



BLACC, Stanford OCE & Charlotte Maxwell Clinic

Supporting African American Women During Treatment
and Survivorship Through Peer Navigation

**Community Advisory Board
Introduction Meeting
Saturday January 7, 2023**





OVERVIEW

1. Introductions
2. Project Description
3. Your role as CAB members
4. Timeline and Milestones
5. Anticipated Outcomes
6. Wrap up/ Mindfulness

MEET THE TEAM: BLACC, Stanford OCE & Charlotte Maxwell Clinic



CAB/Project Coordinator
Chiquita T. Tuttle,
PhD



**Recruitment & Engagement
Specialist**
Regina Guillory



**Recruitment & Engagement
Specialist**
Juanita Waugh



**Co-Principal
Investigator - BLACC**
Starla Gay



**Co-Principal
Investigator-Stanford-OCE**
Lisa Goldman-Rosas, PhD
MPH



Technical Consultant
Taylor Hollis



WEB Consultant
Lenora Williams



Executive Director
Charlotte Maxwell Clinic
Melbra Watts

WHO WE ARE

- Black Ladies Advocating for Cancer Care (BLACC) is a community-based organization based in Oakland, CA that is dedicated to advancing health equity for African American women with breast cancer.
- Charlotte Maxwell Clinic is a women's health clinic founded in Oakland in 1991, offering free complementary therapies and integrative care to underserved, low-income women with cancer and survivors free of charge. Services are provided by a network of dedicated volunteers who are licensed and certificated practitioners of holistic modalities.
- The Stanford School of Medicine Office of Community Engagement is dedicated to advancing health equity through partnering with community-based organizations like B.L.A.C.C.



Community Advisory Board MEMBERS
INTRODUCTIONS



Welcome !!!

Community Advisory Board Members

Dolores Moorehead

Gwendolyn Mitchell

Michelle Meza

Shawndria Besant

Cassandra Nelson-Westbrooks

Pat Robinson

Chris Willhite

Clare Tanner

Chiquita T. Tuttle, PhD

Washingtoni

Kimberly Murell



Let's Talk About Your involvement!

- a. Why did you join?
- b. What strengths can you share?
- c. What do you hope to get out of participation?

Coffee Time! 15 minutes

Formation of the Partnership

The group was originally established in January 2018 with funding from the Stanford Cancer Institute and was comprised of 18 women. The goal was to increase awareness about breast cancer and breast cancer research among Black women in Alameda County.

In 2018, the group participated in capacity building led by Stanford and then each peer navigator received a mini-grant to engage her community in raising awareness about breast cancer and breast cancer research. The group reached over 700 Black women and presented their work at the American Association of Cancer Research Health Disparities Conference in September, 2019 in San Francisco, CA.

A subset of 6 highly activated peer navigators formed BLACC Peer Navigators and committed to pursuing community-based participatory research to address Black breast cancer disparities in collaboration with the Stanford Medicine Office of Community Engagement.

Our Journey Here

What We Saw, Why, Our Focus and How You Helped

We saw a need for a peer navigation program developed for and by African American Women

Our partnership recognized and identified the peri-diagnostic period as a focus

Data has shown that African American women are more likely to experience delays in treatment

Major Research themes identified were integrative care and spirituality in the cancer care journey

PROJECT DESCRIPTION

- **Program goal:** Widely disseminate throughout California an effective peer navigation program for Black/African American women (referred to hereafter as BLACC) going through breast cancer treatment and during survivorship. This study was developed by a strong community-university partnership between Black Ladies Advocating for Cancer Care (BLACC), Charlotte Maxwell Clinic, and Stanford School of Medicine.
- BLACC and Stanford have been collaborating for four years to address breast cancer inequities among Black women in Alameda County. Addressing access, resources and total health care during their treatment journey.
- **Timeline:** 3 years
- **Funder:** University of California, Office of the President- California Breast Cancer Research Program which works to eliminate breast cancer by leading innovation in research, communication and collaboration in the California scientific and lay communities.

PROJECT AIMS

1. To refine the BLACC peer navigation program for Black women in breast cancer treatment and during survivorship.

Our partnership and CAB will refine the BLACC peer navigation program and hire and train a peer navigator who will be based at the Charlotte Maxwell Clinic.

