



## Annual Report: May 2016—June 2017

**Statement of Purpose:** Art of Health and Healing within CCHS improves the health, wellness and experience of healthcare for our patients, families, staff, and greater community through creative programs and healing environments.

### Goals:

- I. Community Wellness - To improve community wellness through the arts and creative programs**
- II. Engage Staff - Engage, support and empower staff through the arts, creative opportunities, and education.**
- III. Healing Environment - Create a culture and healing environment in which the arts are accessible & engage everyone.**

### *AHH Chair Note - Alan Siegel MD -*

It has been a great year for implementing innovative programs throughout CCHS. Both Contra Costa Health Services and Contra Costa Regional Health Foundation have been greatly generous to help grow our program and reach. We have brought therapeutic harp to our most sick patients in the ICU, a healing environment in our perinatal area, interactive art-making to our staff and patients through their 4" canvases, yoga and zumba to our staff and patients, and much more over the last year. Our Expressive Arts Therapists have been expanding into new areas in both our system and the community. We have built an amazing team, which has enabled us to stabilize our presence and grow our reach. We plan to continue much of this work and to expand our reach. Our group has also been meeting with Integrative Health and since we share much of our priorities, we plan to merge over the next year. We have also been collaborating with our regional network, Arts in Health California, and national organization, NOAH (National Organization for Arts in Health) to bring more visibility to this important work. Thanks to our Administrative Manager, Rhonda Smith, and our new Executive Sponsor, Gabriela Sullivan for helping us to navigate this ship. Thank you also to all our participants and supporters over the last year.

## PATIENT PROGRAMS

### Stress Reduction Through the Arts

“What an incredible program and opportunity we created to both serve and educate our community about how we can manage our stress by engaging in the arts. Thus far, after reviewing the data, our team feels like we certainly have met our program objectives/intentions in enriching our participants’ understanding of stress and increasing their ability to understand their unique role in creating, sustaining and reducing stress by using the arts and psycho-education interventions taught in sessions.”

Napoleon Dargan, PsyD  
Director, Stress Reduction Through the Arts



‘I have worked for Kaiser for more than 23 years and I have never seen or experienced anything like this! The presence of the community, the diversity of the participants is incredible. The representation of the community we serve is awesome and it makes me feel like I belong here. Great program!’ - Participant



## PROGRAM HIGHLIGHTS

- Mindful Body Movement and Martial Arts, led by Community Broker Jamal Baker
- Increased with new staff in our QQQ Kids' Club. Focus on art, reading literacy, & social skills development
- Movement, Drumming & Singing circle, led by Community Broker Llanna Bolds



'It was nice to feel supported by everyone during the art exercises. I'm shy and didn't feel like an "artist" at first. I do now! Being encouraged and supported to be who we are in our special uniqueness was powerful for me.' - Participant



## OUTCOMES: SRTTA SEASON 1 & 2 INTERVENTIONS

- Direct care - 390 patient contacts
- Indirect benefits - through training of the Wright Institute personnel, affected up to an additional 55,000 patient contacts (annual # of patients seen by Wright Institute).
- Pre-doctoral, internship, and practicum trainees in the APA Accredited training program, "Integrated Health Psychology Training Program," that have experienced SRTTA diversity training materials rated the training overall between above average to exceptional.
- Overwhelming majority of patients (avg. 30/session) reported a significant reduction in scales of stress (SUDs), depression, and anxiety symptoms

Season 1 - Except 2 participants, all reported lower levels of stress, a significant reduction in anxiety and depression symptoms.

Season 2—We are currently collecting and processing data. We have set up a follow-up session on July 1, 2017 to properly collect and process the data.

'I came out of this program a different woman who is able. This program gave me the tools to be more reflective while in the moment and to respond appropriately. I have learned to give myself permission to take care of myself and relax. I learned in this program to give myself permission to exist with healthy boundaries and not to limit myself. This program has also taught me how not to be so judgmental.'

