



**Psychosocial Oncology
& Cancer Patient
Support Programs**

Atrium Health Wake Forest Baptist
Comprehensive Cancer Center

Annual Report

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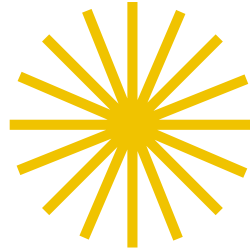
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About Us



Atrium Health Wake Forest Baptist Comprehensive Cancer Center's Cancer Patient Support Program (CPSP), initiated by Junior League members in 1980, has been steadfast in its commitment to ensuring that individuals grappling with cancer never confront their journey alone. By fostering a supportive community, CPSP strives to ease the burdens faced by cancer patients and their families, embodying the spirit of compassion and solidarity in the face of adversity.

The Psychosocial Oncology Program (POP) is the educational and research arm of our sister program, CPSP. Rooted in the Wake Forest University School of Medicine's Hematology and Oncology Department, we conduct integrated research, teach and train future clinicians and students, provide counseling to service providers, and offer resilience programming for oncology providers. Our integrated, research-focused, and evidence-based programming fuels Atrium Health Levine Cancer, enabling us to be nimble and flexible in adapting clinical methodologies to meet the needs of patients, caregivers, and their providers.

CPSP relies on a multifaceted funding approach. Our annual Summerlark community concert in the park plays a pivotal role in sustaining the program. Additionally, private donations, endowments, and medical center funds contribute to the financial foundation, ensuring the continuity and expansion of vital support services for those affected by cancer.

CPSP's programming is comprehensive, encompassing individual and couples counseling, inpatient services, assessments, art therapy, support groups, healing music, massage, tai chi, and yoga. By offering this diverse array of therapeutic modalities, we strive to address the holistic needs of individuals facing cancer, fostering emotional wellbeing and resilience throughout their journey.

Our Mission

To reduce suffering and improve the quality of life of cancer patients and their loved ones across the lifespan, throughout survivorship and beyond.

The Cancer Patient Support Program is fortified by a dedicated team comprising four Licensed Clinical Mental Health Counselors (LCMHC), one Licensed Clinical Mental Health Counselor Associate (LCMHCA), one Licensed Clinical Social Worker (LCSW), two Licensed Clinical Social Worker Associates (LCSWA), and one administrative support associate.

Our collaborative efforts, complemented by the commitment of fifteen volunteers, ensure that we can provide a robust and compassionate network of support services to individuals and families navigating the challenges of cancer. Together, we strive to make a meaningful impact on the mental and emotional wellbeing of those within our community.



**"You have been our true North
through this period of
disorientation. Thank you for
keeping us on a hopeful, fulfilling,
spacious course."**

~ CPSP Group Participant

Our Vision

To ensure no one faces cancer alone.



Our Values

1

Accountability & Transparency

2

Inclusion & Diversity

3

Innovation & Curiosity

4

Collaboration & Commitment to Service

CPSP's *Value-Added* Integrated Care

Accessibility

Efforts to enhance the accessibility and effectiveness of psychosocial support are crucial in cancer care. By strategically reducing barriers to such support, individuals facing health challenges can benefit from timely interventions without unnecessary delays. Minimizing the time required for visits, cutting down on additional trips, and addressing the stigma associated with seeking mental health assistance are integral components of a patient-centric approach.

Moreover, initiatives to lower the overall cost of care contribute to a more inclusive healthcare system. By streamlining hospital stays and reducing emergency department visits, integrated psychosocial oncology behavioral health providers not only alleviate the financial burden on patients but also foster an environment where psychosocial support is readily available and seamlessly integrated into the continuum of care.

Collaboration

Collaboration is at the core of a holistic and effective healthcare system. By fostering strong partnerships with multidisciplinary care teams, CPSP providers can ensure comprehensive and patient-centered approaches that address the 360-degree care needs of individuals.

Our collaborative efforts not only enhance the quality of care but also play a vital role in reducing vicarious trauma and burnout among fellow healthcare professionals. Furthermore, collaboration extends beyond immediate patient care to encompass teaching, researching, and institutional service. By working collectively in these domains, CPSP behavioral health providers can advance medical knowledge, improve training practices, and contribute to the overall betterment of the Atrium Health Levine Cancer healthcare ecosystem, creating a synergy that benefits both patients and healthcare professionals alike.

“Transition is the emotional, cognitive, physical, and spiritual process that people go through when they are confronted with change.”

~ Jakob van Wielink

Optimization

To optimize the cancer patient experience, a multifaceted approach is imperative.

Streamlining access for patients, caregivers, and families ensures that essential services are readily available when needed, fostering a more patient-centric system. Improving the understanding of the assumptive world—the unique perspectives and assumptions individuals bring to their healthcare experiences—allows for more personalized and effective engagement. Tailored, specialized services can further enhance this engagement, addressing specific needs and preferences.

Considering temporal aspects in the care of inpatients is crucial, as it contributes to a more efficient and empathetic healthcare environment.

Optimizing value-added services extends beyond immediate patient care and encompasses teaching, clinical trial accruals, and institutional service such as prioritizing provider wellness.

Through these optimization strategies, CPSP is working collaboratively and creatively to meet the evolving needs of both patients and providers.

Empowerment

Empowerment lies at the heart of our commitment, as we strive to enrich our community through shared knowledge and programming.

We empower individuals and families by offering a diverse range of processing and healing options, including trauma-informed care, grief counseling, therapeutic support groups, and art therapy. Through these avenues, we aim to provide personalized and holistic support, recognizing the unique needs of each person on their journey.

Additionally, we invest in empowering trainees by providing valuable experiences and knowledge, nurturing the next generation of professionals dedicated to making a positive impact on mental health and well-being. Together, these initiatives create a network of empowerment, fostering resilience and growth within our community and beyond.



POP/CPSP Clinicians



Katie E. Duckworth
PhD, MA, MA,
LCMHC
*Director, Associate
Professor*



Caleb Evington
MSW, LCSWA



Erica Fox
MA, LCMHC-QS,
ACS, ATR-BC, NCC



Holly Hallman
MSW, LCSW



Emily LaFontaine
MSW, LCSWA



Carrie Madsen
MS, LCMHC, NCC



Lisa A. Rainwater
MA, PhD, CT, CGP,
LCMHC, CCMHC
Sr. Clinical Mental
Health Counselor &
*Integrated Clinical
Programming Manager*



**Lindsay
Siegenthaler**
MEd, LCMHCA,
NCC

Clinician Specialities

Art Therapy	Existential Concerns	Geriatrics
Long-term Survivorship	Mood & Adjustment Concerns	Thanatology: Death, Dying, Bereavement
Trauma	EMDR	Wellbeing & Mindfulness
Women's Issues	Men's Issues	Young Adults

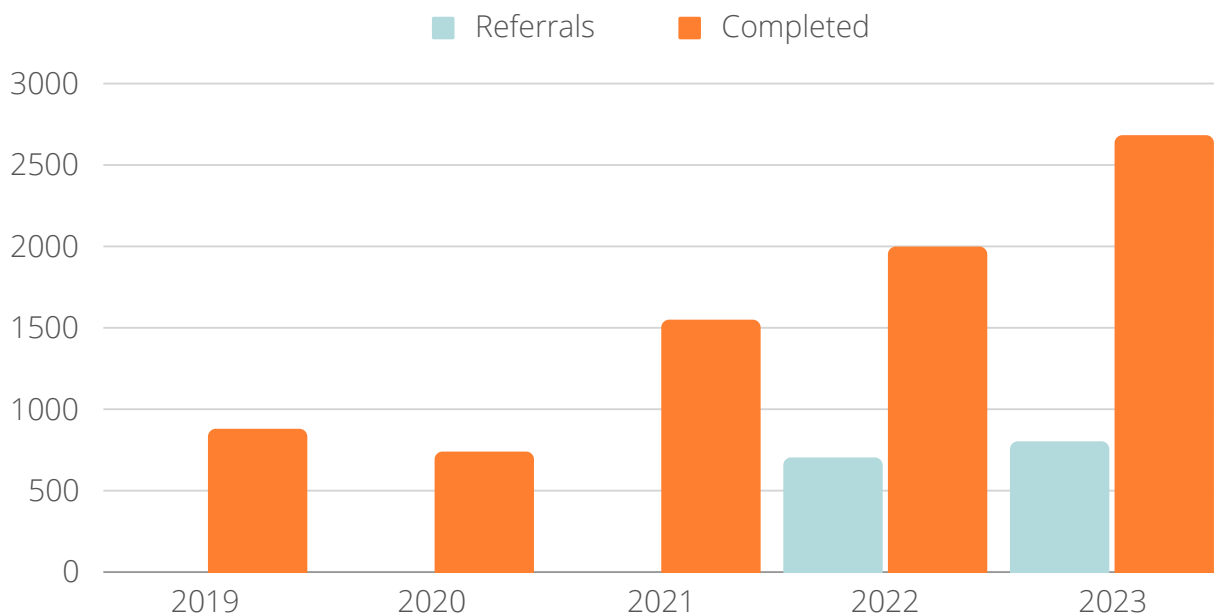
1 IN 3 PEOPLE WITH CANCER AND 1 IN 2 CANCER CAREGIVERS EXPERIENCE MENTAL OR EMOTIONAL DISTRESS.

