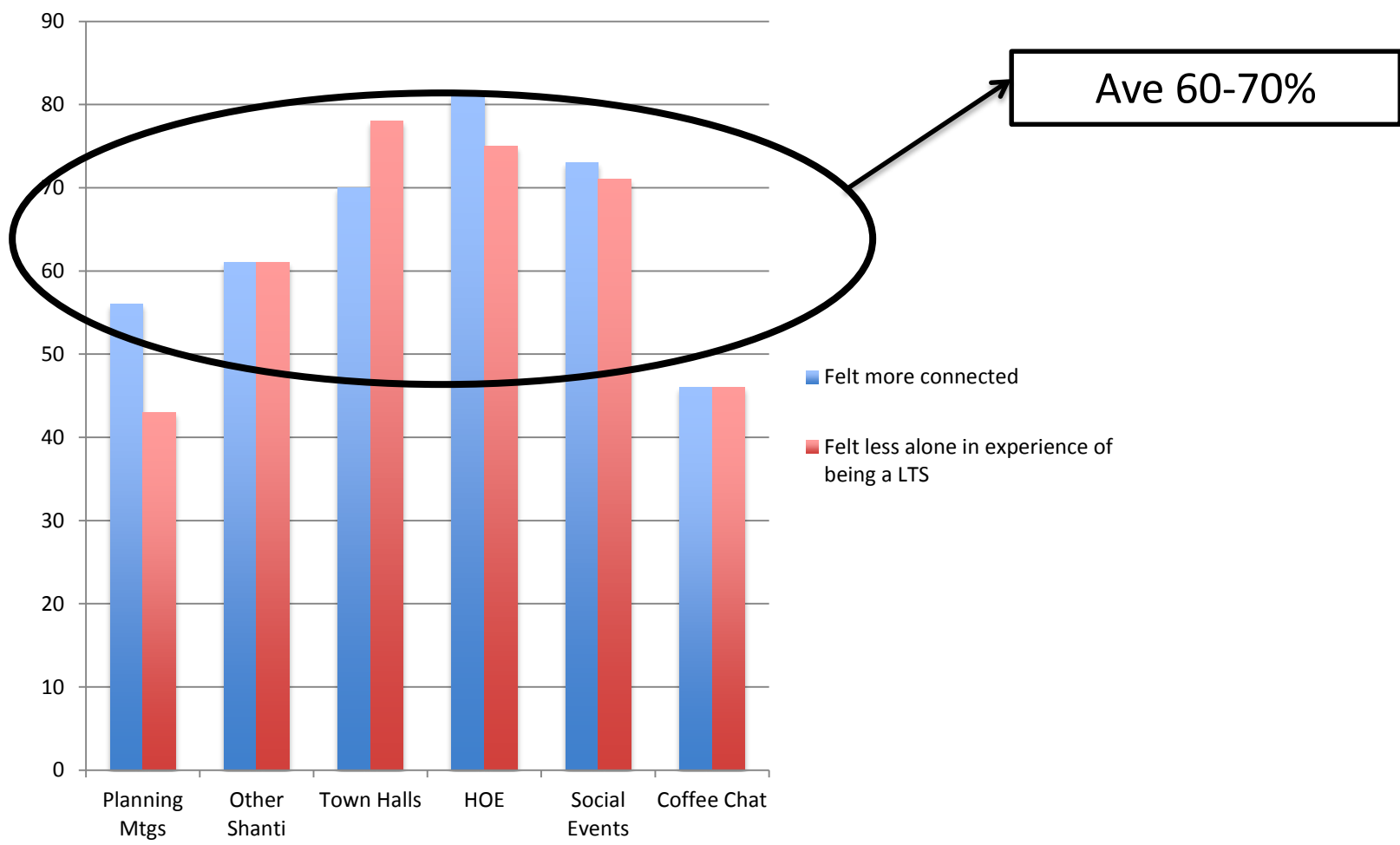


Employment

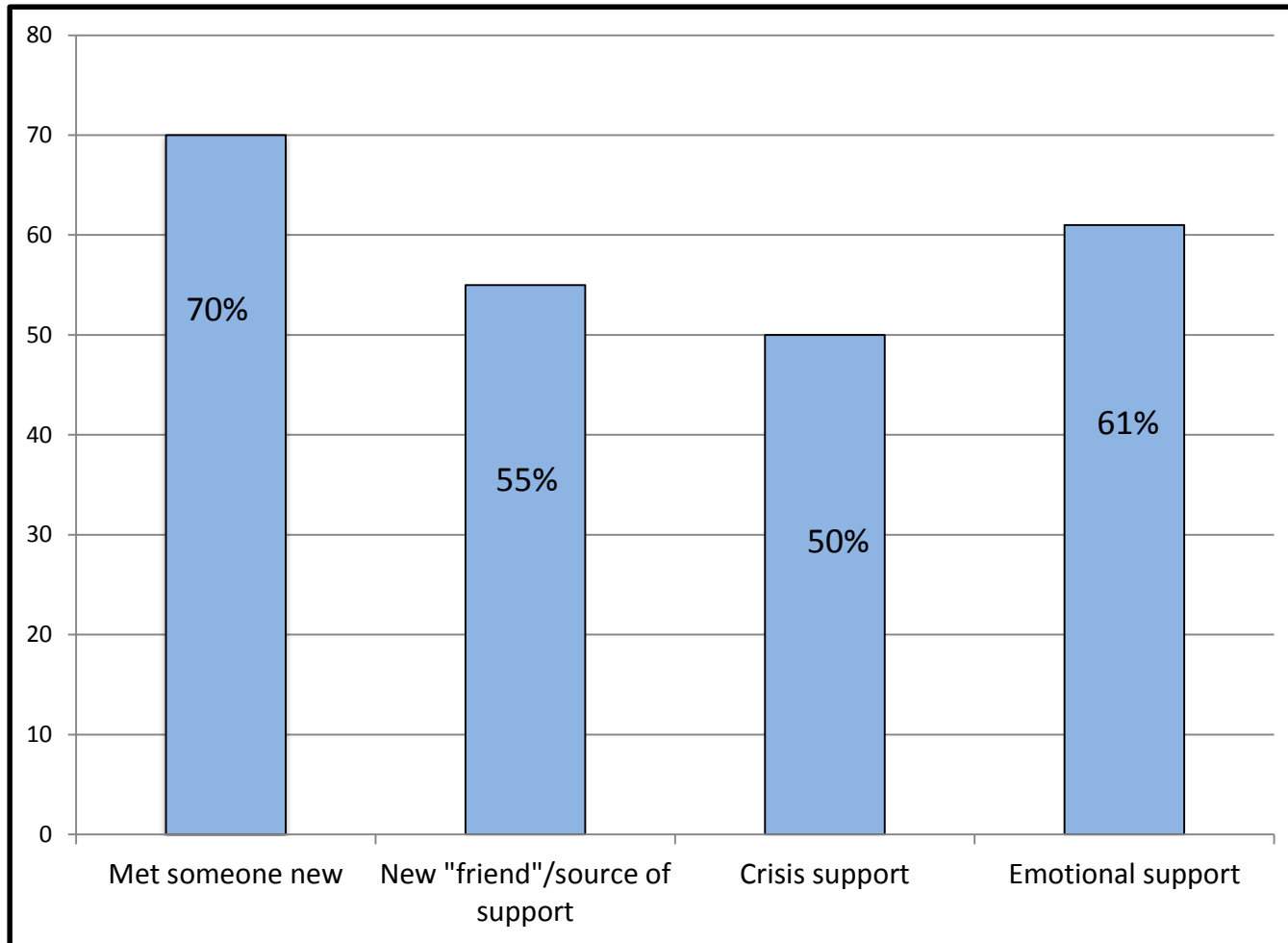
- 75% are unemployed
- 21% employed part-time
- 41% are interested in being employed
 - 90% interested in part time