- Participant

## PATIENT PROGRAMS

### Expressive Arts Therapy (EXA):



Beside Art Therapy session

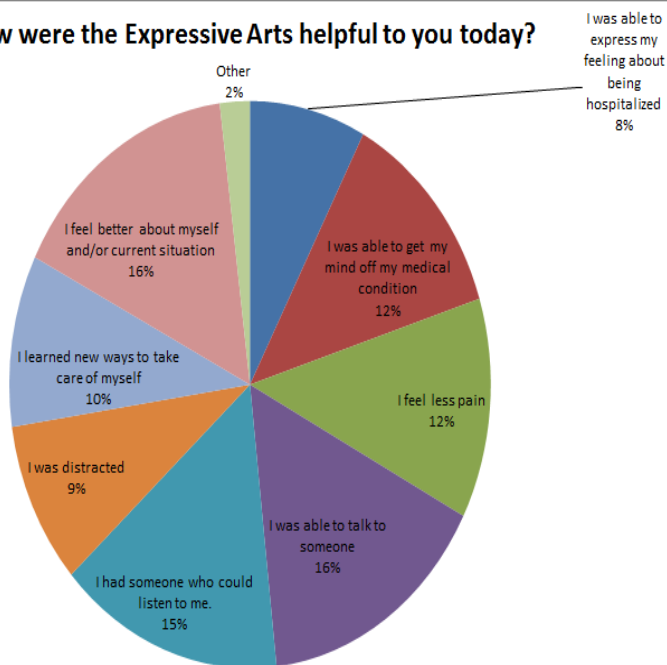
## SUMMARY OF INPATIENT & OUTPATIENT GROUPS

EXA supports various inpatient and outpatient groups and provide individual support for patients through **Art-by-the-Bedside** and **Psych Emergency Services (PES)**

**Group medical visits** - support and enhance an already-existing curriculum, including **We Can, Choosing Change, Pain and Wellness, REMEDY** and **Prenatal groups**.

**Expressive Arts groups** - provide a unique EXA experience in which participants are invited through the arts and other therapeutic practices to deepen connection with themselves, to enhance coping tools for life's challenges, to reduce stress, and to express their pain, their joy and their wisdom. These include several **Inpatient Psychiatry** and **3 Homeless Shelter groups**.  
New groups on next page.

### How were the Expressive Arts helpful to you today?



“While he still has challenges to face, expressive arts therapy is “like sunshine...it opens me up to talk to you...These are the happiest moments I have...They give me something to look forward to.” He also asserted that he gets to be open to the joys and possibilities of the unknown, not just the fears, in this time of uncertainty” - Art By the Bedside patient/EXA intern

## New Groups with Expressive Arts Therapy

**Older Adult Mental Health (Concord)** - monthly **90 minute expressive arts group for Older Adults (>60) with mental health issues**. Themes have emerged including: dealing with isolation, overwhelming emotions, and tapping into resiliency and resources that help people to cope with the stresses of life.

**Infusion Clinic/Cancer Center (weekly)** - for patients and family members to manage the anxiety and stress these visits bring up. We also offer a monthly Infusion Center staff support group through the arts.

**Labor and Delivery** - music has been an especially anxiety-reducing and soothing activity appreciated by mothers, babies, family members and nurses.

'Over time, we were able to reduce his loneliness and his disorientation. To our surprise, he had completed so many coloring pages on his walls that his room had been transformed from a regular plain hospital room into a colorful soothing reminder of what A enjoyed in life' - EXA intern



Beside Art Therapy session



'...group participants experienced new insights and coping skills, and increased their self-compassion and self-discovery through the healing space...created a sense of calmness, comfort, safety, community, and space for enjoyment and exploration. Group participants were given opportunities to express and explore their feelings, somatic experiences, fears, hopes, dreams, and stressors, in a safe, validating, and non-judgmental space...Common statements from group participants included feeling inspired and "more alive," experiencing relief from pain (emotional and physical), gaining new wisdom, having fun and experiencing "joyfulness," and the increased ability to let go of self-criticism. Group participants appreciated an increase in self-compassion and compassion for others, and they truly valued the space to be "free," "light," and to be "themselves." All members consistently stated how much they looked forward to each session facilitated by Nicki and her EXA Therapists! **Expressive Arts is a modality that should be incorporated into all aspects of our health system, as the benefits to whole-body wellness are tremendous!** I am so incredibly grateful to have experienced and witnessed the incredible benefit of participating in Expressive Arts.'

