

Gateway
to
hope



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Pictured on the cover: Juanita, a GTH recipient, is living and thriving with late stage breast cancer. She continues to receive support from GTH and reports that the relationship with her GTH Navigator is a vital part of her life.

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Dear Gateway to Hope Supporters,

Each year, when I sit down to write this letter, I am always thrilled to share all of the great successes YOU have made possible. So much has been accomplished, thanks to your support. And at the same time, there is so much left to do.

I am so proud of Gateway to Hope (GTH) accomplishments from 2023. Our incredible team officially launched a new state-wide program, which will provide our services to women in need of access to life-saving mammograms. This is in addition to the work we continue to do in support of women diagnosed with breast cancer. In 2023, we yet again served a record number of women.

But, it is still the tip of the iceberg. Across the state of Missouri, there are communities where more than half of women diagnosed with breast cancer are diagnosed late stage. This is unacceptable.

Given that we have the medical advancements to diagnose earlier and keep women in treatment – these statistics should not exist. That’s what Gateway to Hope is about. We always say: no woman should have to choose between life-saving healthcare and putting food on the table. That includes mammograms, diagnostic care, treatment, and when needed – compassionate end of life care.

Because of the generosity of our supporters, and the strength of our partnerships, we are now able to provide our services to women across the entire breast health spectrum. We believe that this will, as we continue to grow, have a significant impact for women across the entire state of Missouri. We believe we can end the inequities we see – here and now.

In this report, you will see our 2023 accomplishments. You’ll also hear about the impact we have for the women we serve, through their personal stories. Importantly, you will learn more about the entire journey of a Gateway to Hope patient. This highlights the full spectrum of critical services we now provide – thanks to you. Please join me in celebrating how far we’ve come, and looking to the future of what impact we have yet to make together.

With gratitude,



Chief Executive Officer | Gateway to Hope



“Gateway to Hope helped me understand everything I needed to know financially, and about what was to come for me. They made me feel more comfortable in certain situations with the doctors. They really listened when I needed it most.”



A Patient's Journey



Gateway to Hope now provides impactful services to women who need assistance accessing all types of breast healthcare. Here's how it works.



Follow along throughout the report, at the top of each page, to learn more about how Gateway to Hope provides services across the entire breast health continuum.

EXPANDED PROGRAMMING SAVES MORE LIVES.

A lot is written and said about the journey of a cancer patient. That's because it truly is a remarkable passage through extraordinarily tough times, usually marked with milestones (an abnormal scan, surgery, chemo, radiation, communicating with family and loved ones, the bills that pile up, and on and on.) It's also a time when multiple things exist at once – intense fear, confusion, but also joy and most of all – hope.

From the beginning, Gateway to Hope has sought to reduce the fear and increase the hope felt by patients during their journey. As you review the graphic (left), you will see the sheer complexity of the entire breast healthcare process. For most of our existence, Gateway to Hope has focused on the fourth step of this process. In the last two years, we've been able to expand to all six steps – thanks to supporters and partners like you. This expansion has happened because the need is great, and it is urgent.

A woman in Missouri is diagnosed with breast cancer every 90 minutes. Breast cancer accounts for one-third of all cancers diagnosed in Missouri and is the leading cause of cancer deaths in women after lung cancer (mo.health.gov). Dramatically fewer women have been screened in the past few

years. According to the current director of the National Cancer Institute, mammography services were reduced by 95% across the U.S. in 2020. Women who delayed care during the pandemic are just now being seen and diagnosed with breast cancer, often with later-stage and more deadly disease. This trend is also clear in the patients we serve: 1-in-3 of whom live with incurable Stage IV breast cancer (a nearly 30% increase over pre-pandemic years). This is particularly true for low income women, rural women, and women of color. Clearly – women are in need of support getting to care at all points in the process, not just during treatment.

We could not ignore this data. Now, regardless of where a woman falls on this spectrum of care – GTH will be there for her. Our GTH Navigators will work with her 1:1, connecting to resources, removing barriers, alleviating fears, providing financial assistance, and empowering her to access the care she needs to survive and thrive.