COUNSELING AND SUPPORTIVE-EXPRESSIVE GROUPS HAVE BEEN FOUND TO REDUCE THE SEVERITY OF DISTRESS WHILE IMPROVING THE QUALITY OF LIFE.

A Year in Review

Significant increases in outpatient referrals and engagements (34%), inpatient consultations and psychosocial services (26%), therapeutic support group participation (28%), and fundraising underscore the growing impact and reach of our initiatives. These upward trends reflect a widening community embrace, showcasing the effectiveness of our programs and the increasing support for our mission.

Outpatient Referrals & Appointments



Our outpatient engagement program is comprehensive, encompassing assessments for Stem Cell and CAR-T Cell infusions, as well as providing individual and family therapy, couples counseling, art therapy and wellbeing activities.

Patients seeking support present a spectrum of issues related to cancer, such as depression, anxiety,

existential concerns, grief, death and dying, fertility challenges, caregiver distress, financial toxicity, and trauma.

Our holistic approach ensures that we address the diverse and complex needs of individuals and families affected by cancer, fostering a supportive environment for emotional healing and wellbeing.

New Collaborations: CPSP & Outpatient Head & Neck Radiation Oncology Clinic

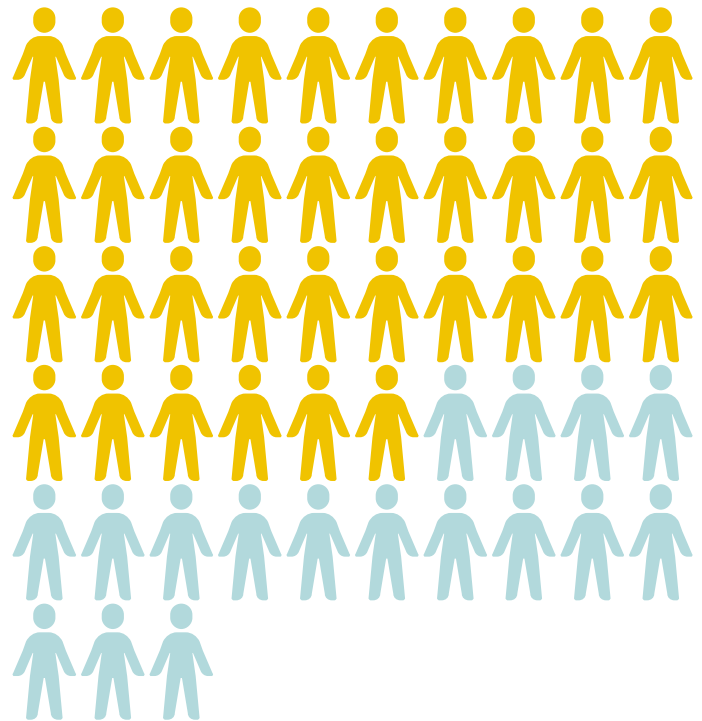
In August of 2023, the Cancer Patient Support Program began a new collaboration with Dr. Ryan Hughes, MD, in the Head and Neck Radiation Oncology clinic.

She provides brief assessment and intervention to patients that are undergoing radiation treatment, with the option to continue outpatient therapy after treatment ends.

Research has demonstrated that people with head and neck cancer experience higher rates of depression and anxiety, and of suicide, than the general population and others with cancer.

The treatment of these cancers often impacts many of the activities that make us most human: breathing, speaking, eating (chewing and swallowing). Dr. Hughes initiated conversation with CPSP with the hope of bringing behavioral health support to the patients in his care.

Since August, CPSP counselor Holly Hallman, MSW, LCSW, has been integrated into the Head and Neck Radiation Oncology for ½ day per week, joining an interdisciplinary team of physicians, speech language pathology, and nutrition.



FROM AUGUST THROUGH DECEMBER
2023, MS. HALLMAN PROVIDED A
TOTAL OF 53 PATIENT VISITS FOR 36
UNIQUE PATIENTS IN THE HEAD AND
NECK CLINIC.

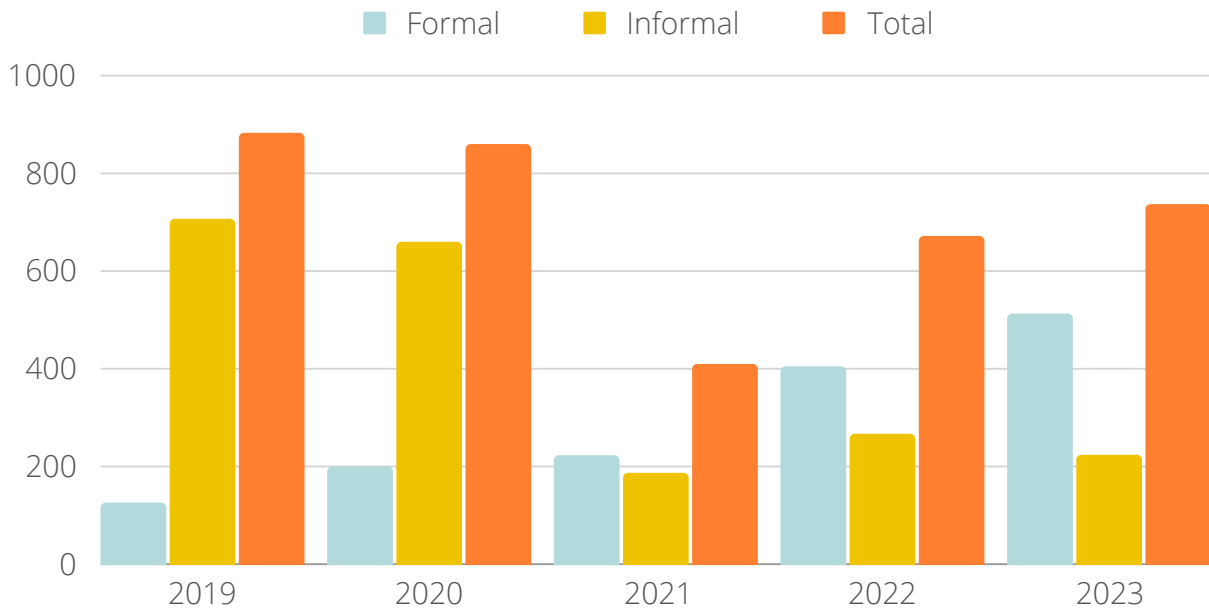
Inpatient Consultations

Our inpatient services include Stem Cell Transplant; Surgical Oncology; Solid Tumor / Gynecology Oncology; Outpatient Oncology Clinic; Leukemia; three Hem Onc services; Head and Neck Oncology; Medical ICU; Rapid Response and consultation on non-CCC services, including the Emergency Department.

On our inpatient services, we are dedicated to addressing emerging concerns and crises associated with new cancer diagnoses, treatments, and the quality of life issues stemming from prolonged hospitalization.

Our clinicians specialize in providing psychosocial supportive counseling, employing mindfulness-based practices, art therapy, and patient-centered, empathic listening with unconditional positive regard.

This approach aims to alleviate the emotional burden of isolation, depression, and anxiety, fostering a healing environment for patients navigating the challenges of their cancer journey within the hospital setting.