- CHC2 Mindfulness Group lead Amanda Dold MFT, Integration Services Program Manager, CCC Behavioral Health

## Professional Development for EXA Interns:

The professional development trainings have enhanced the professional skills of our staff and enabled them to provide higher quality services to the patients we serve. The interns have appreciated the trainings, found them useful and impactful for their work with patients, enhancing team building and supporting them in their own development as professionals. The following training topics were covered:

- 1) **“Expressive Arts Therapy and Diversity,”** led by Amber Field. Staff explored issues of power, privilege and oppression related to our own biases working with clients at CCHS and how to be attuned to diversity issues showing up in clients.
- 2) **Dementia training:** “Visible Voices: The Silent Speak Through Creativity” led by George Kraus, PhD, and Lori Tuttle, MFTI.
- 3) **Music therapy training** provided by Sharon Katz, music therapist and co-founder of the Peace Train. In addition to music therapy interventions, Sharon explored the community-building nature of music therapy to enhance self-care and team-building.
- 4) **Psychopharmacology** (in-Kind Training provided by Dr. Mario Berlingieri, CCHS chief psychiatrist). Learned about key pharmaceuticals that are traditionally used for individuals suffering from mental illness, and included his own case examples of the impact of art therapy.
- 5) **Severe Mental Illness** provided by Dr. David Elkin, UCSF Psychiatrist, regarding diagnosis and effective interventions.



EXA Training w/Music  
Therapist, Sharon Katz



Dementia Training w/  
George Kraus, PHD & Lori  
Tuttle, MFTI.

# WELLNESS

## Zumba & Yoga Classes

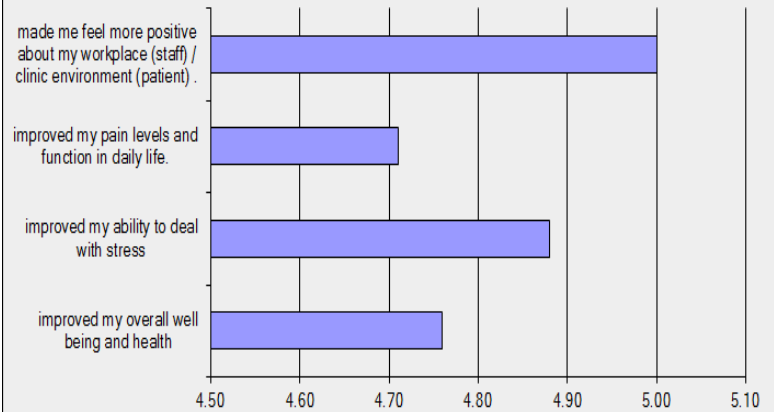
- Offered Weekly
- Zumba WCHC—Average 7.45 Participants. Range 10-19 participants/session in last 2 mos. (mostly staff)
- Total Zumba participants in 30 weeks: 223
- Yoga PHC—Average 8.5 Participants. (Approximately 1/2 patient, 1/2 staff)
- Total Yoga participants in 32 weeks: 272
- Needs improved promotion and recruitment



'It provided a stress break from my job and I return to work feeling refreshed.'  
'Fun! Got to hang out with colleagues and exercise!' - Zumba Participants



Regarding your experience in the wellness class(es), this class has...



## THERAPEUTIC MUSICIANS

Music is the most accessible form of art and healing. Research has shown that music in hospitals helps to decrease anxiety and pain. Bi-weekly sessions with Therapeutic Musician were offered in CCMRC's IMCU/Unit through our pilot project.

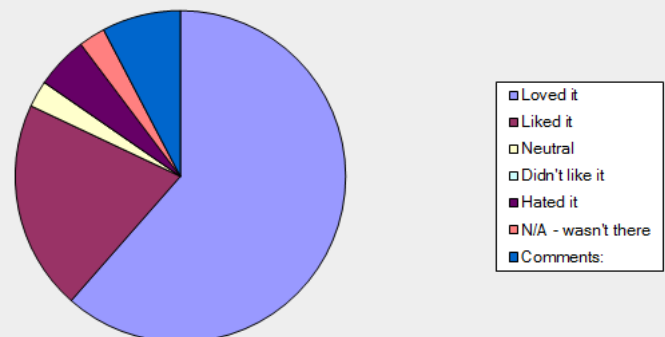


- Harpist plays outside of patient room in ICU unit.



- ICU patient to her visitor -- "that's so soothing to have the harp right there" (while blood was drawing)
- "Played outside the room of a man who was quite agitated. The nurses hoped the music would be soothing, and he seemed to be more calm while I played. " - Harpist

How was your experience with the Therapeutic Musicians today?



