



A TIME TO HEAL

CANCER FOUNDATION

***Empowering Cancer Survivors and Their
Caregivers to Create Their Best Lives***

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Faculty Disclosure

Rebecca Vinton, MA

Executive Director

A Time To Heal Cancer Foundation

Rebecca Vinton has listed no relevant financial relationship that would be considered a conflict of interest.

ATTH Mission: *To empower cancer survivors and their caregivers to create their best lives.*

- ▶ Began in 2005
- ▶ Became a 501c3 Nonprofit in 2009
- ▶ 13 Board Members, 2 staff members



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Why ATTH?

Medical cancer treatment focuses on physical elimination of cancer.

Holistic cancer recovery needs to include physical, emotional, psychological, & spiritual health.



The Rationale for Holistic Rehabilitation for Cancer Survivors:

- ▶ Patients with other medical traumas routinely receive rehabilitation services following acute medical treatment, e.g., cardiac patients, stroke patients
- ▶ Patients are discharged from cancer treatment w/o rehab and scheduled for a 3-4 month follow-up visit
- ▶ Research shows that this post time is a period of high anxiety for cancer patients

How did ATTH come about?



ASK QUESTIONS, SEE WHAT'S ALREADY BEEN DONE, DESIGN A PILOT PROJECT, AND TEST IT

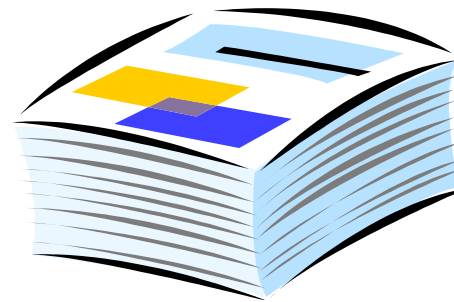
- ▶ Dr. Stephanie Koraleski, Dr. Kay Ryan--Co-Founders
- ▶ What do survivors say they want and need?
- ▶ Is there evidence based practice that is relevant?
- ▶ ADAPT THE RESEARCH TO FIT A COMMUNITY-BASED PROGRAM



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SURVIVOR ISSUES REPORTED IN NATIONAL RESEARCH :

- ▶ Long term physical side effects of treatment
- ▶ Fear and possibility of recurrence
- ▶ Emotional and psychological side effects
- ▶ Sexual side effects
- ▶ Pain



From Cancer Patient to Cancer Survivor: LOST IN TRANSITION
Committee on Cancer Survivorship: Improving Care and Quality of Life

INSTITUTE OF MEDICINE AND NATIONAL RESEARCH COUNCIL OF THE
NATIONAL ACADEMIES
THE NATIONAL ACADEMIES PRESS; Washington, D.C. www.nap.edu 2005

SURVIVOR ISSUES REPORTED IN NATIONAL RESEARCH :

- Financial stress
- Career interruption
- Changed roles in family
- “Chemo-brain”
- Difficulty getting insurance
- Genetic repercussions in family



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The ASCO Post

Volume 9, Issue 19, October 10, 2018

Getting Their Lives Back: Helping Survivors of Cancer to Move Forward



A TIME TO HEAL'S SURVIVORSHIP 101 CLASS...

- Is an evidence-based, multi-modal survivorship program that already exists across Nebraska, Iowa, South Dakota, Wisconsin and Northern California. Over 20 communities offering ATTH.
- Was conceived by a multidisciplinary group of professionals.
- Has been developed with funding by foundations, grants and donations.
- Conducts on-going research which shows statistically significant positive outcomes that are maintained after the program ends.
- Is overwhelmingly endorsed by patient participants.

SURVIVORSHIP 101

- ▶ 9-12 weeks
- ▶ 1 three-hour session per week
- ▶ Closed group
- ▶ Maximum of 15 survivors per group with two facilitators



Weekly Protocol:

- ▶ Social Time with Snacks
- ▶ Exercise
- ▶ Informative Presentation
- ▶ Break
- ▶ Discussion
- ▶ Journaling
- ▶ Relaxation Power Tools
- ▶ Affirmations



Holistic and Individualized Program

- ▶ Participants are encouraged to view this as a smorgasbord – try everything, then take what is best for them individually.
- ▶ The goal is to create your best life beginning with a self-directed first step.
- ▶ The launching point is a contract with yourself.
- ▶ We send a copy back at 3 months post graduation, then have a reunion at 6 months.