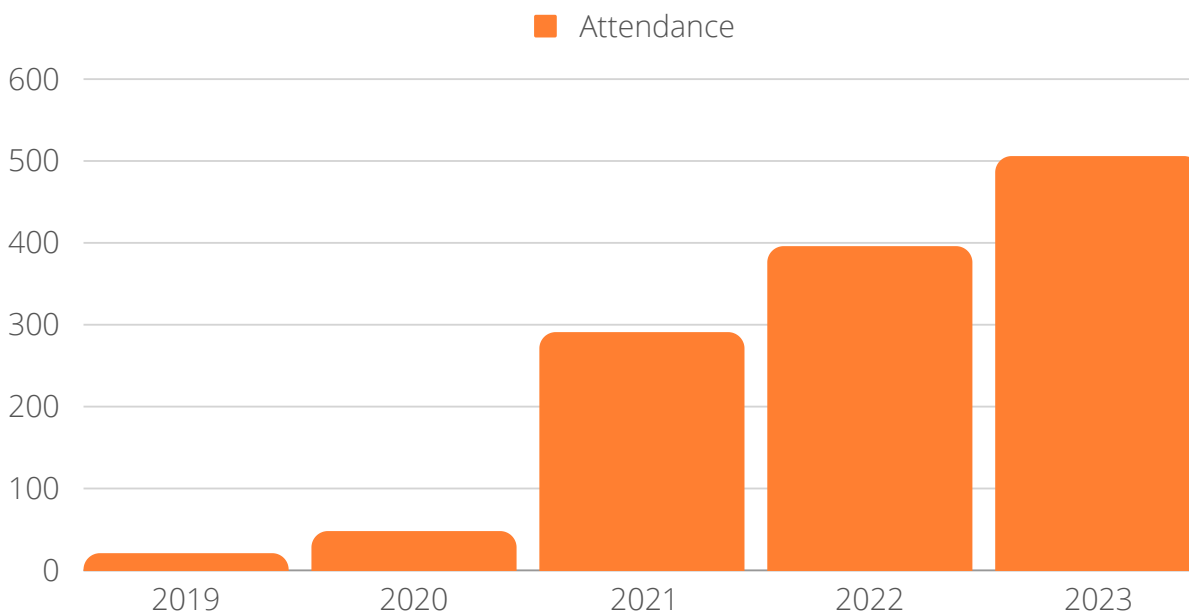
Support Groups

CPSP's psychotherapeutic groups, led by a licensed clinical mental health counselor, are meticulously designed to promote the reduction of distress, anxiety, and depressive symptoms while simultaneously enhancing the overall quality of life for participants. The group facilitator employs a multifaceted approach, integrating Existential, Cognitive Behavioral, Mindfulness, and Narrative techniques.

These therapeutic interventions facilitate the sharing of feelings, emotions, and experiences, empowering individuals to engage in the profound process of meaning-making.

Techniques such as journaling and letter writing offer a creative outlet, while meditation and guided imagery foster mindfulness. Additionally, cognitive restructuring and challenging contribute to cognitive-behavioral strategies, collectively creating a supportive and transformative environment within the group setting.

The new Wellness Workshops offered by CPSP are open to those impacted by cancer in all 50 states. They are psychoeducational sessions designed to impart valuable information on various cancer-related topics, including sleep hygiene, scanxiety, relationship challenges, fatigue, and existential concerns.





CPSP Groups

- Men's Group
- Women's Survivorship Book Club Luncheon
- Partner Bereavement
- Metastatic Breast Cancer
- Caregivers Support Group
- Survivors & Caregivers Writing Group
- Cancer Support Group

CPSP Cancer Wellness Workshops

- Reducing Uncertainty & Scanzxiety
- Fostering Relational & Emotional Wellness
- Engaging in Whole Body Wellness

Carrie Madsen, MS, LCMHC, NCC facilitates the metastatic breast cancer group.

Lisa A. Rainwater, MA, PhD, LCMHC, CCMHC, CGP, CT is a Certified Thanatologist trained in Group Therapy. She has developed and facilitates all other CPSP support groups.

28%

increase in CPSP support group participants

In Our Community



12 CANCER SERVICES
PARTICIPANTS

65 CANCER SERVICES
YOUTUBE VIEWS

98 LIVELUNG
PARTICIPANTS

465 LIVELUNG
YOUTUBE VIEWS

CPSP's external workshops serve as a resourceful platform not only within Atrium Health Wake Forest Baptist Comprehensive Cancer Center but through collaboration with regional and national cancer service partners. By disseminating knowledge and insights on critical aspects of cancer, the workshops contribute to the holistic wellbeing of individuals affected by cancer and their support networks, fostering understanding and empowerment in the face of biopsychosocial challenges.

"MANY thanks for sharing with our group again. It was a fabulous approach (and presentation) for dealing with scanxiety. Thank you!"

Lynn Abbott-McCloud,
Program Manager
LiveLung.org

External presentations and workshops facilitated by Lisa A. Rainwater, MA, PhD, LCMHC, CCMHC, CT.

Provider Wellbeing

The importance of provider wellbeing within a cancer center cannot be overstated, as healthcare professionals often grapple with the emotional toll of supporting patients through challenging journeys. Burnout, compassion fatigue, and moral fatigue are pervasive risks that can significantly impact the mental and physical health of providers.

Prioritizing provider wellbeing not only enhances the quality of care but also contributes to a resilient and compassionate healthcare workforce. By implementing supportive measures, such as wellness programs, counseling services, and workload management, cancer centers can create a healthier and more sustainable work environment, ensuring that their dedicated staff can continue to provide optimal care to patients in need.

CPSP is proud to offer a diverse range of integrated programming designed specifically for Atrium Health Levine Cancer employees in both the Winston and Charlotte markets.

Our initiatives include art therapy sessions, providing a creative outlet for self-expression and stress relief.


Additionally, our book club offers a platform for engaging discussions and shared experiences, fostering a sense of community among healthcare professionals.

Recognizing the unique challenges in our field, we also provide grief support programming, e.g., Wake Wakes, to help employees navigate the emotional complexities of our work and process the losses of patients and colleagues to cancer.

These integrated offerings aim to enhance the wellbeing of cancer-related employees, acknowledging and addressing the multifaceted aspects of their roles.

“

ALLOWING EMOTIONAL EXPRESSION ON A CONTINUOUS BASIS—AS OPPOSED TO REPRESSING EMOTIONS—HELPS BUILD EMOTIONAL RESILIENCE AND MENTAL WELL-BEING IN THE LONG RUN (74). THE BENEFICIAL EFFECTS OF APPROPRIATE SELF-CARE FOR HEALTHCARE WORKERS INCLUDE IMPROVED PHYSICAL, MENTAL, AND EMOTIONAL WELL-BEING (75), AS WELL AS BEING ABLE TO PROVIDE CARE FOR THEIR PATIENTS IN A MORE SUSTAINABLE WAY WITH GREATER COMPASSION, SENSITIVITY, EFFECTIVENESS, AND EMPATHY (76).



In 2023, we offered art therapy to oncology providers. Art therapy offers a holistic approach to wellbeing and, when integrated into the lives of oncology providers, can contribute to both personal and professional fulfillment, creating a supportive and resilient healthcare community.

The 2023 Employee Cancer-Facilitated monthly Book Club: "Creating Community" was open to all cancer-related employees across the Atrium Health Wake Forest Baptist Comprehensive Cancer Center and Atrium Health Levine Cancer. The book club luncheon brought teammates together to delve into inspiring stories that explore the power of the self and community in navigating the challenges of cancer. These initiatives aim to foster a supportive and collaborative environment, providing a space for shared insights, discussions, and mutual understanding.

The 2023 Provider Art Therapy was facilitated by CPSP's Erica Fox, LCMHC-QS, ACS, NCC, ATR-BC and board-certified art therapist.

The 2023 Employee Book Club Luncheon was co-facilitated by CPSP's Lisa A. Rainwater, PhD; Stacy Wentworth, MD; and Susan Yaguda, RN.

#54

Provider Art Therapy participants

#26

Cancer-related employees from
Atrium Health Levine Cancer
Institute



#142

Open Art Studio
participants

#49

In-patient Art Therapy
participants

Art Therapy Clinic

Art therapy is an integrative, complementary psychotherapeutic treatment used to support patients, caregivers, and providers in achieving personal wellness goals.

The biopsychosocial benefits derived from our art therapy clinic are manifold, encompassing a spectrum of positive outcomes. Participants have the opportunity to explore and discover profound meanings within their cancer experiences, reducing distress and cultivating resilience in the face of life's challenges.

The diverse array of artistic mediums, including painting, drawing, collage, mosaic, mandala creation, textiles, and sculpture, serves as a rich palette for creative expression and therapeutic exploration. Each medium offers a unique avenue for individuals to convey emotions, explore narratives, and engage in self-discovery. Whether through the vibrant strokes of a painting, the intricate lines of a drawing, the dynamic composition of a collage, the tactile nature of textiles, the symbolism in mandala creation, or the three-dimensional form of sculpture, these artistic outlets provide a means to process, communicate, and reflect on personal experiences.

Embracing this variety allows participants to find the artistic modality that resonates most deeply with their individual expressions and healing journeys.

Erica Fox, LCMHC-QS, ACS, NCC, ATR-BC facilitates CPSP's Art Therapy Clinic and is a board-certified art therapist.

Wellness Programming

#254

Hours of Healing Music

#224

Gentle Chair Yoga Participants

#24

Tai Chi Participants

#139

Massages

Embracing the holistic impact of cancer, our Healing Music Program offers a soothing and supportive environment in the Atrium Health Wake Forest Baptist Comprehensive Cancer Center atrium. Patients and their families immerse themselves in the therapeutic sounds of live music, providing a moment of respite and emotional healing during their hospital visits.