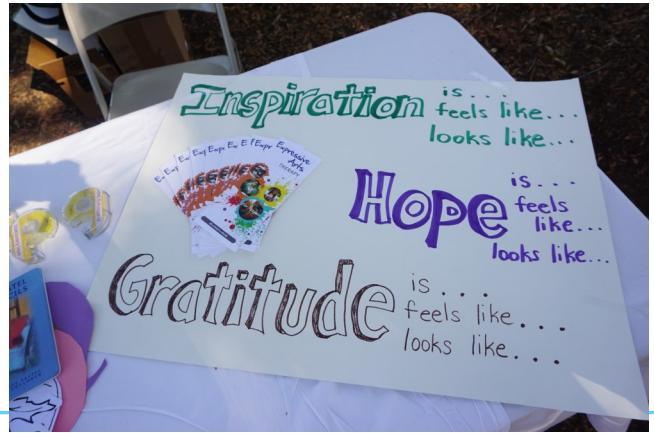
## HEALTH CARE WORKERS AS CREATORS

This year's Health Care Workers as Creators (HCWAC) event in September 2016 was a big success. We invited people to share stories from their heart, centering on themes of joy, hope and gratitude. Expressive Arts Therapy staff worked with members from some departments at the hospital to express themselves through art in preparation for the event. As the event progressed, CCHS staff members, patients, along with their families and friends, poured out into the Redwood Grove, making the space come alive with fun, music, song and poetry as various staff shared their talents on stage.



The structures for an excellent event were there.. meaningful theme, first rate posters and post cards, good food, great entertainment, raffle items donated by community members, excellent art activities, organized artist display, great set up with enough tables with white coverings, efficient clean up ....but the greater audience didn't participate or attend.

—Attendee



## HIGHLIGHTS

- Theme: Stories of the Heart: Hope, Gratitude, & Inspirations
- Raffle Fundraiser: Raised \$600 (Auxiliary Fiscal Sponsor)
- Expressive Arts Playback Theatre
- 3 Tables for Art-making
- Drum Circle
- Fun Photobooth
- Poet-Trees for Gratitude, Hope & Joy



“The HCWAC event 2016 was wonderful! It is always impressive and fun but this year’s gathering in the lovely redwood grove was really fabulous!”—Attendee

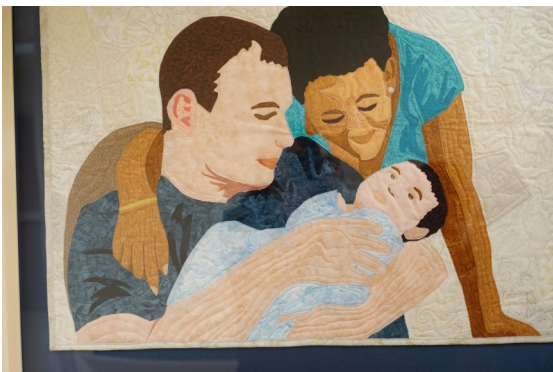
## Healing Environments

One of AHH's goals is to create an atmosphere that contributes to healing & wellness by eliminating clutter & extraneous noise, having music & art available, improving waiting areas and signage and beautifying all buildings, areas and gardens.



## PERINATAL UNIT (5TH FLOOR)

The Perinatal Center's Art Collection was inspired by the diverse patient population and the life changing work of the center. Its goal is to support the vigor and soothe the pain of the transformative act of giving birth and celebrate the significant moments of families bonding with their new babies. The art is primarily located in the public areas of the Perinatal Center consisting of two wards: the Labor and Delivery (L&D) Ward and the Postpartum and Recovery Ward. The artwork for the long hallways of the L&D Ward lends itself to be simultaneously calming and empowering, encouraging a transition through pain to birth. As a whole, the collection supports the empathy, competence and professionalism of the staff and center, as well as the diversity, economical and social challenges, fullness and beauty of the center's patients



## HEALING ENVIRONMENTS: 4" CANVAS PROJECT

Inspired by a site visit to Art for Recovery at UCSF Mission Bay, where Cindy Perlis introduced us to her program, we fell in love with the 4" canvas project for staff and patients. We wanted to create a project that would bring our staff together in a new way, involve community members, patients and their families, and allow everyone to be inspired by the themes of Joy, Gratitude and Hope. Then bring the individual creations together in larger murals for our healing environments.

