

2015

July - December 2015

Young Adult Patient
Navigation

**END of YEAR
REPORT**

CANCER CHANGES LIVES...

... SO DO WE!

OUR MISSION

We change lives by creating a community of support for young adults, and their loved ones, impacted by cancer.

OUR VISION

We envision a world in which no young adult faces cancer alone.

OUR VALUES

These are the values that drive and define our work with young adults and their loved ones impacted by cancer:

- Be Human
- Be Better
- Be Courageous
- Be Committed

OUR PILLARS

We are **G**iving/
Getting Support



We are **R**aising
Awareness



We are **I**nspiring
Movement



We are **D**riving
Change



PATIENT NAVIGATION PROGRAM

INTRODUCTION

About Our Young Adult Patient Navigation Program:

Young adults (ages 15 – 39) with cancer are burdened with challenges unique to their developmental stage and age group. This population also possess unique capacities that, when realized, can help them effectively cope with cancer and thrive, no matter what the outcome may be. Our Young Adult Patient Navigation program aims to help young adults understand and utilize those capacities.

Working in conjunction with the medical care teams at institutions and within the community, our Young Adult Patient Navigators provide a holistic approach to patient care, addressing various needs of young adults who face a cancer diagnosis, treatment, and life with cancer. UCF Young Adult Patient Navigators provide tailored emotional and practical support to young adults, and their loved ones, to help them recalibrate their life with cancer.

Our Young Adult Patient Navigation Program is built upon the “4E” framework: **educate, empower, engage, encourage.**

- **EDUCATE** patients and their families of their disease, treatment options, and lifelong implications of treatment choices;
- **EMPOWER** young adults take an active role in their cancer experience and support them as they face the many unique challenges and realities specific to their age group;
- **ENCOURAGE** effective communication with the clinical care team, family, friends, community and others in their support network; and
- **ENGAGE** young adult patients and their loved ones in direct support programs, services, events, and opportunities that help them cope, connect, and thrive.

Our Young Adult Patient Navigation Program services are free of charge and available to young adults at any stage in their cancer diagnosis.

UCF has established onsite Young Adult Patient Navigation programs through partnerships with the following institutions:



The Impact of UCFs Young Adult Patient Navigation Program:

In January 2015, UCF launched a preliminary evaluation of the Young Adult Patient Navigation program to assess its impact on patient and families. Data collected since then reflects the following:

100% reported that their UCF Young Adult Patient Navigator:

- Connected to resources within the community and hospital that helped improve their overall cancer experience
- Made them feel less anxious about their diagnosis and treatment
- Helped them establish a healthier lifestyle during and/or after cancer treatment

93% reported that their UCF Young Adult Patient Navigator:

- Was a trusted source of support during their cancer experience
- Helped them adjust to life after cancer in an effective and positive way
- Empowered them to advocate for themselves during their cancer experience

Meet Our Team!

PATIENT NAVIGATORS

For full bios of our patient navigation team, please visit <http://ulmanfund.org/meetourteam/>



Meghan Fitzgibbons, MSW, LGSW

*Young Adult Patient Navigator –
Walter Reed National Military Medical Center*

Meghan is UCF's Young Adult Patient Navigator at Walter Reed National Military Medical Center's Murtha Cancer Center (American Building). Meghan's work with YAs spans between all outpatient adult oncology clinics, as well as Pediatric Hematology Oncology, and the inpatient oncology wards. In addition to the core services of the Patient Navigation program, Meghan facilitates the young adult cancer support group at Walter Reed and helps young adults treated at Walter Reed balance their cancer diagnosis and life in the military.



Allie Isaacson

*Young Adult Patient Navigator -
Children's National Medical Center*

Allie is UCF's Young Adult Patient Navigator at Children's National Medical Center in Washington, DC. Allie is housed in the Teen Room on 4 East in the Center for Cancer and Blood Disorders. In addition to providing core patient navigation services, Allie manages the Teen Room and plans monthly social events for YAs on the floor to meet each other and connect. Allie works closely with child life specialists and the nursing team to ensure that YAs at CNMC have access to age-appropriate resources and activities.