Recognizing the importance of addressing both physical and emotional wellbeing, our chair massages offer a therapeutic experience to individuals navigating the challenges of cancer. These sessions, conducted by skilled massage therapists, provide a brief yet revitalizing escape, promoting stress reduction and enhancing overall comfort.

Complementing this experience, our Tai Chi and Gentle Chair Yoga classes are tailored to address the physical aspects of wellbeing. These practices not only promote relaxation but also contribute to enhanced flexibility and overall resilience. Together, these offerings aim to nurture the mind, body, and spirit, fostering a comprehensive approach to healing for individuals impacted by cancer.

Marketing & Communications

CPSP is dedicated to effective marketing and communications strategies to keep our community informed and engaged. We benefit from an in-house, former Mar/Comms professional turned therapist who has dedicated her two decades of expertise in the nation's largest media market to our program, pro bono since she first became an intern at Atrium Health Wake Forest Baptist Comprehensive Cancer Center in 2019.

Our comprehensive communications strategy encompasses various projects to reach and engage our community.

In 2023, we embarked upon a variety of Mar/Comms projects to promote our work, increase service engagement, and encourage community and philanthropic support.

Projects included website updates, four quarterly newsletters, promotional videos featuring patients, caregivers, and couples, who have benefited from our services, fundraising appeal letters, event posters, CCTV adverts, and new programmatic pop-up banners.

Our website undergoes ongoing updates, providing a dynamic platform for users to access current information, resources, and announcements.

In 2023, teammates of Levine Cancer from Winston and Charlotte

worked together to develop an interactive site for program and event attendees.

The creation of a quarterly newsletter and postcard keeps our community regularly informed about updates, events, and initiatives.

To visually capture the essence of our mission and generate interest in donating to our program, we produced five promotional videos in 2023, highlighting the stories of individuals benefiting from our services. These were used in the promotion of Summerlark.

Fundraising appeal letters serve as a compelling means to garner support for our programs.

Through these diverse channels, we have effectively communicated our mission, connected with our community, increased engagement in our services, and generated support for the vital services we provide.

CPSP's Lisa Rainwater manages Mar/Comms programming, including strategic planning, design, editing, and execution.



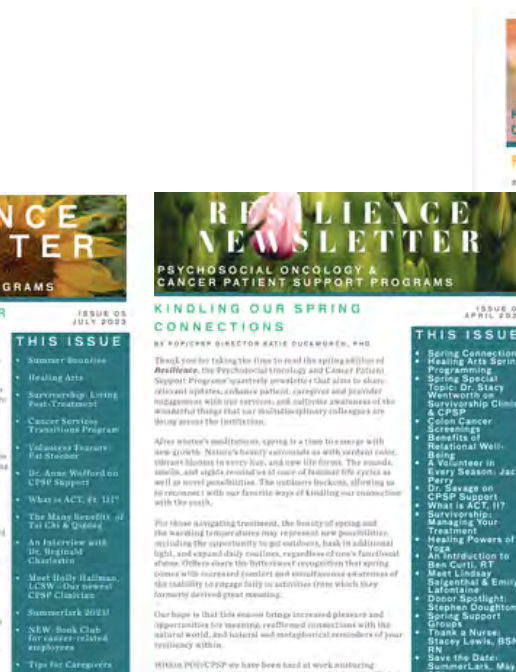
Building Community & Connections

Since the summer of 2022, we have consistently produced *Resilience*, an integrative newsletter written by POP/CPSP teammates and designed/edited by Lisa Rainwater. Our goal is to build our community, connections, and capacity to serve those living with cancer and those who life is committed to providing cancer care.

The Benefits of Sharing Our Human Stories

Sharing Human Stories: POP/CPSP staff interviews and celebrates our dedicated healthcare partners throughout the Atrium Health Wake Forest Baptist Comprehensive Cancer Center, including physicians, PAs, nurses, behavioral health providers, pastoral care and holistic health providers. Sharing these stories creates a more compassionate and supportive healthcare environment.

Empathy and Connection: Human stories create a sense of empathy and connection. Cancer patients often face emotional challenges; hearing relatable experiences from providers fosters a connection that goes beyond the clinical setting. Patients may feel understood and supported on a deeper level.



Our quarterly newsletter provides a regular and predictable means of communication. It helps maintain consistent engagement with our readers, keeping them informed about events, programming, and provider insights, while offering articles on how to navigate cancer as patient and caregiver. The newsletter is distributed throughout the Atrium Health Wake Forest Baptist Comprehensive Cancer Center and Wake Forest University School of Medicine, sister clinics and organizations, and the greater community.

Building Community: Sharing human stories helps build a supportive community around cancer care. It encourages open dialogue, the exchange of experiences among patients, and the creation of a network where individuals facing cancer can find understanding and encouragement.

Inspiration and Hope: Personal stories from cancer providers can inspire hope. Knowing that healthcare professionals have faced similar challenges or have witnessed stories of resilience can uplift and motivate patients, instilling a sense of optimism about one's own cancer journey.

Reducing Stigma: Sharing human stories helps break down the stigma associated with cancer. When healthcare providers share their experiences, it humanizes the medical profession and demystifies the provider-patient relationship, promoting open conversations about cancer and its impact.

Educational Insights: Human stories offer educational insights. Providers share valuable lessons learned from their experiences, providing practical tips, advice, and information that can empower patients to navigate their own cancer journeys more effectively.

RESILIENCE

ISSUE 04 | APRIL 2023



As an Assistant Professor of Radiation Oncology at Wake Forest School of Medicine and a practicing radiation oncologist, Stacy Wentworth, MD translates the story of science to newly diagnosed cancer patients every day. In 2019, she opened the multi-disciplinary cancer survivorship clinic at Atrium Health Wake Forest Baptist's NCI-designated Comprehensive Cancer Center which now serves thousands of patients and caregivers annually. She continues to oversee this program as Medical Director of Cancer Survivorship. Her research has been selected for presentation at national conferences, has many peer-reviewed publications, and is a contributor to Psychology Today.

For this issue's Special Spring Topic, I was interested in how Dr. Wentworth has seen the collaboration between the Survivorship Clinic and CPSP grow in an effort to provide timely physical, behavioral, and mental health support to survivors. I am grateful for her thoughtful responses to my questions.

Lisa A. Rainwater: Can you describe your awe your vision for a Cancer Survivorship Clinic came to fruition?

Dr. Stacy Wentworth: Prior to coming to AWEFHH, I worked in private practice. I built a survivorship program there and learned what worked and what didn't. When I interviewed to come back as faculty, cancer center leadership had funding to renovate the former wig shop on the 2nd floor to establish a cancer survivorship clinic at the cancer center. There were already survivorship programs in Clemmons for breast cancer and the bone marrow transplant clinic, but leadership wanted to make survivorship more available. To complete the project, I had a wonderful nurse manager, enthusiastic NP and PA partners and an engaged IT team, so I had great support. Practicing in the Triad for over 20 years, I am also familiar with community organizations who specialize in cancer survivorship so that helped as well.

LAR: As a radiation oncologist, what drew you to working with this population?

SW: My first exposure to cancer survivorship was in residency. Specifically, I saw the time that Dr. Ed Shaw took with survivors of low-grade gliomas. These patients were mostly cured of their disease, but due to the high levels of brain radiation, they had difficulties with short-term memory or personality changes which were hard on them and their families. Supporting and managing the effects of treatment took up most of the follow-up visit. I had a similar experience with Dr. Carolyn Verwe who saw many long-term lymphoma and breast cancer survivors. Once I began seeing my own patients, I realized that since radiation falls usually towards the end of many cancer treatment regimens, patients were looking towards the finish line and wondering what came next. At weekly visits, I was constantly finding questions about what happens next, so I found our chaplain and got involved with survivorship.

LAR: What types of services can survivors receive at the Clinic?

SW: Every patient referred to survivorship clinic receives a personal 1-hour survivorship orientation visit with a provider from their treatment team. We always go over the basics - diagnosis, treatment, checking for recurrence - but the provider can direct the visit based on answers to questions the patients fill via their MyChart before the visit. We also emphasize overall wellness, encouraging patients to get back in touch with their primary care providers and catching up on any vaccinations or other cancer screenings they might have missed.

LAR: How do survivors benefit?

SW: We feel survivorship is an important transition and want our patients to be equipped to move back into their "normal" lives. We focus on the transition from illness to wellness using patient directed visits and adhering to evidence-based guidelines. Patients (and caregivers) find these visits informative and helpful. Most report that they leave more empowered to manage their side effects or with a better understanding of their cancer which is our goal. We also provide them with a treatment summary and care plan that summarizes their diagnosis, the provider and patient to discuss a referral. We also highlight all the wonderful CPSP programming including your support groups, counseling services and even book clubs. We are incredibly grateful to have such wonderful partners.