This graphic explains how GTH supports women at each step in their journey. Throughout this report, you'll also see real examples of how the women we serve experience our support. We hope you will follow along!



PRE-SCREENING

A mom to three children, 35-year old Ashley did not have any known family history of breast cancer. But one morning, she felt a lump in her breast.



Ashley did not have a current primary care provider, and wasn't sure where to turn. She encountered a GTH Screening Navigator at her local farmer's market. After a short conversation, Ashley provided her contact information so GTH could follow up for support.

Why We Exist

In our communities across Missouri, too many women find themselves choosing between basic needs and life-saving care. This is unacceptable.

Missouri has some of the country's largest breast cancer disparities for low-income, rural, and women of color. Gateway to Hope is committed to removing barriers to affordable, timely, quality breast healthcare and empowering people at risk of and living with breast cancer to live full and healthy lives.

Breast cancer is projected to have the highest diagnosis rate of all cancers in 2024 in Missouri – 6,000 new cases. **3-in-5 of these women are eligible for our services.**



Where you live, the color of your skin, and your income should not predict your breast cancer outcome, but it does. Gateway to Hope is committed to changing that.



Our Treatment Navigation Program serves patients in Missouri and Southern Illinois.



Since 2005, Gateway to Hope has served thousands of women in need of support. Since 2020, our patients have trended younger, more diverse, and with more advanced stage disease.



Today, we deliver best-in-class programs to women in need, at unprecedented scale. Our vision is to be a national model for how women access life-saving breast healthcare.

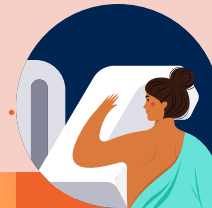


As the only statewide community-based breast cancer organization in Missouri, we are working to address the root causes of breast cancer disparities and influence how healthcare is delivered.



SCREENING

Ashley was concerned and anxious. Within 3 days, a GTH Navigator contacted Ashley with all the information she would need to make an appointment.



Ashley's GTH Navigator helped her choose the right location for a clinical breast exam and a mammogram, based on her insurance status. With her GTH Navigator's help, she was able to schedule and attend an appointment within 2 days – despite average wait times being 4-6 weeks.

What We Do

Gateway to Hope's programs remove barriers to care, helping women get to the life-saving medical care they deserve.



SCREENING NAVIGATION+

Through 1:1 support, GTH Navigators make sure women can access affordable, timely, and quality early detection care. Patients also receive financial assistance and wraparound resources, so they do not miss a potentially life-saving appointment.

TREATMENT NAVIGATION+

When diagnosed with breast cancer, patients are paired 1:1 with a specially trained GTH Navigator who supports them for the duration of their journey. Sometimes, this is for many years – through end of life. Patients also receive \$1000 per year to alleviate financial burdens during treatment.

Patient navigation, a nationally recognized evidence-based practice, contributes to increasing cancer survivability by reducing social/emotional barriers (like fear and mistrust) and structural barriers such as income, insurance status, and access to care, which helps women to adhere to care regimens (Kim & Jang, 2008).

Our program model is making an impact. GTH patients are 4x less likely to skip life-saving appointments and treatment.