We invited different departments and programs to participate in the 4" canvas project to connect with co-workers in personal ways, interwove them in our outpatient groups for patients, brought them to the Celebration of Life Event for Cancer survivors and their families, and brought to Health Care workers as Creators and Art Break Day as well as having an art table in the lobby for several months to inspire community through art making.

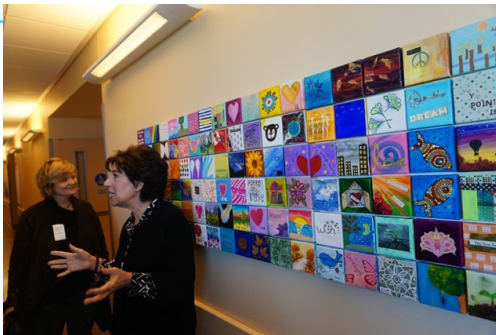
People were invited to choose colors and images that represented Joy, Gratitude and Hope for them. For staff, we asked them to also think about how their work inspired these qualities. At times, we interwove poems and conversations into the artmaking, allowing people to share their experiences.

### **PROMPT:**

*When you feel Joy, Gratitude and Hope...*

*What does it look like?*

*What images, colors, shapes or associations do you have?*



Cindy Perlis of Art for Recovery, UCSF Mission



Rehabilitation Department: OT, PT & Aides



Family Medicine Leadership

"What surprised me when doing the artwork on canvas was how much fun everybody was having and how relaxed it made us all feel. Afterwards we were invited to speak about our experience on the canvas and I was again surprised by how doing the work freed us from our inhibitions to talk about ourselves. I think it was this rather magical way that art has to induce us to let our guard drop and be ourselves that inspired me to think of organizing an Expressive Arts group for our elder patients at the Older Adult Mental Health program."

- Arun Haridas MD, MRCPsych, Geriatric Psychiatrist, Older Adult Mental Health

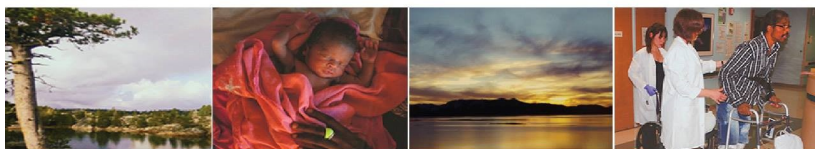


## STAFF PHOTO EXHIBIT: MARTINEZ HEALTH CENTER

AHH presented the first staff photo contest and exhibit last year. Participants were asked to submit images on the theme: **Journey of Healing, Images of Hope & Well-Being.**

Subsequently, AHH hosted the opening reception for most of those submissions at the Martinez Health Center, featuring photographs from employees of CCHS responding to the theme and resident Christina Gomez-Mira speaking about her work as a photographer. Artwork was generously donated to AHH in our efforts to create on-going exhibits for our Healing Environments.

## JOURNEY OF HEALING: IMAGES OF WELL-BEING & HOPE



Employee photo exhibit brought to you by Art of Health & Healing

### Opening Reception

**Date: Tuesday, June 7, 5p.m. – 6:30p.m.**

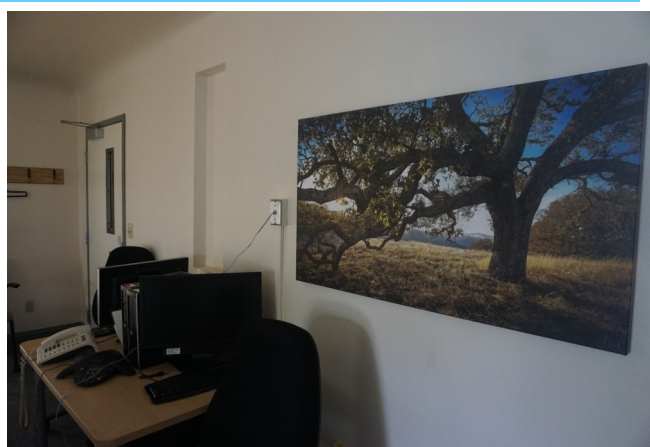
Dr. Christina Gomez-Mira will be speaking at 5:45p.m. to present a "History of Medicine" in Photographs

Martinez Health Center (Building 1)  
2500 Alhambra Ave.  
Martinez, CA 94553



## HEALING ENVIROMENTS: MEDICAL STAFF OFFICE

One of our expressive arts interns, Louisa LeMauviel, worked with staff at the medical staff office to bring in images for the walls that connect to the natural beauty of the area.