LAR: How do your patients benefit from working with one of our mental health providers?

SW: Survivors have various concerns based on their own psychological make-up and type of cancer and treatment. This is very normal. Some patients have intrusive thoughts like fear of recurrence and talking to one of the CPSP staff can help manage that. For others it is working through the trauma of medical treatment or even changes in their relationships. It is great to have your team available to provide the support our patients need in process what they have been through.

LAR: As a leader, how do you encourage your team to engage in wellness and self-care practices?

SW: Well, this is a big question for any leader. The first thing I try to do is model my own wellness and self-care. If employees see a boss working 14-hour days and running around stressed out all the time, it's easy to assume that's what they expect of others. We support each other and I work hard to ensure that coverage is available if/when employees need time off. We also try to be flexible while ensuring excellent patient care.

LAR: Any closing thoughts?

SW: We are coming up on our 4-year anniversary and have cared for over 1,000 patients in survivorship clinic! I'm so proud my team. We are learning from our partners at Atrium, and I am excited to see what the next year holds.

CANCER SURVIVORSHIP CLINIC: HELPING PATIENTS MOVE BACK INTO "NORMAL LIVES." AN INTERVIEW WITH DIRECTOR STACY WENTWORTH, MD
BY LISA A. RAINWATER, PH.D., MA (COUNS), LCMHC.

...treatment, recommended follow up tests, health maintenance items and a list of disease specific resources. That document is also shared with their primary care physician to complete the loop that began when they were diagnosed.

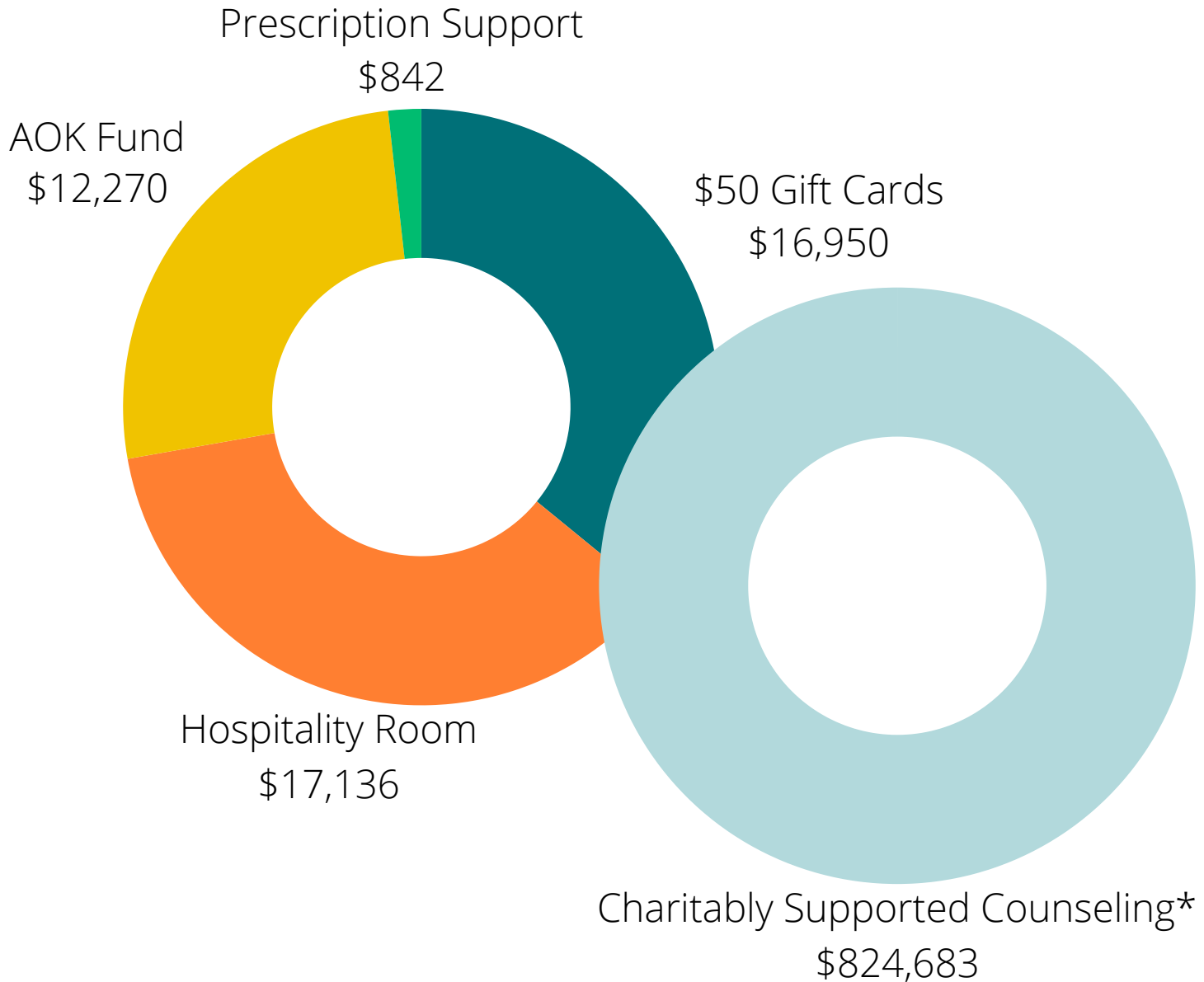
LAR: Have you engaged CPSP (Cancer Patient Support Program) services for patients in the Clinic? If so, can you describe the collaborative process of taking care of a shared patient?

SW: Of course! We love working with you. One of our most successful workflows has been to CPSP in patients who report moderate to high anxiety or depression. Before this workflow was implemented, it was up to the provider or patient to request services. Now that prompt is generated when patients answer their pre-visit questions and allows



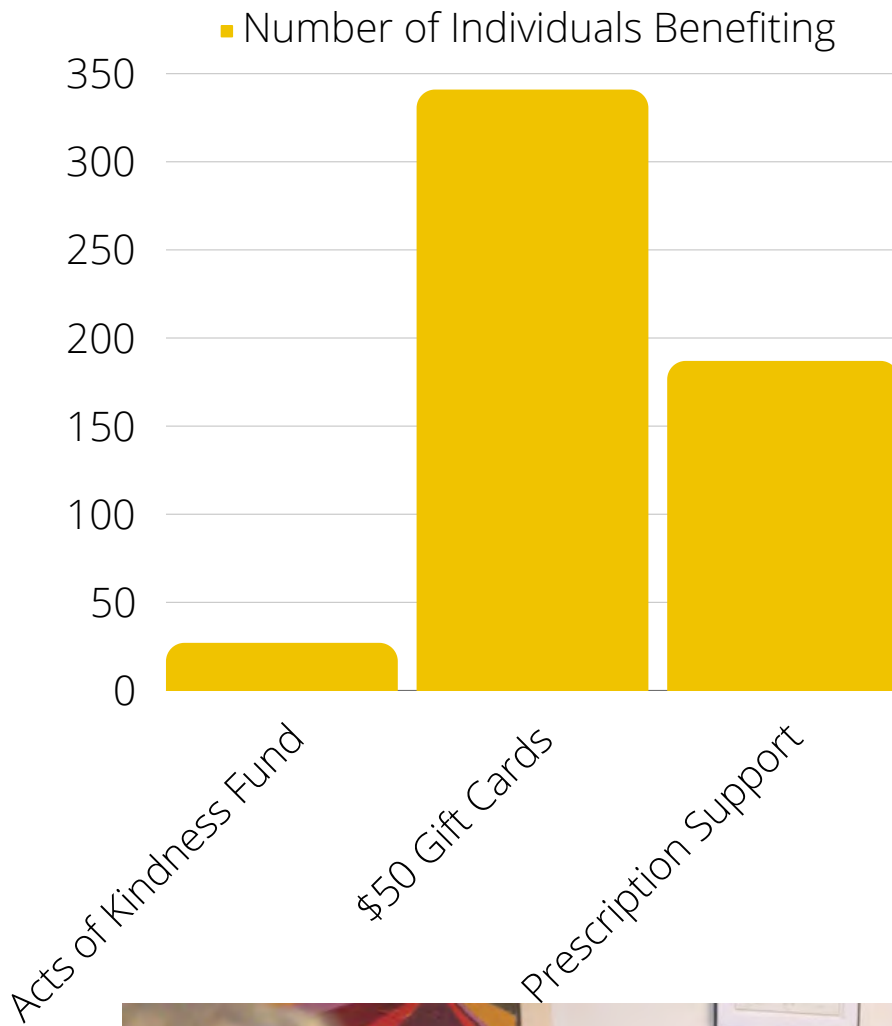
Philanthropic Support

SummerLark 2023, headlined by Chris Lane and The Dryes, marked an extraordinary success, with our philanthropic partners and the community uniting to raise an impressive \$365,000. This remarkable achievement is a testament to the unwavering support from our community and corporate partners. Their generosity allows us to fulfill our mission to reduce suffering and improve the quality of life of cancer patients and their loved ones across the lifespan, throughout survivorship and beyond. We express our deep gratitude for their continued commitment to making a meaningful impact in the lives of those affected by cancer.