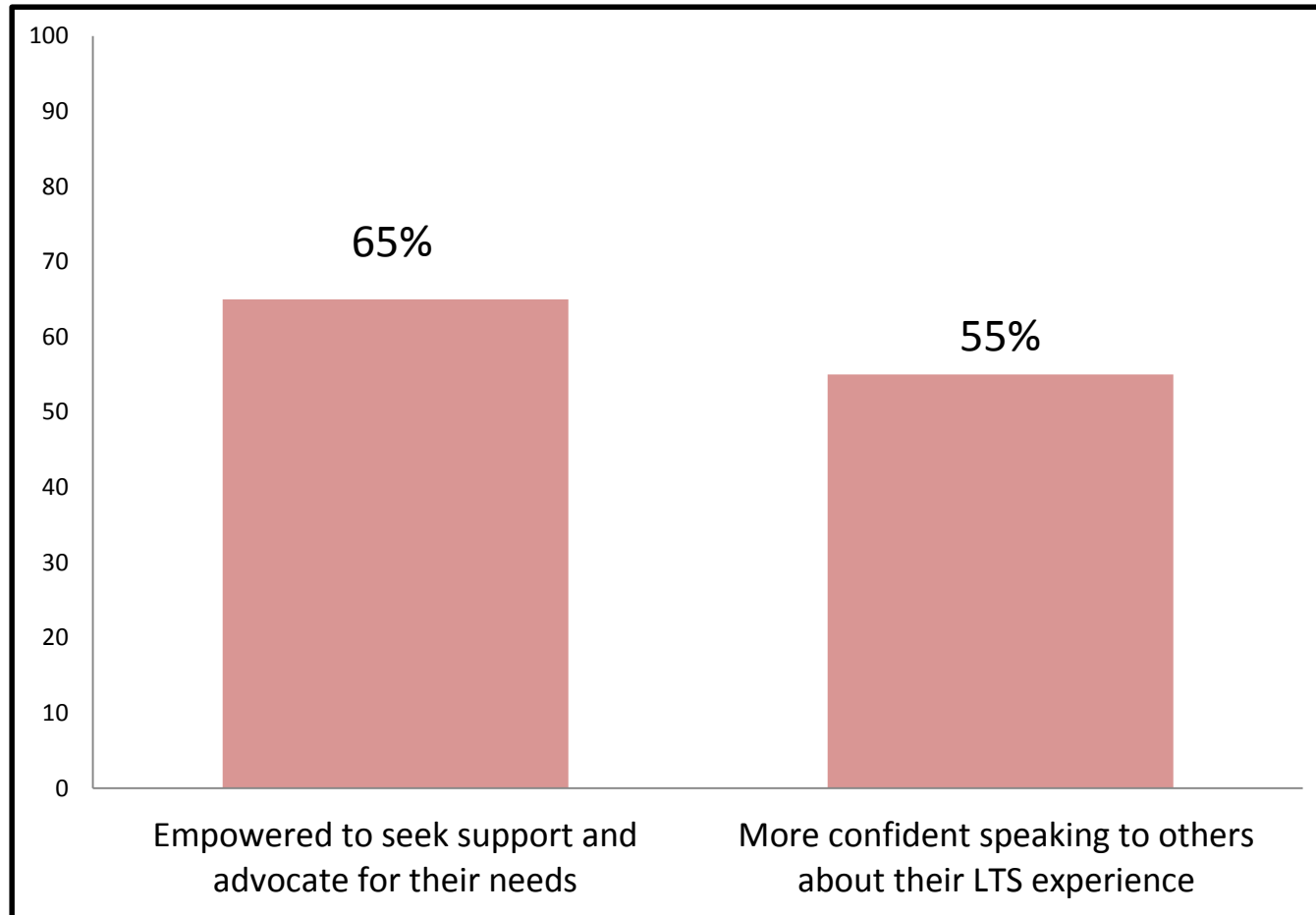
Survey Results: Increase connection and reduce isolation



