

**Inventory of Psychosocial Services available  
within the San Francisco HIV System of Care**

Presented to:

**San Francisco HIV Community Planning Council**

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**Psychosocial Support:** Programs that provide support and counseling activities, child abuse and neglect counseling, HIV support groups, pastoral care, caregiver support, and bereavement counseling.

Total HHS funding: \$510,991 (\$458,972 RWPA, \$52,019 GF)

# Program Descriptions

- Program provides a collaborative support group for HIV positive heterosexually identified African-American men; recruitment and outreach takes place by case managers, peer advocates or other sources. This group is available to all clients self-identifying as part of the target population. The group is facilitated by a mental health professional, with a flexible structure.
- Program provides a range of psychosocial support interventions including emotional support and practical assistance, groups and educational opportunities, a drop-in center, an activities and events program, client advocacy and care navigation, health counseling, and volunteer peer support as well as other activities that promote continued engagement in care, with an emphasis on individuals living on fixed and low incomes; the socially isolated; the “aging” or senior population; the physically impaired; and severe need. Also includes client Navigation.
- Services include psychosocial support and/or assisting the client in day-to-day activities (such as shopping, errands, housecleaning, laundry, accompanying clients to medical or social service appointments) appointment reminders, assistance in arranging for transportation to appointments and other activities that promote quality life.

# Information Gathering Process:

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- Beginning October 2015, HIV Health Services reached out to the HIV provider community - Centers of Excellence, HIV Health Services, and HIV prevention providers to gather an inventory of psychosocial support groups offered to the HIV community.
- Responses were gathered over the next several weeks from 10 agencies

## Agencies were asked for the following about the psychosocial groups they supported:

- Name of Group
- Service Modality (Wellness, Substance use, etc.)
- Target Population
- Incentives provided
- Art/Socialization/creative functions
- Frequency of Groups
- Staff or Peer-led
- Open or closed to clients of the host agency
- Number of clients that regularly attend
- Languages offered

# HHS received information back for **62 groups** now operating in San Francisco

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Service Modalities of these groups (in rank order):

- Health and Wellness (e.g. Health Education, HIV Awareness, Treatment Adherence) – (largest category)
- Mental Health
- Combination of the above (including Basic Support, HIV Prevention, Emotional Support, Long-term Survivors, Death & Grieving, Stigma Reduction, Community Building, Social Isolation, Mental Health, Health & Wellness, Substance Use)
- Substance Use
- Information/Referral/ System Navigation
- HIV Prevention

# Target Populations:

Remarkably comprehensive span of communities included in psychosocial support services, including:

<b>African American Heterosexual Men (1)</b>	<b>LGBTQ (1)</b>	<b>HIV + and LBGTO (8)</b>
<b>GBT with HIV (and partners) (1)</b>	<b>HIV + (4)</b>	<b>Latino, MSM, TG, HIV + (3)</b>
<b>HIV + LGBTQ and MSM of color (1)</b>	<b>Transgender (4)</b>	<b>Latina, Transwomen, mixed status (1)</b>
<b>MSM (3)</b>	<b>MSM with Mental Health Diagnosis (1)</b>	<b>Latino, MSM, TG, mixed status (2)</b>

## Target Populations, continued:

<b>African American – other marginalized groups (2)</b>	<b>Family &amp; Friends of agency clients (1)</b>	<b>Asian/Pacific Islander (1)</b>
<b>MSM, MSM 50 + Long-term Survivors (5)</b>	<b>American Indian/Alaskan Native (3)</b>	<b>Black MSM (4)</b>
<b>Latino MSM (1)</b>	<b>American Indian/Alaskan Native Men (1)</b>	<b>Spanish-speaking TG (MTF) (1)</b>
<b>Spanish speaking PLWH (1)</b>	<b>TG &amp; MSM (2)</b>	<b>HIV + Latino/as (2)</b>
<b>Everyone (2)</b>	<b>HIV + Transwomen of Color (1)</b>	<b>Latino/as at risk of HIV (1)</b>
<b>Spanish speaking Latino/as migrants (1)</b>	<b>Latino Migrant Women (1)</b>	<b>Transitional Age Youth MSM/HIV + Latino (RWPB)</b>

# Target Populations, continued:

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- All 62 groups are at least partially focused on HIV, most are totally HIV-focused. Some welcome persons of both HIV positive and HIV negative status.
- Several groups are quite specific in their focus (e.g. HIV positive Transwomen of Color, Spanish speaking HIV positive).
- Some groups are much broader in focus (e.g. LGBTQ, MSM).

# Incentives Provided

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- A majority of the Groups provide food/meals at their meetings – often in combination with other incentives like food/grocery vouchers or free events
- Seventeen groups reported that they do not offer incentives.
- Others offered transportation vouchers, MUNI tokens, “free yoga,” \$100 VISA card upon completion of the program.

# Art/Creative Function/Socialization

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- All groups report some sort of socialization – either structured connection activities built into curriculum or social/peer support dealing with isolation, grief & loss and HIV & Aging
- Many described themselves as Psycho-educational, incorporating health/HIV education, and treatment adherence
- Many include arts and crafts, field trips, outings.

## Art/Creative Function/Socialization, continued

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- Some groups are specifically designed around long-term Mental Health illness and symptom management
- One focused on the transition into work/school and volunteer activities
- Groups that target Native populations include traditional activities
- “Doctor is In” event, One-on-one Wellness sessions

# Groups led by staff or peers

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- About half were led by staff
- About half led by staff with volunteer co-facilitator (mostly by peers)
- Fewer are peer-only led
- Some are led by consultant, some have presenters or clinical intern

# Frequency

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- Almost all groups meet weekly
- A few meet twice weekly, a small number meets monthly
- Several are time- specified, i.e. 3 weekend retreats a year, 3 six week workshops per year, 2 eight week cycles per year, or weekly meetings for 10 or 14 weeks cycles, individual sessions 8-12 times/year

# Number of Clients

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- Most ongoing weekly meetings have between 6-12 clients attend
- Time specified meetings have between 20-30 clients
- Retreats may have as many as 50 clients attend
- Some monthly events have hundreds – one reports a private Facebook page with 225+ members
- One-on-One sessions for about 200 people

# Languages

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- Just over half the groups only support English
- About one-quarter are monolingual Spanish
- The remainder support both English and Spanish – some offer limited Spanish translation

# Disseminating this Information

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All responses did not come in time to be included in the published version of the 2016 Resource Guide, but information gathered on psychosocial support services will be available in the updated online Resource Guide and on the HIV Health Services Website:

<http://sfhivcare.com/>

**Thank You!**  
**Questions/Comments?**

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