Our allocation of philanthropic dollars is strategically directed across five areas of support to maximize impact and address the diverse needs of our community. This comprehensive approach reflects our commitment to supporting the wellbeing of our community in various dimensions.

* This is an estimated value total of 1,899 No-Fee-for Service sessions based on the average cost of one behavioral health counseling session charged in our Fee-for-Service Clinic. This figure does not include the value of CPSP's free support groups.

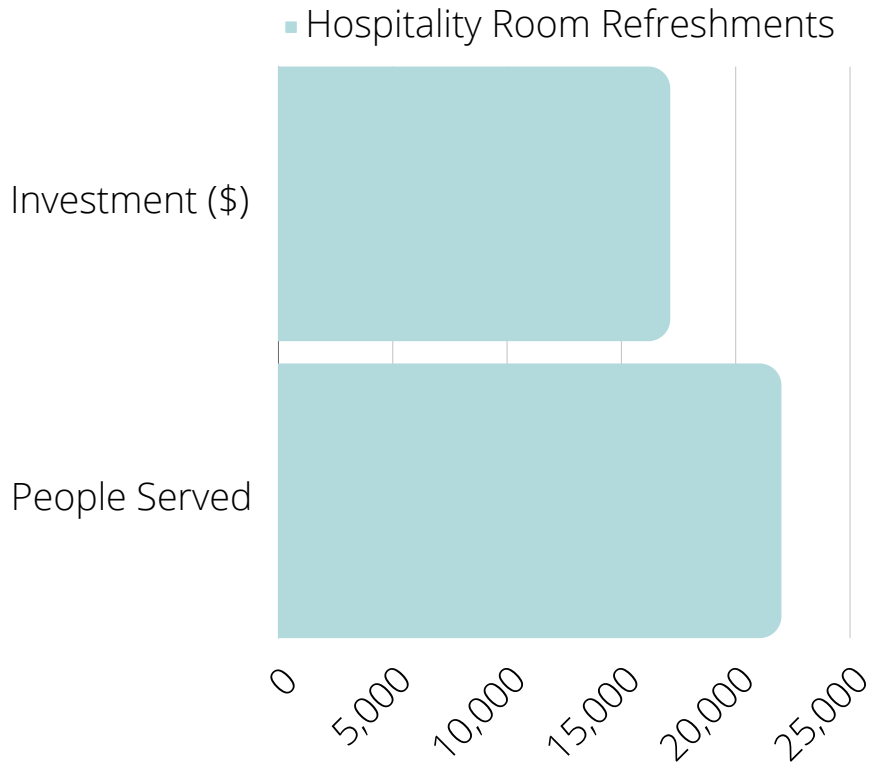


The Acts of Kindness Fund is utilized to bring moments of financial relief to those affected by cancer, creating a positive impact beyond the medical realm. Gift cards can be used to pay for transportation, gas, hot meals, or overnight stays at the SECU Family House. Financial aid is provided to help reduce the costs of medicine at the pharmacy. Free counseling services, encompassing individual, family, couples, and group sessions, ensure that emotional wellbeing is a central focus of our support.



Recognizing the importance of holistic care, we also allocate resources for hospitality snacks, aiming to address the practical and nutritional needs of individuals coming for treatments.

Our volunteers provide refreshments throughout Atrium Health Wake Forest Baptist Comprehensive Cancer Center, including our waiting rooms, radiation services, and chemotherapy pods.



Reducing Financial Burdens, One Patient at a Time

Many cancer patients and families face significant economic burdens and financial challenges as a result of a cancer diagnosis and its treatment. The costs associated with cancer care extend beyond medical expenses and can include indirect costs such as transportation, accommodation, and loss of income due to reduced ability to work or extended leave.

Cancer treatments like chemotherapy, surgery, and radiation therapy often come with substantial out-of-pocket expenses, even for those with health insurance. Co-payments, deductibles, and the costs of supportive medications can accumulate, leading to financial strain.

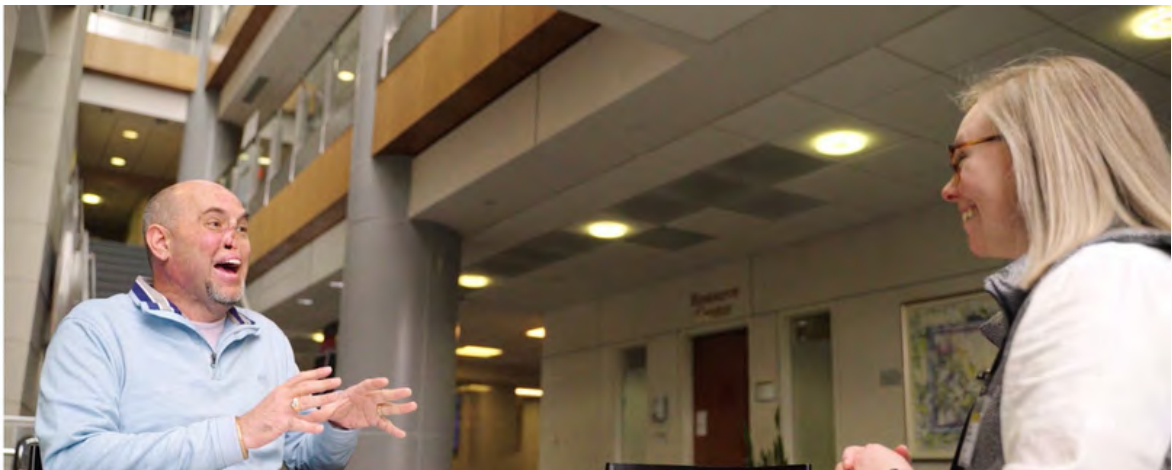
Additionally, individuals may face long-term financial implications, including the potential for increased debt, depletion of savings, or challenges in accessing affordable insurance coverage—impacting decision-making about treatment options, lead to delays in seeking care, and contribute to heightened stress and anxiety.

Offering charitably supported counseling to cancer patients can have significant positive impacts on their overall well-being and coping mechanisms.

Cancer diagnosis and treatment often bring about emotional distress, anxiety, and depression, and counseling provides a supportive environment for individuals to address these challenges.

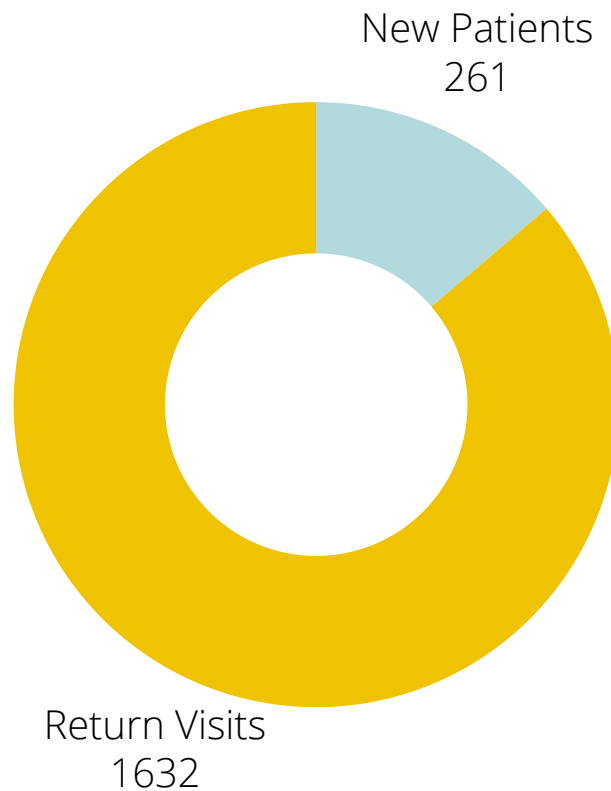
Here are some key benefits of providing counseling to cancer patients and families:

- Emotional Support
- Coping Strategies
- Improved Mental Health
- Enhanced Quality of Life
- Support for Caregivers
- Reduction of Treatment-related Distress
- Promotion of Resilience
- Long-Term Wellbeing



Charitably Supported Clinic

There is historic precedent for providing free psychosocial oncology counseling to patients and families in need throughout the psychosocial oncology field. A charitably supported clinic promotes equitable access to cancer care, ensuring that individuals, regardless of their financial status, can receive necessary behavioral health support and treatment. CPSP is proud to continue this tradition with the generous support of philanthropic contributions. CPSP's team of full-time and part-time clinicians and an intern provided nearly 2,000 free individual and couples counseling sessions in 2023, reducing the financial burden of those living with cancer.