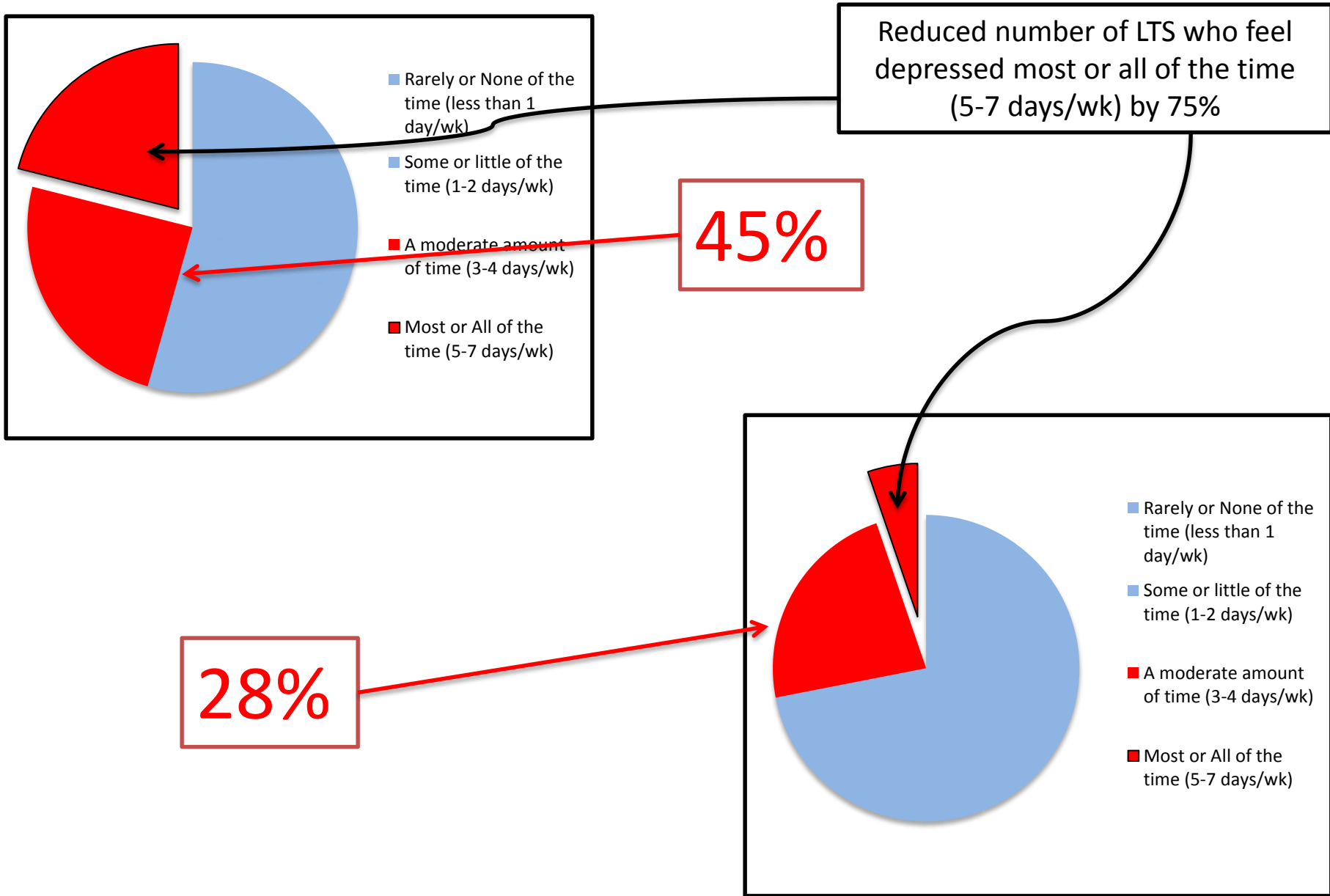
Survey Results: Increase connection and reduce isolation