CONNECT TO RESOURCES



FINANCIAL SUPPORT

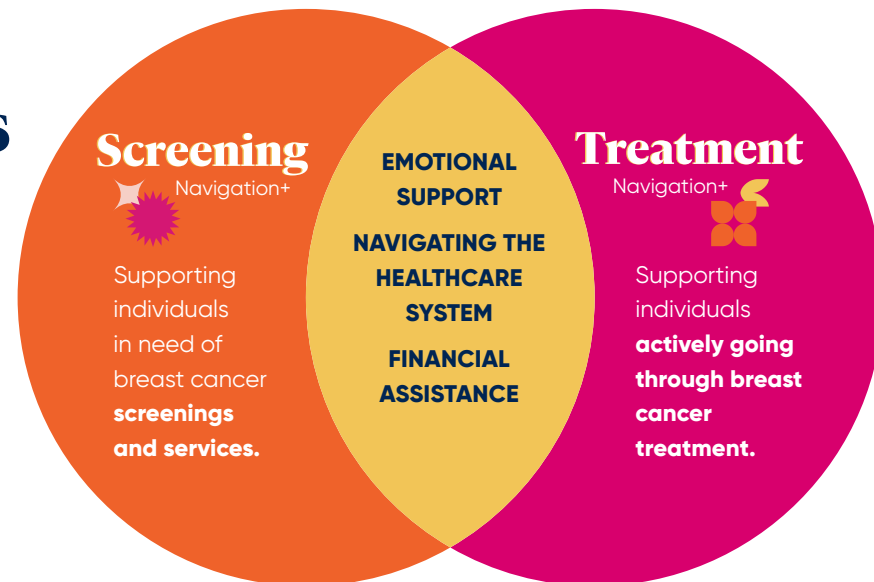


EMOTIONAL SUPPORT



NAVIGATE THEIR HEALTHCARE

Support where it's needed most.





ABNORMAL RESULTS

After her first appointment, Ashley got a call from her doctor. She was asked to come back for a second appointment. That same day, her GTH Navigator called to provide emotional support.



Together, Ashley and her GTH Navigator called the breast center and scheduled her follow up. GTH Navigator's also provided a gas card and helped Ashley get enrolled in assistance programs to cover the cost of her follow up care.

Meet Jada

A GATEWAY TO HOPE RECIPIENT

Jada is a Gateway to Hope patient, navigating her care journey with us.



Jada is 44 and a single mother raising three amazing kids (8, 14, and 16) in North St. Louis County. Her family had a history of breast cancer, but she didn't know that Black women are often diagnosed earlier and with a more aggressive disease.

Jada wanted to get screened but had a high deductible plan through her employer and no primary care physician. Her family was barely getting by on Jada's annual salary of \$42,000, approximately 150% of the federal poverty level for a family of four. In 2020 Jada found a lump, but she made the heartbreaking decision to save money on her healthcare to cover sick visits for her kids through the pandemic. After a year, she finally scheduled a mammogram. Even with insurance, the out-of-pocket cost was daunting. Missouri's average cost for a 3D screening mammogram is over \$280. Jada was blindsided by both her bill and the need (and potential cost) for further diagnostics.

She delayed further testing for weeks while worrying about the potential outcome and the impact on her family's budget. More than 16 months after she first felt the lump Jada was diagnosed. She was devastated.

Luckily, she was referred to Gateway to Hope and we were able to get to work. During Jada's intake meeting, her GTH Navigator completed two assessments revealing that she was experiencing acute distress about her mounting medical bills, upcoming summer care for her kids, and feeding her family.

Our GTH Navigator worked with Jada and her treatment team to help her apply for hospital grants to cover treatment costs, dramatically reducing her financial stress. Jada utilized \$1,000 of direct financial assistance to cover essential car repairs to get back and forth to treatment and her job. Together, she and her GTH Navigator identified summer camp options for her kids and meal delivery services to ensure she and her family had what they needed.

Jada met with her GTH Navigator often to discuss her feelings, fears, and plans to stay in treatment. Our GTH Navigators specialize in helping patients identify their "why", as in, "why should I advocate for myself and pursue my treatment?" Jada's "why" were her kids; focusing on that helped her through her treatment.



TREATMENT

Within 3 weeks of her first appointment, Ashley was diagnosed with Stage II breast cancer. Had she waited much longer, her diagnosis would have been much more advanced. She credits GTH's support to helping this early diagnosis happen.



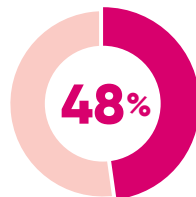
Ashley needed surgery, and ongoing treatment for several months. Her GTH Navigator has supported her through the entire process with phone calls, in-person visits, reviewing bills and connecting to additional resources to help her children through this process. She also has received \$1000 to help with her rent – keeping her family housed despite her taking time off work.

Impact

The women served by Gateway to Hope are more likely to access the life-saving care they deserve.

473

patients were served by Gateway to Hope in 2023.