2. To evaluate the acceptability and preliminary effectiveness of the BLACC peer navigation program.

We will use a pre/post design to assess acceptability of the BLACC peer navigation program among Black women diagnosed with breast cancer (n=20) and those who survived cancer (n=100). We will assess preliminary effectiveness on quality of life among survivors only given that quality of life is expected to decline for those in treatment.

3. To identify strategies for future implementation, dissemination, and sustainability.

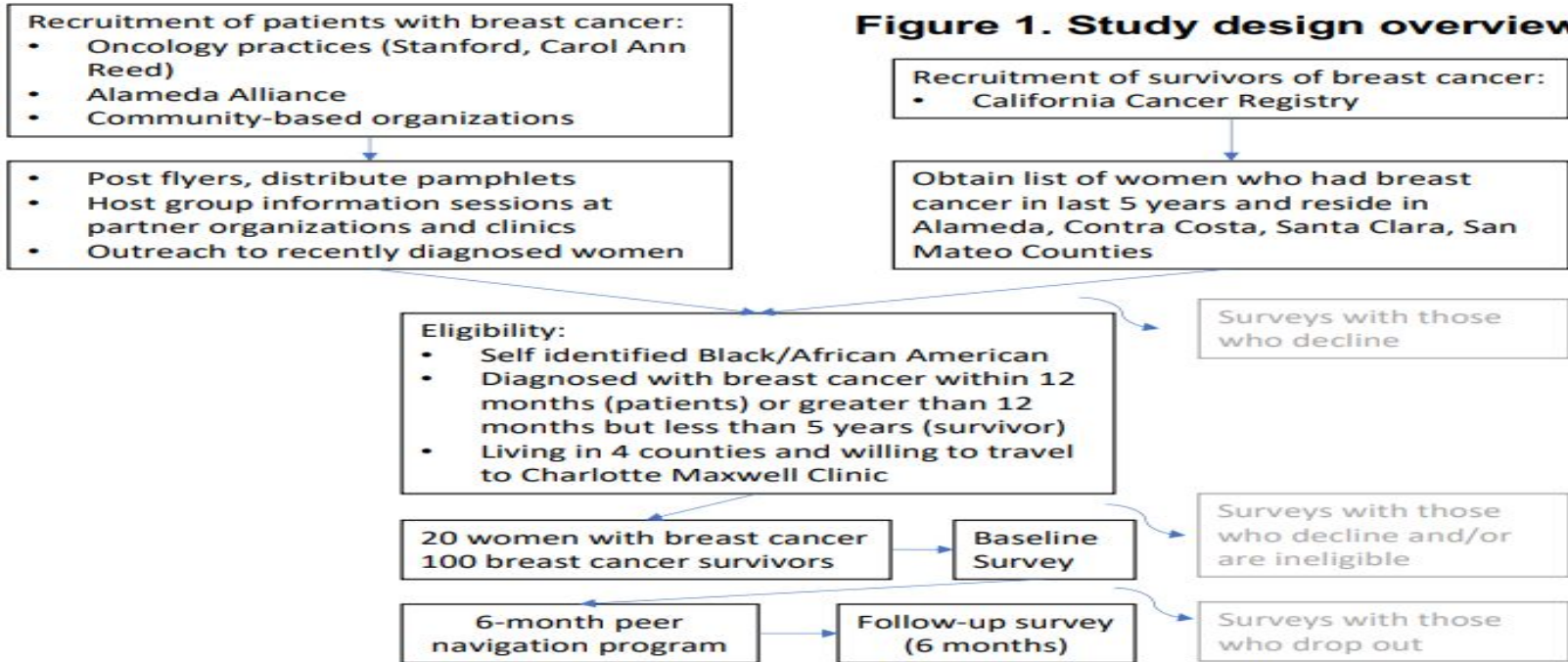
We will use mixed methods according to the RE-AIM framework to collect data on future potential for implementation and dissemination. We will use the Program Sustainability Assessment Tool to facilitate long-term sustainability.

Research Design, Conceptual Framework

This study uses a community-based participatory research approach featuring shared leadership between community and academic researchers with a goal of improving the lives of Black women with breast cancer. The research design, conceptual framework, and analysis plan were co-developed by all members of the partnership through weekly meetings. The co-learning sessions during the formative research phase were critical to ensuring that all members of the partnership could actively participate in designing the study.