Alexandra Gubin, MSW, LCSW-C

*Young Adult Patient Navigator –
Johns Hopkins Hospital*

Allie is UCF's Young Adult Patient Navigator at Johns Hopkins Hospital's Sidney Kimmel Cancer Center. At Johns Hopkins, Allie works with all YAs ages 15 through 25 treated inpatient and outpatient within the pediatric oncology department. As a licensed clinical social worker, Allie provides supportive counseling related to issues such as fertility preservation, communication strategies to ensure quality of care, coping strategies that help patients adjust to their illness, and survivorship-related issues.



Mary Sharon Curran, RN, MS

*Young Adult Patient Navigator –
Greater Baltimore Medical Center*

Sharon is the UCF's Young Adult Patient Navigator at Greater Baltimore Medical Center and a Clinical Associate Professor of Nursing at Towson University. She brings her experience as an educator and psychiatric and mental health nurse to her Patient Navigation role by providing psychological and emotional support to AYAs and their families from the time of diagnosis, through their treatment and survivorship. Sharon also supports YAs affected by cancer on the Towson campus and co-founded the Institute for Well-Being's Cancer Wellness Program and Art Therapy Program. As a parent of a young adult survivor, she has a uniquely personal perspective in helping parents of YA cancer patients.



Elizabeth Saylor, MSW, CPN

*Young Adult Patient Navigator – University of
Maryland*

Elizabeth is UCF's Young Adult Patient Navigator at the University of Maryland's Greenebaum Cancer Center. She works with AYAs and their families throughout the Cancer Center, but primarily those seen in Stoler Pavilion (Infusion Center and Outpatient Clinic), Radiation Oncology and Pediatric Oncology. She also supports inpatient cancer center units as well as bone marrow transplant units. She brings her experience as an educator, community outreach worker, researcher, and survivor of childhood cancer to her role as a Patient Navigator, particularly when supporting young urban families from medically underserved communities. At UMGCC, Elizabeth serves on the multidisciplinary Patient Education Committee representing the YA voice. Elizabeth received her certificate in Patient Navigation from the Harold P. Freeman Institute and has served on numerous committees including the Maryland Comprehensive Cancer Control Plan and the LIVESTRONG Young Adult Alliance.



Julie Lanahan, MA

*Program Coordinator – Mission Engagement &
Community Outreach*

Julie is UCF's Young Adult Remote Patient Navigator. She is based out of the Baltimore, MD office and works with YAs affected by cancer in the local community as well as nationally through phone and online support. A young adult breast cancer survivor herself, Julie offers a unique perspective having been on the patient side as a young adult. In addition to the core services provided by remote Patient Navigation, Julie organizes UCF's YA quarterly social events and oversees UCF's college scholarship program.

STATISTICS*



Number of patients seen
48



Number of new patients served
24



*Number of family members/
loved ones served*
8



Types of cancer

39% Sarcoma (Osteosarcoma, Ewing's Sarcoma, Rhabdomyosarcoma)
33% Acute Leukemia (Acute Myeloid Leukemia, Acute Lymphoblastic Leukemia)
14% Lymphoma (Hodgkin and Non-Hodgkin)
7% Brain
3% Kidney
3% Chronic Leukemia



Gender split of patients
41% Male
59% Female



Race/Ethnicity of patients
41% African-American
30% Caucasian
15% Hispanic White
7% Middle-Eastern
3% Asian
3% Mixed Race



Cancer Trajectory

63% Active Treatment
19% Active Treatment—Relapse,
15% Short-term Survivorship (< 5 Years)
3% Other



Geographic Location
30% Virginia,
30% Washington, D.C.,
40% Maryland

* % rounded to the nearest whole

PROGRAM HIGHLIGHTS

Key Achievements / Accolades / Successes / Milestones

- Presented CNMC Patient Navigation program highlights at the Jacqueline Shearer Memorial Gala in November 2015.
- Exhibited at the Leukemia and Lymphoma Society's Back to School Conference in November 2015.