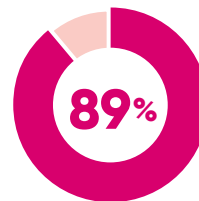
of our patients who were Women of Color – a growing cohort each year.



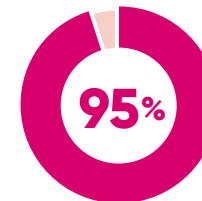
1-in-3 of our patients had late-stage disease.

Results

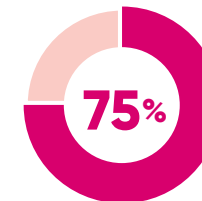
Gateway to Hope tracks multiple outcome measures, for continuous improvement and to maintain our commitment to transparency.



of our patients adhered to their treatment – 33% more than the national average.



of our patients maintained stable housing and health insurance during treatment.

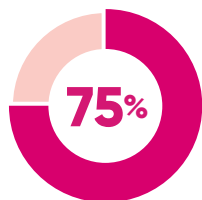


of our patients report experiencing less stress, improved coping skills, and increased confidence navigating care.

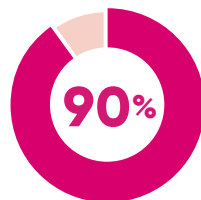
“GTH helped me feel peaceful in this cancer journey; even in the face of challenges, I was able to persevere with Gateway to Hope!”

\$310K

in direct financial assistance was provided to patients.



of our patients lived and received treatment in the St. Louis region.



of our patients lived at or below 250% of the federal poverty level.

17

the average number of contacts patients had with their GTH Navigator throughout their treatment journey.

“Financial stress makes it much more difficult to focus on overall health. With Gateway to Hope’s financial assistance and case management, I was able to pursue community and hospital resources.”

The women we served all met our eligibility requirements of an annual income of less than 450% of the poverty rate, and 90% of these women have a household income of less than 250% of the rate (which, for a single individual, is \$32,000 a year.)



SURVIVORSHIP & BEYOND

When Ashley completed treatment, she became a survivor – and thriver. We re-enrolled her into our screening program, where she will receive support in keeping up with her maintenance care – a critical piece of survivorship.



Ashley's GTH Navigator also connected her with resources – both in her community, and virtual – to stay engaged with other survivors. Breast cancer doesn't end when treatment ends. It is a life-long journey, and we make sure our patients never feel alone.

Leading the Way

We elevate our patients' circumstances and stories to decision makers and policymakers – creating lasting change.

PUBLIC POLICY

We cannot address breast cancer disparities without ensuring better, more equitable care is delivered to women. That's why GTH works with policymakers, the state, and healthcare providers to improve policy and practice. Last year, GTH helped increase the income eligibility threshold for the state's subsidized breast screening program from 200% to 250% of the Federal Poverty Level. By elevating the stories of the women we serve, we successfully advocated to expand access to affordable, life-saving screenings.

ELEVATING QUALITY OF CARE

GTH is leading emergent research on breast cancer with partners at Missouri and Illinois Universities and Cancer Centers. Our current studies explore barriers rural providers experience in connecting women to screening, how hospitals allocate their grant-funded care, and how we can close breast cancer disparities through benchmarking and resource sharing. Each project was initiated in response to our patient's experiences and stories.

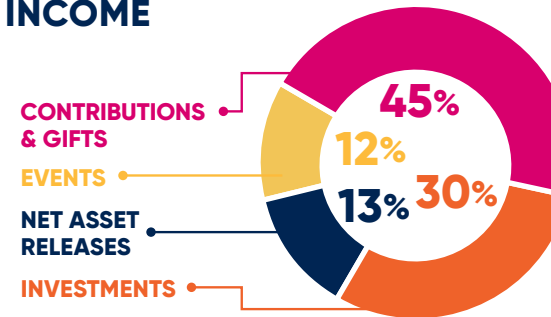
PARTNERSHIP

We work with hundreds of other organizations across Missouri. From addressing food insecurity to mental health, we recognize that we cannot do this work alone. And, health doesn't happen in a vacuum. With our partners, we are addressing all aspects of our patients' health.