Research Design

Figure 1. Study design overview



Short term & Intermediate outcomes

What We Saw, Why, Our Focus and How You Helped

Peer navigation program available for African American women in Alameda County

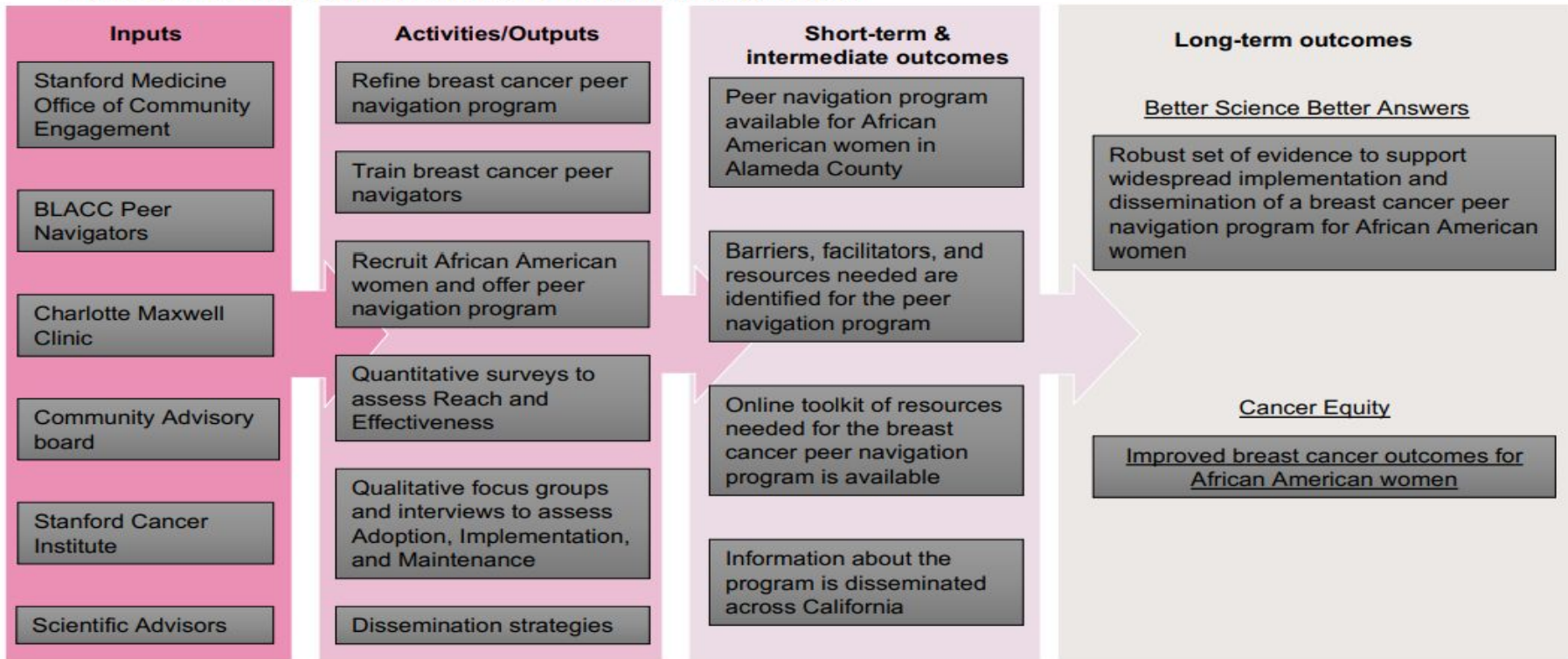
Barriers, facilitators, and resources needed are identified for the peer navigation program

Online toolkit of resources needed for the breast cancer peer navigation program is available

Information about the program is disseminated across California

Logic Model

Figure 2. African American Breast Cancer Peer Navigator logic model



WORK FLOW PROCESS

Team Work

Stanford OCE, BLACC & CMC and the CAB members will work together to gather information that will help to create a integrative care program for African American women with breast cancer.



Together we will hold sessions with African American breast cancer survivors and caregivers.



Short Term Goal



Long Term Goal

Build a culturally-centered integrative care program and improve breast cancer outcomes for African American women.