New or Continued Programs

- Spearheaded a new initiative at CNMC to share young adult survivor stories and updates with medical team. This initiative, called Victory Lap, provides the medical team with positive follow up on patients were treated at CNMC and are now thriving.
- Launched a fertility preservation financial assistance process for young adults at CNMC in partnership with an ongoing study at the institution.

UCF Program Participation:

- Five CNMC patients received UCF patient assistance funds to help offset costs associated with fertility preservation.
- Three patients and families benefited from the Holiday Gift Drive Program offered by the UCF to CNMC young adult oncology patients.
- Three patients and families attended and recognized at the Jacqueline Shearer Memorial Gala.
- Collaborated with UCF's Patient Navigation "Network" to ensure streamlined support and communication for a patient being treated at both CNMC and the University of Maryland.

Events / Activities for Young Adults

- Hosted a "Halloween Movie Marathon" in the Teen Room.
- Convened a "Scavenger Hunt" for young adults at CNMC.
- Led a Gingerbread House Making and Decorating Party to kick off the holiday season.

Peer Connections

- Continue utilize the Teen Room as a way to encourage teens to get out of bed, leave their rooms, and connect with others.



HOW WE CHANGE LIVES



When I first started chemotherapy last April, Allie introduced herself as a resource on the floor and gave me a little care package and some information about the Ulman Cancer Fund. We didn't interact much at first because I was a clinic patient. But three different chemo regimens later, including many inpatient stays, I can say this: Allie is so much more than a resource. She is my friend. The time she spends with me and the opportunities she has provided for me are things I will always treasure. From bringing in a cosmetologist to do my makeup, to inviting me to the amazing Jacqueline Shearer Memorial Gala, to helping me study for my SATs, or just talking about TV shows in the teen room, Allie brings both fun and support into my battle with cancer.

- Catherine Nester, 16



"Allie's help to our daughter, a 16-year-old lymphoma patient, has been immeasurable. She has provided the emotional support, happy distractions, and true friendship that have made our week-long inpatient chemotherapy stints bearable. Our daughter has benefited greatly from Allie's insights and experience dealing with other cancer patients, and also from the connections Allie has fostered among other teens on the floor. From organizing movie parties, to inviting a cosmetologist in for a spirit-lifting makeover, to help with online holiday shopping, Allie finds fun and creative ways to pass the long hospital days. We simply cannot imagine our cancer journey without Allie by our side. She is playing a huge role in our daughter's recovery and overall wellness as we face this enormous challenge."

- Susan & John Nester



STATISTICS*



Number of patients seen
68



Number of new patients served
18



Number of family members/
loved ones served
8



Cancer Type Breakdown

28% Breast
25% Colorectal
19% Lymphoma (Hodgkin and Non-Hodgkin)
8% Cervical
6% Head & Neck
4% Endometrial
3% Testicular
1% Anal
1% Brain
1% Melanoma
1% Ovarian
1% Sarcoma
1% Uterine
1% Vaginal



Gender split of patients
20% Male
80% Female



Race/Ethnicity of patients
70% Caucasian
28% Black or African American
2% Hispanic



Geographic Location
69% MD - Baltimore County
18% MD - Baltimore City
7% MD - Harford County
1% MD - Howard County
1% MD - Other
4% Pennsylvania



Cancer Trajectory
84% Active Treatment
16% Short Term Survivorship (<2 Years)

PROGRAM HIGHLIGHTS

Key Achievements / Accolades / Successes / Milestones

- Served as a consult for GBMC's medical team when working with patients diagnosed with both cancer and substance abuse, non-compliant patients, and patients and families struggling with psychological or emotional issues which impact their cancer treatment and experience.
- Provided expertise and guidance in assessing young adult patients unique needs and providing targeted interventions.
- Supported three families (parents, siblings, and spouses) that lost a young adult to cancer and helped them grieve and cope with their loss.