Survey Results: Agency and Empowerment

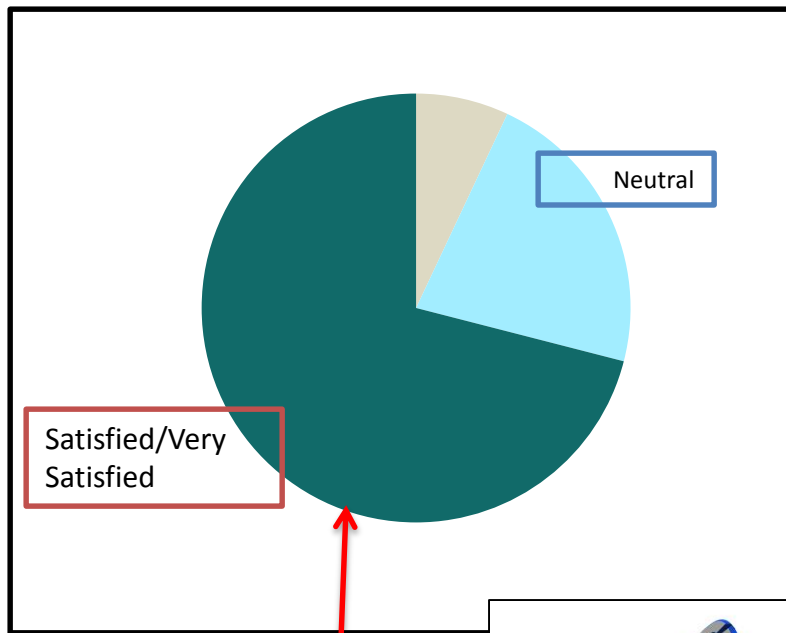


Survey Results: Depression

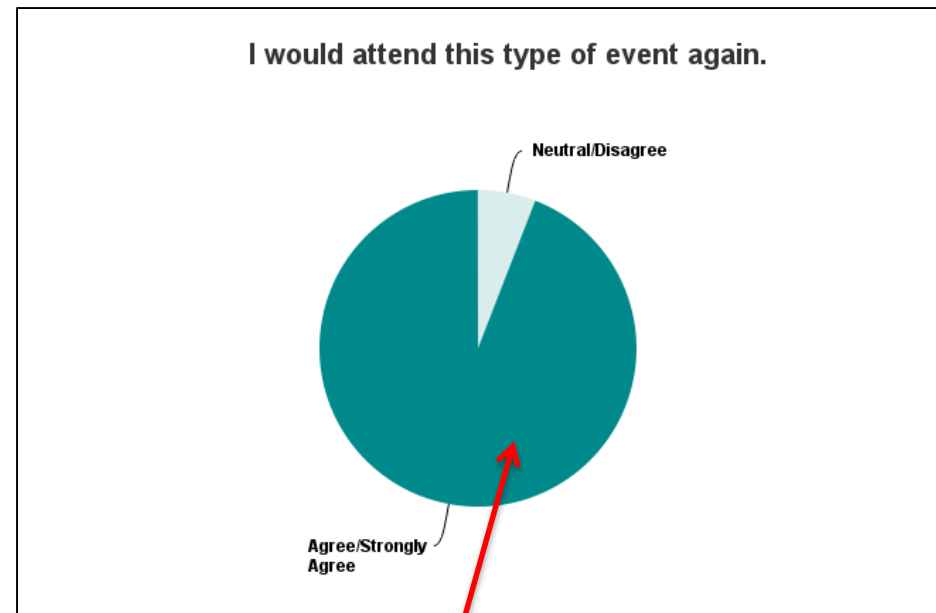


Survey Results: Survey Monkey

Overall satisfaction with group programming:



71%



71%

Survey Results: Qualitative Interviews

Goal:

< 10% of participants

Interview questions:

- Connection to LTS community
 - *What does the LTS community mean to you?*
- Shanti's role in providing LTS-specific programming
 - *Are we currently serving the community?*
 - *What more/else can we do?*
- PTSD and mental health needs
 - *Symptoms?*
 - *What would you be willing to do to help yourself address these symptoms?*
- SF response to LTS needs
 - *Is SF doing enough?*
 - *What more/else can we do?*



Survey Results: Successful groups

Groups that address symptoms of post-traumatic stress

Self-Awareness

I want to be open, honest and transparent about my personal reality in relationship to another.