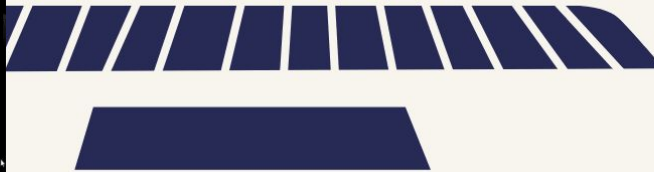
Share your story

FOR AFRICAN AMERICANS, BY AFRICAN AMERICANS

Role of the CAB

Passion to create lasting Change

#Health_Disparities_in_Medicine
#BlackWomenMatter



AGENDA FOR THE NEXT 12 MONTHS

Community Advisory Board

We Want to Hear From You

Our project will utilize your input as the Community Advisory Board to identify most important services for a peer navigation program for African American Women

Creating A Space

Together we will document and disseminate our process to enable other african American communities to follow a similar process to develop peer navigator programs

Co Learning

Gain a common understanding of African American Women experiences with breast cancer screening, diagnosis and treatment as well as research methods

Helping our Communities

Increase awareness about breast cancer and breast cancer research in the broader community

Supporting One Another

Be kind to everyone. Let's encourage and lift each other up

Attendance and Participation

There are a total of 12 meetings. We ask that you commit to a minimum of 9 of the 12 meetings because your input is critical to the success of the program. All meetings are virtual but are subject to change. An ask for your commitment to an additional 12 months of the grant period.

Common Peer Navigation Services

Emotional

Childcare Arrangements

Assessment of Barriers

Communication with Health Care Team

Coordination of Care

Case Management

Appointment Scheduling and Reminders

Accompaniment to Appointments

Assistance with Financial Insurance

Transportation Services

Spirituality

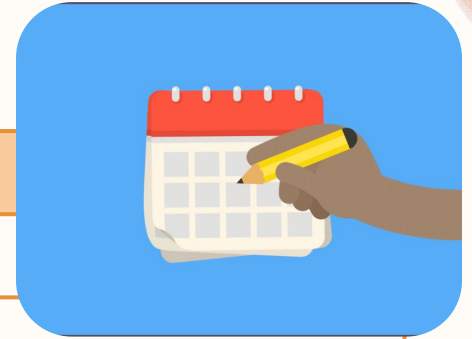
Health Education about breast Cancer, its treatments about available services.

Individualized Action Plans and resources including holistic services if requested

TIMELINE

- We will be meeting consecutively on the 1st Saturday of every month for the next 12 months from 10am-12pm PST via Zoom
- You are expected to be in attendance at all meetings
- **January through June Dates**

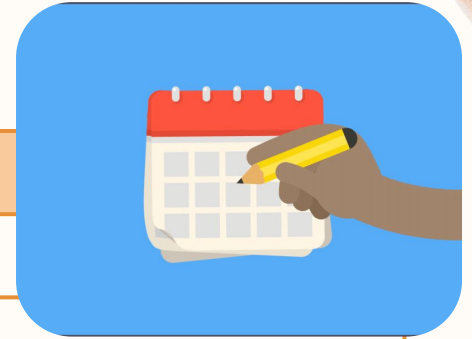
Dates-Upcoming 12 months	
Sat. January 7th	CAB Mtg #1
Sat. February 4th	CAB Mtg #2
Sat. March 4th	CAB Mtg #3
Sat. April 1	CAB Mtg #4
Sat. May 6th	CAB Mtg #5
Sat. June 3rd	CAB Mtg #6



TIMELINE

- We will be meeting consecutively on the 1st Saturday of every month for the next 12 months from 10am-12pm PST
- **July through December dates**

Dates-Upcoming 12 months	
Sat. July 8th	CAB Mtg #7
Sat. August 5th	CAB Mtg #8
Sat. September 9th	CAB Mtg #9
Sat. October 7th	CAB Mtg #10
Sat. November 4th	CAB Mtg #11
Sat. December 2nd	CAB Mtg #12



COMPENSATION

Each CAB member will be paid **\$55** per meeting

- There are a total of **12** meetings
- Your commitment to commit to 12 additional months
- Payments will be disbursed (frequency)
- ***Note: Must be in attendance to receive stipend**

You will also be given small gift cards for self-care

COMMUNICATION

- Saturday meetings will be conducted over ZOOM.
- We will also utilize email as our primary communication tool between meetings*.

