



## **TAKING CARE OF MENTAL HEALTH DURING CANCER FACILITATOR'S GUIDE**

### **PURPOSE**

Everyone, no matter your age, race, or life experience, is at risk for a cancer diagnosis. A cancer diagnosis is life changing for both the patient and their loved ones. It affects more than just the physical health of the person who has been diagnosed. It can also affect the mental health of the patient and all those who love the person. For some people, a cancer diagnosis can rule their lives. They stop being physically and socially active, they isolate themselves or become more dependent and less confident. A patient or their loved ones will know the proper questions to ask or action to take if they recognize the mental health effects that a cancer diagnosis can have. This can help to prevent or at least reduce the risk for depression and anxiety. This program introduces the seriousness and consequences of mental health issues after a cancer diagnosis and focuses on making healthy lifestyle choices to decrease that risk.

### **PROGRAM OBJECTIVES**

#### **Participants will:**

- Identify the physical, cognitive, and emotional symptoms of a mental health issue after a cancer diagnosis,
- Learn how to ask health-care teams about mental health concerns,
- Learn how to ask loved ones for what they need, and
- Learn best practices for mental health.

### **TARGET AUDIENCE**

Older adults, age 65+; middle-aged adults; formal and informal caregivers for people diagnosed with cancer; health professionals

### **OPTIMAL GROUP SIZE**

Can be adapted to any size group.

### **ESTIMATED PROGRAM TIME**

30 to 60 minutes.

**Note:** Based on your audience and window of time, decide how you are going to teach this program. You can complete the whole program, without taking time for discussion or activities in approximately 30 minutes. To include discussion and opportunities for activities tailored to your audience, you should allow at least 60 minutes. You can also break down each key into four, 15-minute mini-programs, or even four longer programs.

## PLAN FOR THE PROGRAM

1. FCS8-124 Taking Care of Mental Health during Cancer
2. PowerPoint presentation
3. Publication that can be used as a handout and take-home activity
4. Post-evaluation (to be returned to Kerri Ashurst at 233 Scovell Hall, University of Kentucky, Lexington, KY 40506-0054 or emailed to kgoodman@uky.edu)
5. One three-month follow-up evaluation to be mailed or distributed to participants
6. Sample success story
7. Activity option (see end of document for Your Stress: What Does it look like? activity)

## MATERIALS NEEDED TO SUPPORT PROGRAM

- PowerPoint presentation
- Laptop and projector
- Pens and pencils
- Sign-in roster
- Handouts
  - o PowerPoint handout
  - o Publication
  - o Optional activity handout
  - o Post-session evaluation

**Note:** If you are uncomfortable presenting any of these pieces or think it would be helpful to have an expert in the field highlight more information on a particular topic, we encourage you to partner with a community professional. However, it is important that they still highlight content related to this program because the evaluation tool is set up to evaluate the effectiveness of this information.

## BEFORE THE SESSION BEGINS

1. Study all the program resources, including procedure, PowerPoint presentation, activities, participant handouts, and the evaluation. Note: certain slides have been left blank for you to insert and discuss local resources that can help address these risk factors. Before the program begins, either add to these slides or delete them if you choose not to do this.
2. Practice presenting the PowerPoint. Become comfortable with coordinating the slides and accompanying script in the notes section. Make notes to yourself in places where there is opportunity for good group discussion or specific details that you want to emphasize.
3. Locate and prepare all materials and supplies in advance of the program.
4. Set up the meeting room. If inviting a community partner, schedule a time to talk with the collaborator about your program. Coordinate the date, resources, and plan for presentation. For evaluation purposes, please be sure the partner discusses content related to the presentation slides and script.
5. Take attendance, including sufficient contact information for the three-month follow-up evaluation.

6. Distribute all handouts.
7. Start the PowerPoint presentation, beginning with the title slide (Slide 1). Introduce yourself to the audience and thank everyone for coming. Follow the script in the notes section of the slides.
8. Distribute the evaluation and allow 5 to 10 minutes for participants to fill it out. Return all evaluations to Kerri Ashurst, Extension Specialist at kgoodman@uky.edu or 233 Scovell Hall, University of Kentucky, Lexington, KY 40506-0064. Dr. Ashurst will analyze the data. Final reports and numbers will be sent directly back to you in the county.

Distribute a three-month follow-up evaluation. Instruct all participants to return the evaluations to their local Extension agent. Once collected, each agent should forward the evaluations to Dr. Ashurst. Results will be analyzed and compared and a final report will be sent to the counties.

## **YOUR STRESS – WHAT DOES IT LOOK LIKE?**

<b>PHYSICAL</b>	<b>BEHAVIORAL</b>	<b>EMOTIONAL</b>

Which symptoms are most troublesome for you?

List one or two things you can do to reduce one of your most troubling symptoms.