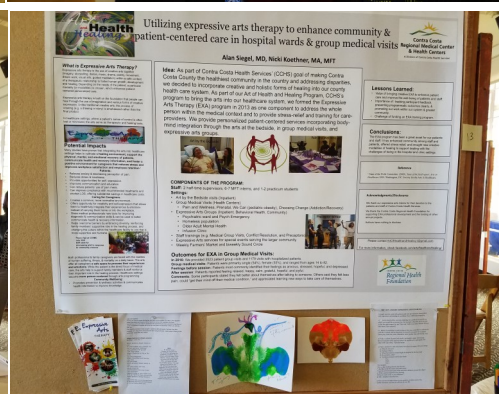
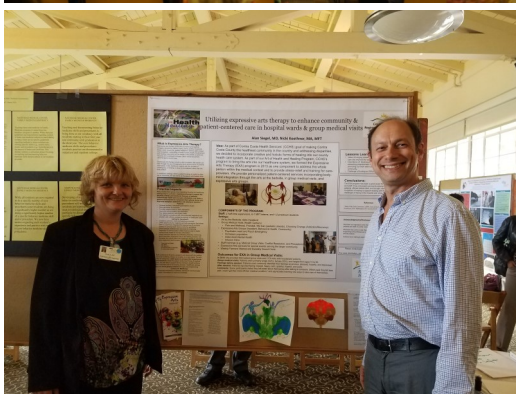


## PRESENTATIONS - AHH

- Accepted for **workshop**- (90 min) 12th Annual International Expressive Arts Therapy Association (**leata**) in Winnipeg, Canada. "The Sickbed becomes an Invitation for Transformation: Expressive Arts Therapy in Hospitals." Nicki K., interns Orion H. and Larissa H.
- Accepted for **presentation at National Organization for Arts in Health (NOAH)** 9/17 Austin. Napoleon Dargan & Alan Siegel.
- Poster** "Utilizing Expressive Arts therapy in the hospital and group medical visits" at the UCSF Family & Community Medicine 13th **Annual Rodnick Colloquium** on June 1, 2017. Alan Siegel, Nicki K.
- Accepted for April, 2017 Annual IHI Summit for poster** - declined due to costs
- Presentation at the Arts in Health California's conference at UCSF** in March, 2017 'Art of Health and Healing and Integrating Art and Behavioral Health Care in the Lobby'. Alan Siegel & Napoleon Dargan.
- Workshop** at 14<sup>th</sup> annual national Keck School of Medicine **USC's Innovations in Medical Education** conference February 24-25, 2017 in L.A. 'Enhancing Self-Care, Teaching and Patient-Centeredness Through Expressive Arts'. Our workshop received high ratings in evaluations and excellent reviews. Nicki K., Ken Saffier.
- Poster at Annual UCSF DCFM Rodnick Colloquium** on June 2, 2016 "Expressive Arts Open the Doors to Recovery in Buprenorphine Treatment Groups". The poster summarized our findings of integrating expressive arts in Buprenorphine treatment groups funded by the Choosing Change grant. EXA Sup/interns.
- White Paper reviewer** - As an acknowledgement of our leadership in this field, Alan Siegel MD was asked to be a contributor and external reviewer for NOAH's White Paper Summer 2017, 'Arts in Health and the Creative Arts Therapies in America.'



Arts in Health California's conference at UCSF



UCSF Family & Community Medicine 13th Annual Rodnick Colloquium

## COMMUNITY COLLABORATIONS

### Art Break Day

*Art of Health and Healing joined Art Break Day, an international event created by Art is Moving, on September 2<sup>nd</sup>, 2016 at CCRMC.*

Art Break Day was created in 2011 by Art is Moving with the belief that a healthy, vibrant, and well-balanced society is one in which everyone regularly participates in the arts. The event takes place annually with the goal of providing communities worldwide an opportunity to create art for free.