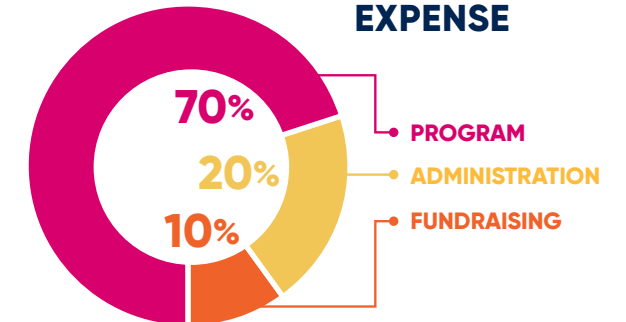
Financials

Gateway to Hope is proud to report our financial outcomes transparently.

INCOME



EXPENSE



*To view our audited financial statement, please visit gthmo.org.

Our Dedicated Team

15

full-time employees and counting.

We regularly rely on volunteers, seasonal employees, internships, and practicum students to support our efforts.

150

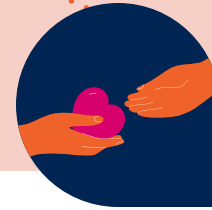
collective years of experience in breast healthcare and nonprofit management.

In 2023, we added several new positions – allowing us to expand our impact and reach. We have a dedicated board of directors who represent medical specialties, business and nonprofit acumen, and respected financial institutions.



PALLIATIVE CARE

More than 1/3 of GTH's patients are living with metastatic breast cancer. These patients have unique needs, and are deserving of increased support which we are proud to provide. Many of these patients remain with GTH for several years.



Our professionally trained Metastatic Navigation Team provides interventions related to grief, considerations for families, financial assistance, and more. We ensure these patients have good quality of life and provide our services through end of life.

A Vision for the Future

In 2021, we launched a new Vision for the Future. That plan, published on our website at gthstl.org/about/futurevision, envisions impact and change that we can all make possible in our lifetimes.



GTH is about making a difference for women and their families, for as many who need us, for as long as we're needed. There is always more to be done, and we're staying focused on that while never losing sight of what makes GTH who we are. In 2025, we will celebrate our 20th anniversary. We hope you'll join us for a year's worth of honoring our founders, recognizing the thousands of women we've served, and looking ahead to the impact we can have together.



Next in 2024

Already, we are serving 40% more patients than in 2023.

As our team has expanded across the state, we have been able to increase the number of women we serve. We're well on our way to making sure no woman in Missouri has to choose between life-saving healthcare and putting food on the table.

Follow along on social media, and on our website at gthmo.org, to stay up to date on the stories of the many women we're honored to serve.

As we reach new communities across Missouri, the demand for our services grows. Your gifts and support matter now more than ever.

Consider donating on our website or including GTH in your legacy plans. Breast cancer isn't going anywhere and neither are we.

ALREADY EXPANDING



As of early 2024, Gateway to Hope now has full time staff based in communities across the entire state of Missouri. While we have always served the whole state, we are now proud to do so in a localized, community-based way.

Thank You, Donors

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DECEMBER 31, 2023**

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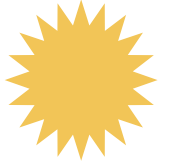
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*Donation to Thelma's Gift in honor of Thelma Muskin

**Donation to Arnie and Gail's Legacy, in honor of Arnie and Gail Gast

***Donation to Stephanie's Wish in honor of Stephanie Simon Allen



BEVERLY
Gateway to Hope
Recipient



CIERRA
Gateway to Hope
Recipient



JESSICA
Gateway to Hope
Recipient


“Gateway to hope helped me unconditionally. They said “What can we do?” at a time I was at my lowest and then they did it.”

**We would love
the chance to
tell you more.**

Contact us to discuss Gateway to Hope's future and how you can get involved.

 info@gthmo.org

 (877)-GTH-HLTH

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GATEWAY TO HOPE

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**Thank you for
your support.**



Our mission is to champion change by removing barriers to affordable, timely, quality breast healthcare, and empowering people to live full and healthy lives.

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