New or Continued Programs

- Presented at GBMC Caregiver's Event for caregivers of those patients in active treatment for cancer.
- Served as a key speaker at the GBMC Oncology Caregivers Event.
- Connected nursing student volunteers with patients and families at the Survivorship Tent at the GBMC Legacy Chase Event.

UCF Program Participation

- Five GBMC patients received UCF patient assistance funds to help offset costs associated with living with cancer (Transportation, Grocery, etc.).
- Six GBMC patients and families benefited from the Holiday Gift Drive Program offered by the UCF to GBMC young adult oncology patients.
- Patients and families at GBMC continue to attend UCF events, such as meet-ups, social events, and UCF-sponsored programs held in the community and at GBMC.

Events / Activities for Young Adults

- GBMC Card Making Event

This event convened young adults in active treatment together with other young adult survivors and older survivors who coached the card making event while openly sharing their stories and supporting one another.

- GBMC Caregiving "Thank You" Tree Activity
Beginning in October, caregivers were provided the opportunity to express their thanks in writing to anyone, whether a GBMC healthcare professional, friend, or family member, who has supported them in their caregiving journey.



HOW WE CHANGE LIVES

"We cannot thank you enough for all the support you provided in my brother's fight against cancer last year. The time you took to meet with him provided support on many levels is beyond appreciated. The Ravens Tickets the Ulman Fund provided last year was a great experience for my brother and I. As we just became aware of this new diagnosis in late 2015, you have been very helpful in explaining the process of what to expect as well as highlighting resources available to my brother and the family."

-Jason W, Brother of a Young Adult Survivor



GBMC Legacy Chase Event.

"Sharon has a great personality that truly helps lift the spirits of our patients. Sharon strives to get to know our patients thoroughly and intimately so she can have a better understanding of how her assistance can be most effective. Both Sharon, and I, have experienced the pain and suffering of a young adult family member with a cancer diagnosis which helps her to empathize. I know patients appreciate her personal, as well as clinical, knowledge. "To every patient, every time, we will provide the care that we would want for our loved ones." This is Greater Baltimore Medical Center's mission statement and I truly believe Sharon is a shining example and an asset to the quality of care we provide."

- Landri Hardiek, Patient Navigator, GBMC, Oncology Support Service

STATISTICS*



Number of patients seen
54



*Number of family members/
loved ones served*
45



Number of new patients served
32**



Race/Ethnicity of patients
56% White/Caucasian
17% African-American
12% Hispanic
9% Asian
5% Middle Eastern
1% Mixed Race



Gender split of patients
58% Male
42% Female



Cancer Trajectory
75% Active Treatment
25% Active Treatment—Relapse



Cancer Type Breakdown

44% Leukemia (Acute Lymphoblastic Leukemia, Acute Myeloid Leukemia, Burkitt's Leukemia)
29% Sarcomas (Osteosarcoma, Ewing's Sarcoma, Rhabdomyosarcoma, Synovial)
14% Lymphoma (Hodgkin and Non-Hodgkin)
4% Brain
3% Other Blood Disorders
2% Ovarian



Geographic Location

11% MD - Baltimore City
11% MD - Montgomery County
11% MD - Howard County
9% MD - Baltimore County
7% MD - Anne Arundel County
7% MD - Southern Maryland
7% MD - Harford County
6% MD - Eastern Shore
2% MD - Prince George's County
2% MD - Western Maryland
2% MD - Frederick/Carroll County
7% International
6% Virginia
4% Pennsylvania
2% California
2% Washington, DC
2% Massachusetts
2% Florida

* % rounded to the nearest whole

PROGRAM HIGHLIGHTS

Key Achievements / Accolades / Successes / Milestones

- Spearheaded bi-monthly education for Adolescent and Young Adult Oncology and Pediatric Oncology providers.
- Co-authored a chapter on psychosocial care for young adults in a young adult-specific textbook for providers.
Zebrack, B., Santacroce, S.J., Patterson, P., & Gubin, A. (2015) A biopsychosocial approach to caring for adolescents and young adults with cancer. In A. Abrams, A.C. Muriel, & L. Wiener (Eds.), Pediatric psychosocial oncology: textbook for multidisciplinary care. New York, NY: Springer.
- Enhanced the fertility preservation initiative within the Division of Pediatric Oncology through partnership development with various fertility centers.