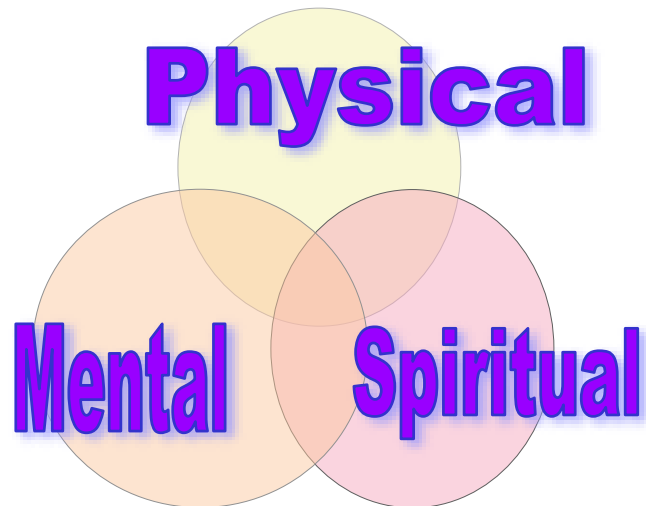


Holistic Design of Experiences

Journaling



Yoga Warrior



Scarf Dancing

Relaxation Training

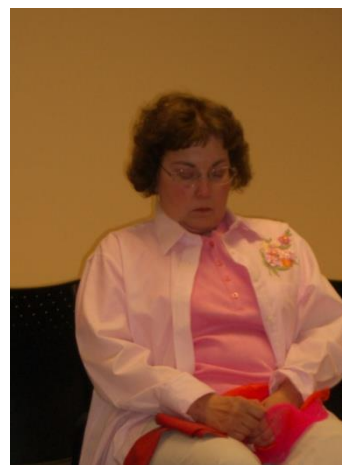


Psychological Dimension

- ▶ Education about normal physical, emotional, and long-term side effects of cancer treatment.
- ▶ Teaching the concept and strategies of resilience.
- ▶ Processing difficult feelings – depression, anxiety, dread, anger, hopelessness.
- ▶ Teaching mind/body techniques to help people cope with fear, feelings, and discomfort.
- ▶ Education, coaching, and support to develop self-advocacy skills and attitudes

Psychological & Emotional Dimensions:

- ▶ Relaxation training
- ▶ Meditation
- ▶ Guided Imagery
- ▶ Energy Pickups using acupressure tapping
- ▶ Affirmations to change negative cognitions into positive beliefs.



Physical Dimension



- ▶ Exercise to facilitate pain free movement, lymphatic drainage, cognitive recovery & build energy
- ▶ Education about diet, nutrition, use of herbs/supplements
- ▶ Education about exercise
- ▶ Education about cognitive side effects of treatment and stress.

Body Image



- ▶ Exercises and music are geared toward fun and enjoying being in your body again.
- ▶ Lectures deal with making friends with yourself and your body again after cancer.

Spiritual

- ▶ Exploration of the impact of cancer on spirituality.
- ▶ Information about ways to reconnect with spirit and a sense of awe and appreciation.
- ▶ Techniques, music, guided imagery to illustrate ways to enhance spirituality.



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Social/Relational

► Education and experiences to enhance relationships with:

- Self, Self Image, Sexuality
- Significant other
- Family
- Friends
- Work
- God



Assessment Tools Used:

Brief Symptom Inventory – anxiety, depression, somatization

Zabora, J., BrintzenhofeSzoc, K, Jacobsen, P, Curbow, B., Piantadosi, S., Hooker, C., Owens, A, and Derogatis, L. (2001). A new psychosocial screening instrument for use with cancer patients. *Psychosomatics*, 42, 241-246.

FACIT-SP – physical, social, emotional, functional, and spiritual well-being

Peterman, A.H., Fitchett, G., Brady, M. J., Hernandez, L., Cella, D. (2002). Measuring spiritual well-being in people with cancer: The Functional Assessment of Chronic Illness Therapy – Spiritual Well-Being Scale (FACIT-Sp). *Annals of Behavioral Medicine*, 24(1): 49-58.

The HOPE Scale – hope and resilience

Snyder, C.R. (1995). Conceptualizing, measuring, and nurturing hope. *Journal of Counseling and Development*, 73: 355-360.

Post Traumatic Growth Inventory – relating to others, new possibilities, personal strength, spiritual change, appreciation of life

Tedeschi, R. G., & Calhoun, L.G. (1996). The Posttraumatic Growth Inventory: Measuring the positive legacy of trauma. *Journal of Traumatic Stress*, 9; 455-471

Life Satisfaction Scale – happiness

EmmonsDiener, E., R., Larsen, R.J., & Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment*, 49: 71-75.

Survivorship 101

- ▶ Run by at least 2 certified facilitators who attend the two day training program in full.*
- ▶ Have facilitators re-certified by experience and testing every two years to maintain skills.
- ▶ Use the copyrighted *A Time to Heal* trainers' and participants' and caregiver manuals.
- ▶ Adhere to the protocol.
- ▶ Honor the copyright of the materials; the materials in the *A Time to Heal* books are only used within the 12 week classes and may not be used in parts or duplicated for individuals or other groups.

* Training programs are held in Nebraska or can be brought to your site. Fees vary depending on the number of trainees.

Sites provide:

- ▶ Meeting room
- ▶ Refreshments for participants
- ▶ Stipends for facilitators and/or speakers as negotiated at individual sites
- ▶ IRB approval (if the site elects to be part of the ongoing outcome research)
- ▶ Site facilitators sign a contract to honor the copyright of A Time to Heal and not to reproduce or use the materials outside of the ATTH classes



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A Time to Heal provides:

- ▶ Consultation to certified facilitators as needed after their training
- ▶ Updates about new developments affecting the topics presented in the *A Time to Heal* class
- ▶ Regular optional retreats for facilitators to upgrade skills for working with cancer survivors
- ▶ Analysis of research data for sites participating in the research; outcome statistics are shared at intervals.
- ▶ Consultation on grant writing or soliciting donations to underwrite ATTH programs.



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Other ATTH Programs:

- ▶ Two Metastatic Cancer Support Groups at the ACS Hope Lodge in Omaha
- ▶ Cancer-related Brain Fog 8-week Class
- ▶ 6th Annual Art of Living Beyond Cancer Conference—For Survivors, Caregivers, and Medical Professionals





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Faculty/Staff

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**Our A Time to Heal participants whose pictures were used with their permission.*