What’s New At Sharsheret?
Support for Young Women Facing Breast Cancer
At the end of this lecture, you will be able to:

PRESENTER

Elana Silber
Executive Director
ABOUT SHARSHERET

Sharsheret, Hebrew for “chain”, is a national not-for-profit organization supporting young Jewish women and their families facing breast cancer or at increased genetic risk of breast cancer, ovarian cancer, or related hereditary cancers.
SHARSHERT'S CULTURALLY RELEVANT PROGRAMS

WHEN YOU WANT IT. HOW YOU WANT IT.

• The LINK Program = Support Program

• Education and Outreach Programs
WHAT’S JEWISH ABOUT BREAST AND OVARIAN CANCER

GENETICS

1 in 40 Ashkenazi Jews carries a BRCA gene mutation, nearly 10 times the rate of the general population, making Jewish families significantly more susceptible to hereditary breast cancer and ovarian cancer.
WHAT’S JEWISH ABOUT BREAST AND OVARIAN CANCER

COMMON CONCERNS

- Genetics
- Culture
- Spirituality
- Values

- Holidays
- Dating
- Marriage
- Community
CASE EXAMPLE: JENNY R.
SUPPORT PROGRAMS

PATIENT NAVIGATION

• Culturally- and age-appropriate psychosocial and reproductive resources for breast and ovarian cancer survivors throughout the cancer journey

• Comprehensive navigation plan developed with a member of Sharsheret’s support staff
SUPPORT PROGRAMS

PEER SUPPORT NETWORK

- **One-on-one** peer connections
- Young women newly diagnosed or at increased risk of hereditary cancers
- Tailored matches based on diagnoses and life experiences
- Confidential
SUPPORT PROGRAMS

GENETICS FOR LIFE®

- Culturally-relevant resources for women and families at high risk due to a strong family cancer history or a BRCA gene mutation
- Guided conversations about genetics with a member of Sharsheret’s support staff
- Health care symposia addressing genetics
SUPPORT PROGRAMS

THRIVING AGAIN®

Professional and Peer Support

Educational Teleconferences

Survivorship Care Plan

Personalized Survivorship Kit
EDUCATION AND OUTREACH

TOOLS TO SCALE UP OUR PROGRAMS

1. Sharsheret Pink Shabbat and Outreach Events
2. Social Media
3. Educational Resource Series
4. Sharsheret on Campus
WHAT’S NEW AT SHARSHERET?

GROWTH AND EXPANSION

- CDC Grant to Grow Support Programs
- 5-Year Strategic Plan – Capacity Building
CDC COOPERATIVE AGREEMENT

HIGHLIGHTS

1. Evaluation

2. Collaboration

3. Nutrition, exercise, and genetics resources
PRELIMINARY EVALUATION

METHODS

• 30 day post-intervention satisfaction survey
• Topics: Demographics
  Psycho-social health
  Referral source
  Overall satisfaction (Patient Navigation)
  Peer Support satisfaction
  Genetics for Life satisfaction
  Thriving Again satisfaction
## PRELIMINARY EVALUATION

### DEMOGRAPHICS

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<tr>
<th>Category</th>
<th>n</th>
<th>%</th>
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<tr>
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<td>Divorced</td>
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<tr>
<td>Single, never married</td>
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</table>
At the end of this lecture, you will be able to:

PRELIMINARY EVALUATION RESULTS

Overall Satisfaction

- Very Satisfied: 79.2%
- Satisfied: 20.8%
- Neutral: 0%
- Dissatisfied: 0%
- Very Dissatisfied: 0%
At the end of this lecture, you will be able to:

**PRELIMINARY EVALUATION**

**RESULTS**

Peer Support  
(n=10)

- Peer Supporter offered help I could not find from others  
  Agree = 100.0%

Genetics for Life  
(n=5)

- Helped identify what I needed to make decision about genetic issues?  
  Agree = 100.0%
- Print resources were helpful?  
  Agree = 100.0%

Thriving Again  
(n=19)

- Survivorship kit addressed concerns?  
  Agree = 89.0%
- Most useful component?  
  - #1 Health & Nutrition  
  - #2 Healthy Living  
  - #3 Calendar
STRATEGIC PLAN

OVERVIEW

The new plan puts forth four key strategic imperatives:

1. Enhancements to our national and regional structure.
2. To cultivate medical partnerships to support the expansion.
3. Sustainable fundraising and marketing initiatives.
4. To respond to developments in technology and social media.
NATIONAL IMPACT

NUMBERS

• More than 5,500 Jewish YBCS in our Peer Support Network
• More than 54,500 Served
NATIONAL IMPACT

ACHIEVEMENTS – 2015

• Published our first journal manuscript in the journal *Healthcare*
• Submitted five abstracts to professional health care conferences
• Presented three national health care symposia addressing clinical trials, cancer screening updates, and genetics
• Shared culturally-relevant resources with more than 3,300 health care professionals in Sharsheret’s database
• Distributed more than 73,000 educational resources to women, families, and health care professionals nationwide
SAVE THE DATE

FREE NATIONAL WEBINAR

National Healthcare Symposia:
February 2\textsuperscript{nd}
8:15 pm EST

“Take Control: Navigating the Emotional Roller Coaster of Cancer”

To register or for more information, email skravitz@sharsheret.org.

Karen E. Hurley, PhD
Licensed Clinical Psychologist, Hereditary Cancer Risk
CONNECT WITH US

Any Questions?

866.474.2774
www.sharsheret.org