New or Continued Programs

- Instituted quarterly "Lunch and Learns" for Pediatric Oncology providers on various topics including adolescent and young adult cognitive and social development and advance care planning related to enhancing the health care provided to adolescents and young adults with cancer.
- Provide social work support to young women undergoing cancer treatment under the age of 45 (4 hours per week), as part of a Centers for Disease Control and Prevention (CDC) awarded grant to the Breast Cancer Center at The Sidney Kimmel Cancer Center.

Institutional Work Groups

- Serve as a Co-Chair to the Adolescent and Young Adult Cancer Committee within the Division of Pediatric Oncology.
- Continue to lead the Fertility Preservation Work Group within the Division of Pediatric Oncology.

Events / Activities for Young Adults

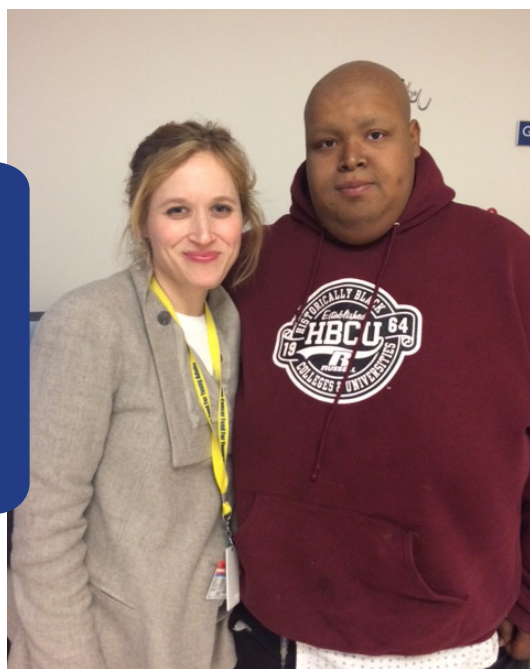
- Continue to coordinate and facilitate Ulman Cancer Fund's Monthly "Meet Up" Group -- "Where YA Meet" -- for young adults who are currently undergoing cancer treatment.
- Served as a guest group speaker at a monthly support group for young women with metastatic breast cancer sponsored by the Johns Hopkins Breast Cancer Center.

UCF Program Participation

- Five Pediatric Oncology patients and families benefited from the Holiday Gift Drive Program offered by the UCF to Johns Hopkins young adult oncology patients.
- Four Pediatric Oncology patients received UCF patient assistance funds to help offset costs associated with fertility preservation.
- Two Pediatric Oncology patients were awarded \$2500 UCF college scholarships.
- Two Pediatric Oncology patients received UCF patient assistance funds to help offset costs associated with living with cancer (Transportation, Grocery, etc.).
- One Pediatric Oncology Cancer survivor participated in UCF's "4K for Cancer," program which provides college-aged students the opportunity to journey across the country over the summer to raise awareness of the young adult cancer cause.

"Allie has always been there since day one with the resources and moral support I needed. She has made this journey as easy as possible for my family and me."

-Andre Spence, 21, Hodgkin's Lymphoma Survivor



PEDIATRIC ONCOLOGY
THE CHILDREN'S
FOUNDATION, INC



"Allie has been a tremendous champion and advocate for our adolescent and young adult patients. I've truly enjoyed collaborating with her and have found her to be an invaluable resource both in patient care and in the education of pediatric oncology staff on how to best support adolescents and young adults with cancer."