We invited participants to create cards with Spin-Art, draw and paint mandalas, play and create with paint, colored pens and markers, and paint 4" canvases. Participants commented on the timelessness they experienced while making art. Many agreed that it was not so much about how the art looked but how it felt making it. One participant said: "I had chest-pain for 2 days and after painting, it was gone. I feel cured and renewed."

Participation:

40 staff, patients and community members

Several others walked by, watched and visited

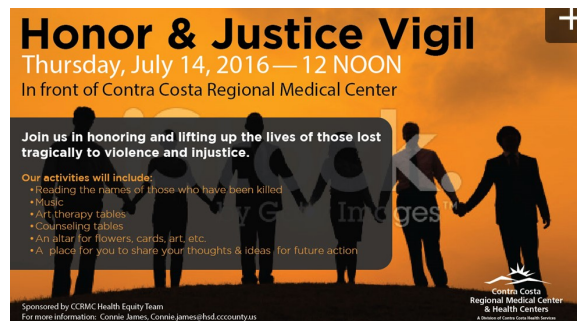
A moment of community was built through creative expression.



### PEACE VIGIL—PARTNER

Goal: To honor and lift the lives of those tragically lost to violence and injustice. Names of those who were killed in recent tragedies were read with inspirational quotes and poems.

- EXA team provided a table decorated with flowers and poems for people to create heart mandalas and color in a "garden of grief" to cope with the losses of people killed due to violence and injustice and inspire hope, community connection and support.
- EXAs invited people to write or draw values, qualities they offer their family, community, and/or co-workers in response to prompts.
- Inspired conversations to process grief, break isolation, connect with others, and find tools for resiliency and hope.
- Participants were grateful and appreciative to come together in this way and shared that they had felt paralyzed, hopeless and alone in face of the recent tragedies.



## COMMUNITY COLLABORATIONS

### We Stand Together Post-Election Vigil - Contributor

We collaborated in a demonstration of solidarity as we pledged to:

- Honor and respect each other, our emotions and opinions
- Commit to equity and embrace our diversity
- Keep CCRMC and Health Centers safe for everyone
- Hold ourselves and each other accountable for all of the above

### Arts in Health California Conference at UCSF

- Brought amazing speakers from the region to showcase their work in Arts in Health. Had a variety of presenters, including writers, artists, musicians, dancers and singers, physicians, medical students and patients.
- Learned about the new UCSF at Mission Bay Hospital both as a healing environment and an art destination, and the award-winning UCSF Art for Recovery Program.
- Several presenters had experientials so we could experience the power of the work.



Afro-Cuban San Francisco State Ensemble

### When Voices Meet screening & panel discussion with Sharon Katz

- We had Grammy-nominated Sharon Katz for a film screening and panel discussion around her film, *When Voices Meet*. This film showed the amazing work of the Peace Train in South Africa and won many awards both in the U.S. and abroad, including Best Documentary, Best Film, Best Director, and Best Original Soundtrack.



#### When Voices Meet Film Screening

May 11, 2017 5pm - 8pm

Film Starts 5:15pm

Martinez Health Center  
Building I - Conference Room  
2500 Alhambra Ave. Martinez, CA

#### Panel Discussion:

Sharon Katz, Director  
Marilyn Cohen, Executive Producer  
Wendy Quick, Performer, Educator  
Conception James, CCHS Equity Manager

*Refreshments will be served.*

Brought to you by Art of Health & Healing and ACS  
Supported by CCRHF



## COMMUNITY COLLABORATIONS

### **The Arts & Culture Commission of Contra Costa County (AC5) and Contra Costa Health Services' Art of Health and Healing (AHH) initiative strengthened their alliance in a multitude of ways in FY 16.**

Co-sponsorship multiple AHH events and initiatives:

- September 2016 Health Care Workers As Creators event - financial sponsor, hosted an information table, and contributed volunteers
- AC5 utilized its social media and newsletter networks to promote both sessions of the Stress Reduction Through the Arts program, directly increasing attendance and participation.
- AC5 had an info table at the UCSF Arts in Health Conference
- Friends of AC5 was also a co-sponsor of the screening of *When Voices Meet: The Story of the South African Peace Train*, and its subsequent discussion panel.