Teammate Achievements

GRANT PROPOSALS

- WS Arts Council ARPA federal grant (\$200,000 *denied*) (Fox & Lafontaine)
- A Novel Dialectical Behavior Therapy Intervention for Cigarette Smoking by Cancer Patients; Pilot Award (PI Marcia H. McCall); Duckworth Role: Co-I (\$42,000 *awarded*)

PROJECTS IN DEVELOPMENT

- S.O.S. Connections (Lafontaine)
- Healing Arts Therapy Programming; ongoing development of programming, funding, collaborations, expansion of services onsite/offsite (Fox)
- CPSP Graduate Counseling Internship Programming; updates to program outline, teachings, university communications (Fox)

INTERNAL PROCESSES

- Updated/streamlined triage process (Lafontaine)
- Development of CPSP crisis procedure manual (Fox)

PUBLICATIONS

- 4 *Resilience* Newsletters, Lisa A. Rainwater (Ed.), written by POP/CPSP teammates
- Rainwater, L.A., "Counseling Clients with Maladaptive Grief Responses." (January, 2023). National Board of Certified Counselors Monthly Newsletter
- CPSP's Financial Toxicity Resource List (Lafontaine)



Teammate **Achievements**

LICENSURE / CERTIFICATION / CREDENTIALING

Fox, Erica

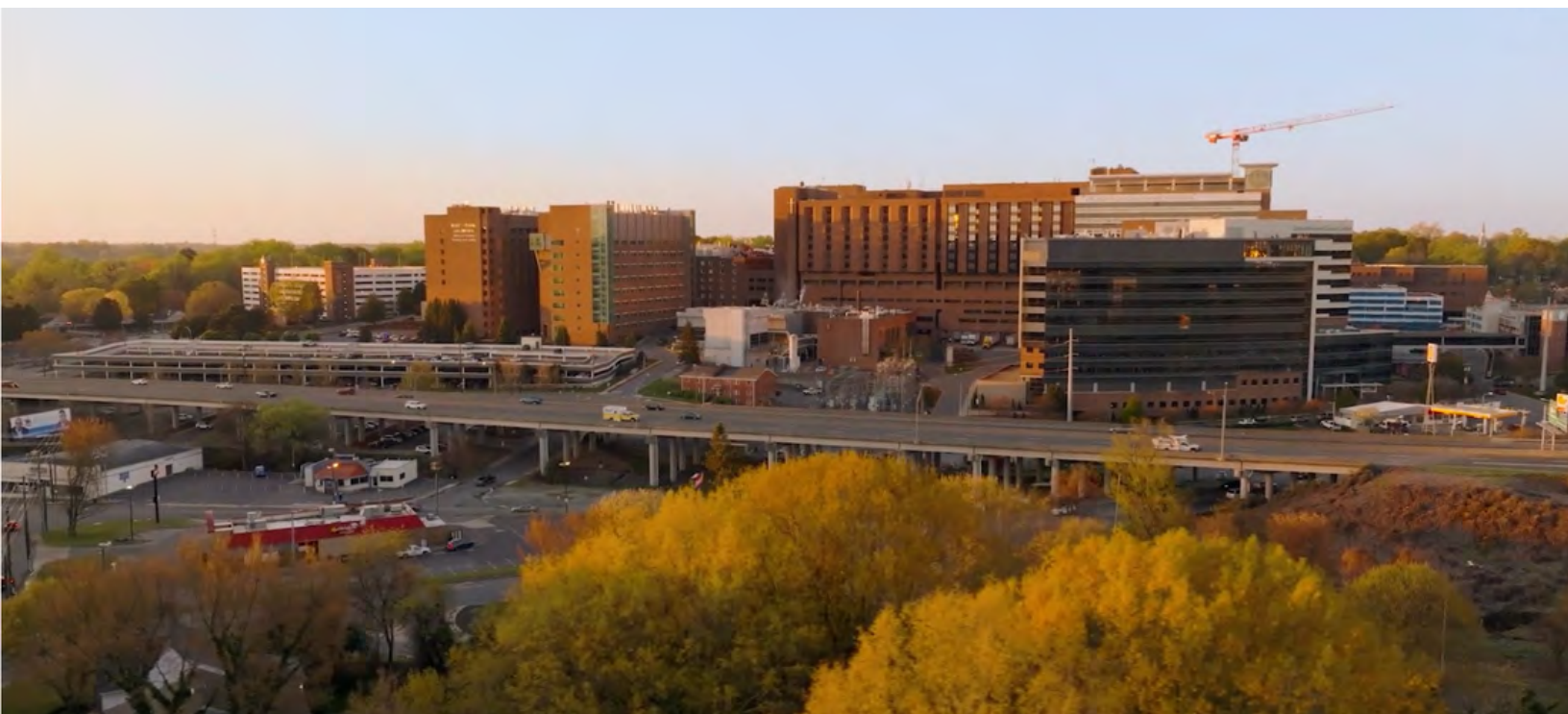
- LCMHC-Qualified Supervisor #QS144215; NC License Board of Licensed Clinical Mental Health Counselors
- Approved Clinical Supervisor #ACS4845; National Board of Certified Counselors
- Board Certified Art Therapist #20-412; American Art Therapy Association

Lafontaine, Emily

- Social Work Certification and Licensure Board, Certification Number P018604, Licensed Clinical Social Worker Associate

Rainwater, Lisa A.

- Licensed Clinical Mental Health Counselor, NC License Board of Licensed Clinical Mental Health Counselors #16057
- Licensed Professional Counselor, Colorado #LPC.0019556
- Board Certified Clinical Mental Health Counselor Specialization, National Board of Certified Counselors (NBCC) #1405532
- Credentialed, Science and Practice of Wellbeing, Mental Health Academy, Credential Course #xRD03



Teammate Achievements

INTERNAL ENGAGEMENT

Duckworth, Katie E.

- Wake Forest University School of Medicine Committee on Admissions, Appointed Member
- Admissions Committee invited member, ARCH (Addiction Research and Clinical Health) Program, School of Medicine
- Admissions Committee invited member, Genetic Counseling Program, School of Medicine
- Faculty Development Committee
- PGRC RFA Reviewer- Intercampus Priority Cancer Research Pilot
- Promotion and Tenure Committee, Internal Medicine
- Wake Forest NCORP Research Base: Board Member

Fox, Erica

- Patient & Family Advocacy Committee; CPSP Healing Arts Therapy Programming/Advocacy on benefits of Art Therapy as an integrative therapy at CCC [15 participants]
- Representation at AYA Survive & Thrive
- Multiple Myeloma Support Group: Art Therapy, Guided Relaxation, and Self-Care (Facilitator)
- HEM/ONC APPs & PharmDs; PowerPoint presentation on “How to Handle Difficult Patient Situations” [4 participants]

Lafontaine, Emily

- Representation at CancerCon and Atrium Health Wake Forest Baptist’s AYA Advocacy/Awareness Committee
- Multiple Myeloma Support Group: Managing Sleeplessness/Fatigue, facilitator

Madsen, Carrie

- Committee representation: Cancer Committee, Oncology Operations Council, Behavioral Health and Integrated IPU, Represent CPSP at Taylor Brothers American Snuff Company, check signing
- HEM/ONC APPs & PharmDs; PowerPoint presentation on “How to Handle Difficult Patient Situations” [4 participants]

Rainwater, Lisa A.

- Oncology Moral Distress Project member
- Wake Wakes facilitator
- Peaceful Pause Mindfulness facilitator

Teammate Achievements

CONTINUING EDUCATION

Duckworth, Katie E.