-Michael Koldobskiy, MD PhD, Division of Pediatric Oncology/Hematology, The Johns Hopkins Hospital

STATISTICS*



Number of patients seen
81



Types of cancer

30% Lymphoma (Hodgkin and Non-Hodgkin)
24% Acute Leukemia (Acute Myeloid Leukemia, Acute Lymphoblastic Leukemia)
9% Breast
5% Brain
5% Other Blood Disorders
6% Sarcoma (Osteosarcoma, Other)
4% Chronic Leukemia
4% Colorectal
4% Head & Neck
4% Testicular
1% Esophageal
1% Lung
1% Pancreatic



Number of new patients served
26



Number of family members/
loved ones served
52



Gender split of patients
53% Male
47% Female



Geographic Location

25% MD - Baltimore City
20% MD - Baltimore County
11% MD - Prince Georges
10% MD - Frederick/Carroll
8% MD - Anne Arundel County
7% MD - Eastern Shore
7% MD - Southern Maryland
7% MD - Montgomery
5% MD - Harford/Cecil
3% MD - Howard
2% MD - Western Maryland
1% Other



Race/Ethnicity of patients
53% Caucasian/Non-Hispanic White
38% Black or African American
4% Asian
2% Hispanic White
1% Other
1% Middle Eastern



Cancer Trajectory
69% Active Treatment
12% Short-Term Survivorship
10% Long-Term Survivorship
9% Active Treatment—Relapse

* % rounded to the nearest whole

PROGRAM HIGHLIGHTS

Key Achievements / Accolades / Successes / Milestones

- Convened attending physicians, fellows, nurse coordinators, and social workers from the Bone Marrow Transplant (BMT) and Stem Cell Transplant (SCT) group at UMGCC to participate in a visioning session for the UCF House. They were able to identify important design aspects of the house for patients recovering from transplant.
- Collaborated with other UCF Navigators at Children's National Medical Center, Johns Hopkins, and Walter Reed National Military Medical Center to facilitate connections for patients being cared for at multiple institutions in the UCF Patient Navigator "Network".

New or Continued Programs

- Continued to run the UCF-sponsored Caregiver Support Group at UMGCC each Friday. Caregivers include parents and siblings of young adults as well as young adults who are caring for older parents in treatment.
- Piloted a transportation system for patients that need rides to important medical appointments, college or work and for patients who cannot benefit from the gas card option (families do not own cars or patients cannot legally drive due to complications from disease) using Uber.
- Met with the teams from Shady Grove Fertility (SGF) in Towson and Annapolis to further develop the partnership between SGF, UCF, Hopkins, and UMGCC to assist young adult patients who wish to cryopreserve prior to treatment.

Institutional Workgroups

- Served on the UMGCC Patient and Family Education Committee, representing the young adult perspective

Events / Activities for Young Adults

- Connected UCF's Board of Young Adult Survivors (BOYAA) with Diane Keegan Wells, a Nurse Practitioner in Pediatric Oncology. Diane follows long-term survivors into adulthood and has identified a group of young adults who will benefit from mentoring by young adult professionals on the BOYAA. Social activities, a mini career fair and one-on-one mentoring are planned for Q1 in 2016

PROGRAM HIGHLIGHTS

Peer Connections:

- Connected several long-term breast cancer survivors with other young women with supervision and coordination from Elizabeth
- Identified two bone marrow transplant survivors to mentor a newly-relapsed young adult patient headed to transplant