### **A key element of this partnership is the cross promotion of events and initiatives:**

- AC5 advertises ongoing AHH events (e.g. the Farmers' Markets and Art 'N The Lobby) on its website, in its events directory, in its newsletter, and to its social media networks.
- AHH included info on the About Face Veteran's Art Initiative to its distribution list to give health providers addl. resources for this population.
- AHH has helped promote multiple Arts Passages exhibits at the County Admin Building and used their networks to advertise open calls to support the economic health of artists in our community.
- AHH was also of immense help and support for AC5's first art festival to be held in Rodeo this June, and in promoting our current Community Needs Assessment survey.

### **Sustainable funding is always a concern for the arts and for nonprofits:**

- AC5 has assisted AHH in the discussions around funding options and with actual grant applications.
- AHH is a partner in the annual AC5 grant application for the California Arts Council State-Local Partnership Program.

AHH's focus on the health and wellbeing of Contra Costa's residents and the community at large through the arts, expression, and other supportive modalities is in line with the mission and vision of AC5 and the County's Cultural Plan. The foundational relationship of mutual aid and support assists both organizations in expanding programs, increasing participation, and improving the overall health and vitality of our communities. We look forward to our continued partnership in the coming year.



## FUNDING

### Grants from CCRHF:

Program/Project	Source	Approved	Role
Stress Relief Through The Arts	CCRHF	\$9,932	Lead
4" Canvas Project	CCRHF	\$5,400	Lead
Healing Environments - Perinatal	CCRHF	\$10,000	Lead
Therapeutic Musicians	CCRHF	\$7,500	Lead
Community Fitness & Wellness	CCRHF	\$8,500	Co-Lead/ Integr. Health
<b>Total CCRHF</b>		<b>\$46,332</b>	

### Other grants awarded during this period:

Health Care Workers As Creators	Med Staff/MEC	\$1,000	Lead
Healing Environment Med Staff Office	Med Staff/MEC	\$1,000	Lead
HCWAC, Sharon Katz	AC5/ Friends of AC5	\$500	Lead
<b>Total</b>		<b>\$2,500</b>	

### Contra Costa Health Services - \$659,000

CCHS supports the work of Art of Health and Healing through the hiring of Expressive Arts Therapy supervisors (2) and interns (7), supporting a portion of the Chair's salary, and student workers (2) who assist with promotion and Stress Relief Through the Arts. They also provide art supplies, laptops, office supplies, and musical instruments to support the programming.

# Art of Health and Healing Committee Members

Alan Siegel, Chair

Rhonda Smith  
AHH Administrative Manager,  
Volunteer Program Coordinator

Gabriela Sullivan  
AHH Executive Sponsor

Karen Lloyd, Chair, Rehab Dept.

Mariah Rivera, Evaluation/Feedback

Napoleon Dargan, Director SRTTA

Bousa Tatpaporn, PR

Tim Friend, Facilities Liaison

Patricia Gangwer, CCRHF Board Member

Nicki Koethner, Supervisor, EXA

Suraya Keating, Supervisor, EXA

Will Harper, CEI

Linda Valenziano, Patient Representative

Marc Miyashiro, IT Representative

Ron Drago, Rehab Dept.

Tess Snook O'Riva, AC5 Chair  
Community Collaboration

Michelle Wong, Integrative Health Medical  
Director

## WAYS TO CONTACT:

- Email: [Artofhealthandhealing1@gmail.com](mailto:Artofhealthandhealing1@gmail.com)
- [Facebook.com/Artofhealthandhealing/](https://www.facebook.com/Artofhealthandhealing/)
- Phone: (510) 859-4180 or (925) 370-5625

### Newsletters:

AHH Fall 2016: <http://conta.cc/2fWbYHY>

AHH Summer 2016: <http://conta.cc/29EOmUb>

AHH Spring 2016: <http://conta.cc/1WQb1Qn>

AHH Video Overview <https://vimeo.com/117931887>

## WAY TO DONATE TO AHH

Contra Costa Regional Health Foundation: [www.ccrhf.org](http://www.ccrhf.org), click on Art of Health and Healing. May specify specific project in blank.

**Acknowledgements:** . A huge thanks to Bousa Tatpaporn, Nicki Koethner, Tess O'Riva and Alan Siegel for preparation of the Annual Report.

I also want to acknowledge the amazing work that our committee members do to bring the work of AHH to our patients, staff and community.

Special thanks to CCRHF for generously supporting our program.