To learn more about myself as I relate to others as a long-term survivor.

I want to understand how long-term positive people get trapped in a cycle of dependency and "victim identity" and how some support systems encourage such.

Trauma/Grief work + Positivity = Forgiveness and future-thinking

I have lost every man I ever loved; I carry a level of grief and trauma work, but am good and not letting it impact me. ...If you speak about your problems, you can serve others.

I want to learn how to forgive and see the many differences between us all.



detached

insomnia

vision

Cumulative grief

isolation

Survey Results: Successful groups

Groups that promote connection and wellness

Opportunities to Volunteer

I want an opportunity to give back to the community.

I love that we are starting to get together and realize that we have to be here for one another!

60% would volunteer to provide 1-on-1 peer support

Opportunities to Learn, Pursue Passions and Live with Purpose

Opera, theatre, Alcatraz, Ballet, museums!

I want to experience something new!



Opportunities to be seen and heard

We need to write a new narrative about long-term survival. We need to challenge the system. We need to stand up!



Survey Results: Successful groups

Groups that educate and increase access to vital resources

Opportunities to listen to experts

It would be great to have a list of resources, including mental health resources and decent legal resources and more trainings on how to be a better advocate for yourself.

Opportunities to gather in a safe and central locale

Coming to Shanti gets me out of the house to a place where I always receive kindness and a smile. The staff are skilled in problem solving, non-judgmental and fun!

Opportunities to be role models

We need to create activities that helps new, young POZ people find their way – like a mentor program.



Moving Forward: Findings from Yrs 1 & 2

Grass-roots organizations play an important role

- Advocacy: public policy and protest
- Larger-scale educational events (Town Halls)
- Wide reach: outreach is not limited by restricted funding
- *Learnings:*
 - *Consistent and varied group-level programming requires program development experience and infrastructure + human capital*
 - *Volunteers are amazing!*
 - *They need on-going coordination and support.*

77% felt less alone in their
LTS experience

CBOs are responsible for ongoing programming

- Experience and infrastructure
 - Program development
 - Program implementation
 - Program evaluation
- *Learnings:*
 - **Reliability, integrity and internal flexibility are KEY to community engagement**
 - LTS are eager to participate in CBO programming
 - LTS understand the need for data
 - *Intergenerational and interdisciplinary efforts are key to sustainability*
 - *Collaboration and coordination are key to comprehensive care*

VOLUNTEERS, WE THANK YOU!

During our last fiscal year, Shanti Peer Support
Volunteers provided over 8,500 hours of service,
valued at \$192,000!

Moving Forward: Targeted LTS Programming

- Varied, reliable, and measurable modalities
 - Consistent weekly groups
 - “Supportive” groups
 - Physical and mental health-enhancing activities
 - Traditional support group
 - Consistent monthly events
 - Social activities
 - Multi-day retreats to address grief/loss
- Seamless linkage to individualized psychosocial support services
 - Care Navigation
 - Volunteer Peer Support
 - Physical and Mental Health Services
 - Social Services
- New Collaborative Partnerships
 - Rafiki House
 - Ward 86

Reliable and adaptive

Integrated and collaborative

NB: Can we expand LTS Programming to address needs of all long-term survivors?

Moving Forward: Future Funding

Sustainability

- Estimated costs:
 - \$40 K = 5 months (exploratory design and implementation)
 - \$100K = 6 months (leveraging strengths from yr 1)
 - \$100K = 6 months (targeted programming, leveraging strengths from yrs 1-2)
 - \$160K = 12 months (on-going implementation of sustainable programming)



Thank you!

- **San Francisco Department of Public Health**
- **Let's Kick ASS**
- **Shanti Staff**
 - **Matt Sharp**
 - **Jack Bowman**
 - **Gregg Cassin**
 - **Matthew Simmons**
- **B.A.R.**
- **Participants in Shanti & LKA events, surveys and interviews**

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