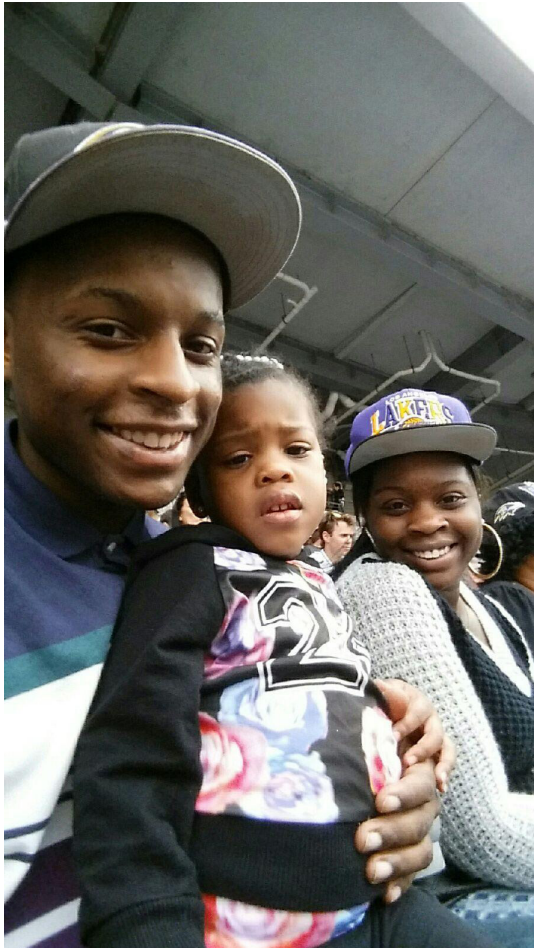
Program Participation

- Ten UMGCC patients received UCF patient assistance funds to help offset costs associated with living with cancer (Transportation, Grocery, etc.).
- Two UMGCC patients received UCF patient assistance funds to help offset costs associated with fertility preservation.
- Four patients and families benefitted from the Holiday Gift Drive Program offered by the UCF to UMGCC young adult oncology patients.
- A young adult bone marrow transplant survivor from UMGCC has become increasingly involved in UCF. He and his mother participated in UCF's house visioning session with the UCF Team. He will be a support driver for Key to Keys in April 2016.

Other (Community Efforts, National Efforts)

- Represented UCF at the New Psalmist Baptist Church Inaugural 5K Run and Health Fair. Elizabeth has worked with the New Psalmist Cancer Ministry over the years and provided resources and information to assist young breast cancer survivors in their support group.

HOW WE CHANGE LIVES



I met Elizabeth in the hospital when I was first diagnosed. She is a caring person and has made the effort to get to know my family and listen to our concerns. Having cancer is hard, but Elizabeth and the Ulman Fund have made it easier. I am so thankful for the Ravens tickets the Ulman Fund donated to me. I was able to go to the game on my birthday and take my mom and sister."

-Paul H., Young Adult Living with Lymphoma



"Whenever I meet a patient that is under 40, I immediately think of Elizabeth Saylor and the Ulman Fund. Elizabeth has been a wonderful resource and source of support to all of our under 40 patients. Elizabeth follows patients from the time they are diagnosed throughout their entire journey. Elizabeth's support with the Caregiver Group has been fantastic. Not just providing the refreshments but her knowledge of all the local resources has been such a help as well. Having limited resources in Baltimore I am thrilled that the Ulman fund is building the Ulman House and so appreciative that Elizabeth invited the BMT to participate in the focus group!"

-Majbritt Jensen, LCSW-C
UMGCC Blood and Marrow Transplant Program



STATISTICS*



Number of patients seen
73



Types of cancer

27% Breast
14% Brain
11% Lymphoma (Hodgkin and Non-Hodgkin)
8% Other (neuroendocrine, unknown primary, etc.)
7% Colorectal
7% Acute Leukemia (Acute Myeloid Leukemia, Acute Lymphoblastic)
5% Testicular
5% Sarcoma (Osteosarcoma, Ewing's Sarcoma, Other)
4% Thyroid
3% Cervical
3% Lung
3% Melanoma
1% Chronic Leukemia (Chronic Myeloid Leukemia)
1% Ovarian
1% Gastrointestinal
1% Undetermined