*You will receive meeting notices via email



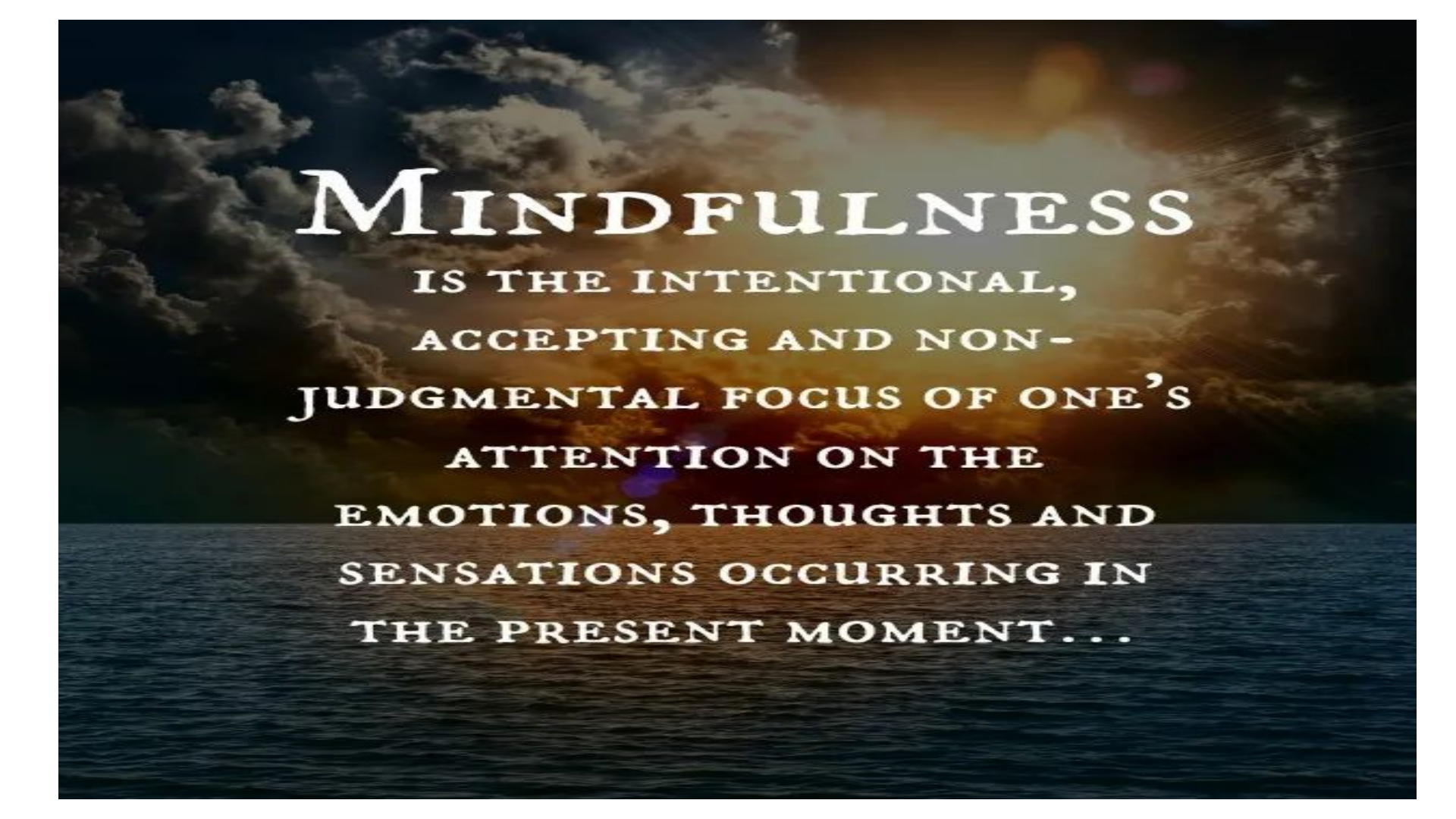


Questions??, Comments, Concerns

A contact list of the research team participants will be provided for your reference.

Would a participant list be useful?





MINDFULNESS
IS THE INTENTIONAL,
ACCEPTING AND NON-
JUDGMENTAL FOCUS OF ONE'S
ATTENTION ON THE
EMOTIONS, THOUGHTS AND
SENSATIONS OCCURRING IN
THE PRESENT MOMENT...



Centerpeace Project

MINDFULNESS IS
EMPTYING YOUR MIND
OF **WORRY** SO
THAT IT MAY
BECOME **FILLED** WITH
LOVE

- DR. ELLIE ZARRABIAN

WWW.CENTERPEACEPROJECT.COM

*Thank
you*