- American Counseling Association, 7 classes completed
- ContinuingEdCourses.Net, jurisprudence class

Fox, Erica [70 CEUs/Hours total]

- 2-day Motivational Interviewing Workshop, AHWFB CCC
- Approved Clinical Supervisor course, NBCC/Center for Credentialing & Education, 45 hours
- Assessment and Treatment of Tobacco Dependence in Cancer Care Workshop, Memorial Sloan Kettering Cancer Center, 25 hours

Lafontaine, Emily [39.5 CEUs/Hours total]

- 2-Day Intensive ACT Training: Acceptance & Commitment Therapy, 12.75 CEUs
- A Brief Introduction to Emotionally Focused Therapy for Couples, 1.5 CEUs
- Behavioral Ethics: A Lens to Examine Ethical Challenges in Social Work Practice, 1 CEU
- Educating Social Workers in Palliative and End of Life Care (ESPEC): Part 1 - Online Training and Part II - Live Remote, 8 CEUs
- Ethics and Integrated Health Care, 3 CEUs
- Grief Counseling and Treatment Certification Training: Assessments and Interventions to Support Healthy Grieving and Adaptation to Death and Loss, 6.25 CEUs
- How Social Workers Can Create a Queer Friendly Nonprofit, 1 CEU
- Let's Start Talking about Pre-Addiction for Social Workers, 1 CEU
- Psychosocial Interventions for Chronic Pain, 1.5 CEUs
- SBIRT: How to Identify and Address Unhealthy Substance Use, 1.5 CEUs
- The River of Grief and Loss, 2 CEUs

- **Supervision:** 100 hours

Teammate Achievements

CONTINUING EDUCATION

Madsen, Carrie [48 CEUs/Hours total]

- Healing Trauma with ACT, Praxis continuing education, 12 CEUs
- ACT for Grief and End-of-Life, Praxis continuing education, 8 CEUs
- Treating Trauma Master Series, National Institute for the Advancement of Clinical Behavioral Medicine (NIACBM), 10 CEUs
- Working with Clients who Blame, National Institute for the Advancement of Clinical Behavioral Medicine (NIACBM), 3 CEUs
- Practical Skills for Working with Clients' Anger, National Institute for the Advancement of Clinical Behavioral Medicine (NIACBM), 3 CEUs
- Compassion-Focused CBT, Psychwire continuing education, 12 CEUs
- ContinuingEdCourses.Net Inc, Jurisprudence exam
- 2-day Motivational Interviewing Workshop, AHWFB CCC, no CEUs
- ACT peer supervision participant, Association for Contextual Behavioral Science (ACBS),

Rainwater, Lisa A. [144 CEUs/Hours total]

- Dr. Sue Johnson's Intensive Course in Emotionally Focused Therapy: Attachment Based Interventions for Couples in Crisis, 12 CEUs
- Portland Institute Grief Therapy Learning Retreat (toward Certification), 19.5 CEUs
- Association for Death Education and Counseling, August 2023 Webinar Live - Compassion Focused Chairwork for Grief, 1.5 CEUs
- 2023 Suicide Prevention Summit, Mental Health Academy, 5 CEUs
- Foundational Training in Dialogue Therapy for Couples (toward Certification), 26 CEUs
- 2023 Jungian and Post-Jungian Clinical Concepts (toward Certification), 42 hours
- Licensed Clinical Counselors of North Carolina 2023 State Conference- "The Balanced Life," 2 CEUs
- The Art of Healing in Relationships: Resolving Trauma & Restoring Connection, Trauma Solutions, 12 hours
- Science and Practice of Wellbeing, Mental Health Academy, Credential Course, 24 CEUs

Scholarship

Publications

Solsky, I., Patel, A., Valensuela, C., Russell, G., Perry, K., Duckworth, K., Votanopoulos, K., Shen, P. and Levine, E. Quality of Life Outcomes for Patients Taking Opioid and Psychotropic Medications Prior to Cytoreductive Surgery and Hyperthermic Intraperitoneal Chemotherapy *Annals of Surgical Oncology*. 2023 <https://doi.org/10.1245/s10434-023-14215-7>.

Conference Presentations

Rainwater, L.A., *Reconstructing Life & Meaning After Pregnancy Loss: Couples Composition Work*. [Conference presentation]. Licensed Clinical Counselors Association of North Carolina Conference, 2023.

Education and Curricula Development

- ***Biomedical Graduate Programs, Wake Forest University School of Medicine***
 - Addiction Research and Clinical Health, Curriculum Development and Instruction (Duckworth)
 - Human development; Clinical Experience Supervision I, II, III; Capstone
 - Guest Lecturers: Art Therapy (Fox); Theories of Grief (Rainwater)
 - Genetic Counseling, Curriculum Development and Instruction (Duckworth)
 - Psychosocial Impacts of Genomic Disease
 - *Guest Lecturers: Art Therapy (Fox); Theories of Grief (Rainwater)*
- ***Wellness & Resilience Program for Hematology and Oncology Fellows*** (Duckworth & Rainwater)
- **CPSP/POP Internship Program**
 - Supervision of Clinical Internship (Fox)

UNCG, Master in Social Work Program

- Trauma, Grief & Loss, Guest Lecturer: Theories of Grief (Rainwater)

NC A&T, Master in Social Work Program

- Trauma, Grief & Loss, Guest Lecturer: Theories of Grief (Rainwater)

Research

- ***Tobacco Cessation Research (A Novel Dialectical Behavior Therapy Intervention for Cigarette Smoking by Cancer Patients)***, Wake Forest University Baptist School of Medicine (Fox & Seigenthaler)
- ***Ancestral Consciousness and Communications Research Proposal (A Cancer Patient's Journey)***, Center for Perceptual Studies, University of Virginia School of Medicine (Rainwater, consultant)

New Projects in 2024

SOS Connections

The Winston and Charlotte markets of Levine Cancer are co-developing a peer support program. Implementation of the program is expected to begin in 2024. SOS Connections will offer the opportunity for cancer survivors to share their stories with individuals undergoing active treatment, and for individuals undergoing active treatment to connect with a cancer survivor who shares a similar diagnosis. Volunteer survivors and patient participants will be paired for either a one-time or an ongoing connection of at least three phone, video, and/or in-person communications. Volunteer survivors will be screened, onboarded, trained, and paired with at least one but no more than three patient participants; patient participants may later become volunteer survivors if they choose to do so. Initial target patient populations include hematology oncology, breast, and gynecological cancers.

Emily Lafontaine, MSW, LCSWA is spearheading this initiative.

Smoking Intervention

Research study which aims to design a novel DBT-ST (Dialectical Behavior Therapy - Skills Training) brief intervention for patients with cancer to reduce or quit smoking. Our team has assisted within the intervention design process and preparation of the treatment manual. Additionally, this group will conduct a mixed-methods study, in which the proposed intervention will be evaluated using the Qualitative Description method.

Erica Fox, LCMHC-QS, ACS, NCC, ATR-BC and Lindsay Seigenthaler, LCMHCA, NCC are involved in this research project.

Sexual Health

Cancer and its treatments may have various effects on sexual function, desire, and overall well-being. It's important for survivors to communicate openly with their healthcare team about any concerns or changes they may be experiencing. Cancer treatments such as surgery, chemotherapy, and radiation can lead to physical changes that may impact sexual function. These changes can include fatigue, pain, and alterations in body image. As a team, we support our patients and their partners on their cancer journey. To enhance our competencies in the area of sexual health, we are investing in professional development and training of teammates interested in this specialization.

Caleb Evington, MSW, LCSWA, Oncology Patient Navigator is lead on this training and initiative.

In Summary

It has been a year of growth, within our institution and relative to the number of patients and care partners served by our Psychosocial Oncology and Cancer Patient Support Programs. In addition to increasing numbers of individuals served, we are expanding the ways through which we care for patients. Our team remains ready to see individuals, couples, and groups through outpatient, inpatient and virtual appointments, thereby augmenting patient-centered care and multidisciplinary collaboration. Our providers continue to enhance specialty training, including trauma informed, art therapy, adolescent and young adult, and grief and bereavement care.

Our group and provider programming options have expanded in recognition of the diverse preferences for self-care. This year, we expanded offerings to include a group designed for men's wellness, caregivers wellness, spouse/partner bereavement, a

survivors' writing group, a providers' book club and art therapy clinic, and a survivors' book club. Group attendance remains at a record high thanks to the investment of our teammates. We also created an art clinic.

Amidst this growth, we remain very much rooted in this community. We take so much pride in being an integrated behavioral health clinic within an academic medical center as well as a sub-specialized clinic for all those in need within our community. From counseling to financial assistance, we strive to maximize quality of life throughout cancer care and beyond. We recognize the bio-psycho-social-cultural considerations within healing narratives and are here to help with psychosocial wellness. We look forward to growth within these communities for many years to come.

Katie E. Duckworth, PhD
POP/CPSP Director






Atrium Health
Wake Forest Baptist

BARENAKED LADIES

May 11

A Benefit Concert for the Cancer Patient Support Program



Presenting Sponsor



Tickets on sale at
[Ticketmaster.com](https://www.ticketmaster.com)

SummerLark is returning on May 11, 2024!

Join us for an outdoor concert at Bailey Park in Innovation Quarter benefiting the Cancer Patient Support Program (CPSP) at Atrium Health Wake Forest Baptist. This fun-filled event will provide many ways to show your support for the CPSP and will include incredible live music, food trucks, fireworks and fun for the whole family.

Presented by



For complete information, visit
Giving.WakeHealth.edu/SummerLark



All proceeds will benefit the Cancer Patient Support Program at Atrium Health Wake Forest Baptist Comprehensive Cancer Center.



We thank you for your ongoing support of our programs.

Acknowledgements

Grateful to **CPSP patients and caregivers** who donated their cancer stories and time to our videos, stills of which were used in this report.

Grateful to the following staff **contributors**:

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