Number of new patients served
42



Number of family members/
loved ones served
27



Gender split of patients
51% Male
49% Female



Geographic Location

8% MD - Anne Arundel County
1% MD - Frederick / Carroll County
5% MD - Montgomery County
15% MD -Prince George's County
4% MD - Southern
1% New Jersey
37% Walter Reed Base
4% Washington, DC
25% Virginia



Race/Ethnicity of patients

62% Caucasian
29% Black or African American
4% Asian
3% Other
1% Hispanic
1% Middle Eastern



Cancer Trajectory

86% Active treatment
10% Short term survivorship (<2Years)
4% Long term survivorship (>2 Years)

* % rounded to the nearest whole



PROGRAM HIGHLIGHTS

Key Achievements / Accolades / Successes / Milestones

- Helped to facilitate the first successful fertility preservation process to take place at the hospital, via CryoChoice.
- Created a young adult fertility preservation information sheet, which is now included in every patient guide on the inpatient oncology unit to ensure that patients are educated about their options.

New or Continued Programs

- The young adult support group continues to meet twice per month, with great attendance and significant content. Since June, the group met 11 times, averaging more than 7 attendees per meeting.
- Facilitated the weekly young adult caregiver group. The group took two field trips to the Warrior Canine Connection's Puppy Enrichment Center this fall. This provided the caregivers with a break from the hospital routine and some much needed animal therapy.
- Provided the supplies and space for five patients and caregivers to create submissions for the Cancer Center's Healing Arts Exhibit in October. This was an appreciated and therapeutic activity for participants.



Institutional Workgroups

- With the pediatric oncology social worker and chief of pediatric hematology oncology, created an AYA Program intake form. Presented with social worker presented on AYA oncology issues and introduced the form to inpatient and outpatient nursing leadership.
- Contributed content to the Cancer Support Community's Frankly Speaking project around A.L.L. in young adults, which will help to educate both patients and caregivers.
- As a member of the DC Cancer Action Partnership's Survivorship Team, created a survey to capture information about the resources available to cancer survivors in the DC area.



New Events / Activities for Young Adults

- In August, several patients and caregivers came out to see Jurassic World together.
- In the fall, ten patients and caregivers also visited the Crime & Punishment Museum and enjoyed lunch together.
- Meg worked with the Olive Garden in Woodbridge, VA to create a special night out for a patient to celebrate graduation from high school with his family.

UCF Program Participation

- One Walter Reed patient completed the Iron Girl Half Marathon in September, and two patients and a caregiver volunteered at this event.
- One patient volunteered her time to create several cancer education modules to be included in UCF's onboarding processes.



HOW WE CHANGE LIVES



"As a caregiver, I have needed support for myself and answers to questions about my sister's care. Meghan has been an advocate with the doctors and has worked to make many young adult cancer patients' lives bearable during a challenging time. She organizes outings for patients and caregivers that benefit our mental health, giving us an opportunity to feel almost normal again without worrying about cost or arranging transportation. Among my favorites was a field trip specifically for the caregivers that included an afternoon socializing with future service dogs, an opportunity to escape the confines of Walter Reed and the stresses of caring for a cancer patient. Meghan organized a support group on base providing an outlet for the patients to vent and discuss problems and general concerns about life. If attendance is an indicator, this is an important support for these young adults!"

-Caregiver Holly is pictured with the dog Holly at the Warrior Canine Connection's Puppy Enrichment Center.



"Meghan's role as the Young Adult Patient Navigator has greatly improved the concrete support that our ill warriors and their families have received. Our collaborated efforts to provide a patient and family centered approach have demonstrated excellence in patient care. The Young Adult Patient Navigation program has enabled both the patient and the caregiver an opportunity to be sustained and feel less isolated."



Meg and Allie, exhibited at the Leukemia & Lymphoma Society's Staying Connected Program in November.



A patient at Walter Reed shows off his cookie decorating skills – the support group got creative during the last meeting of 2015.



Silvana, a cancer survivor, created and donated pamper bags for young women going through treatment and delivered them to distribute early in 2016.