

# West Central Georgia Cancer Coalition Cancer Survivorship Program

## Success Story



All the classes have been very beneficial in different ways. When I started I was newly diagnosed and I didn't have any idea that these programs existed. The friendship and support from instructors and fellow cancer survivors has been a very positive influence.

-Participant

### Summary

On a mission to reduce the burden of cancer, West Central Georgia Cancer Coalition in partnership with WellStar Enoch Callaway Cancer Center continues to provide complementary therapies to those living through, living with, and living beyond cancer. The aim is to instill knowledge, increase access, and provide support through the journey that lies ahead. The *Cancer Survivorship* program provided cancer patients, cancer survivors, caregivers, and family members an opportunity to express themselves freely, develop support networks, and become nutritionally versed.

1

#### ART THERAPY

Creative expression to cope with the treatment and recovery process.

2

#### CURVY YOGA

Restoration and increased mobility.

3

#### LIVE, LAUGH, LEARN-A NUTRITION EXPERIENCE

Healthy Living

The classes and support groups offered...have helped me tremendously in my cancer journey... To me, the cancer situation is in God's hands. With the help of some fantastic doctors, I have done all I can do from a medical perspective... The programs at West Georgia have given me friends that understand. Friends that know that you sometimes need to talk...That you're not looking for sympathy or special treatment... This is probably the greatest benefit I have received.

-Participant

## Challenge

The ongoing challenge is meeting the needs of the vulnerable, uninsured/underinsured, and medically underserved populations in the West Central Georgia service area and beyond. Barriers to care hinders the population from receiving access to quality healthcare services that inevitably permits achieving quality of life. Access and availability of healthcare services are vital components to sustain life.

## Solution

Over the course of eleven (11) months, three (3) complementary therapies were provided to cancer patients, cancer survivors, caregivers, and family members. Trained instructors were given the task to deliver resources to program participants that would serve as a viable tool to individuals on the road to recovery. In part, the *Cancer Survivorship* program would offer participants an opportunity to gain knowledge, heal, and restore emotionally, mentally, physically, and spiritually.



## Accomplishments

A total of 580 program participants were reached through the *Cancer Survivorship* program, surpassing the intended target for the funding year. The first Sunday in June was recognized as National Cancer Survivors Day. West Central Georgia Cancer Coalition and partners celebrated the culmination of the *Cancer Survivorship* program on June 5, 2016. The event was filled with speakers who spoke on physical therapy, the “caregiver”, the “importance of good nutrition” and screenings. In addition, art projects created by *Art Therapy* participants were on display.

## Future Direction

Future efforts will focus on securing additional funding resources as well as increase local and state partnerships to help sustain complementary therapies long-term.

## RESULTS

Complementary therapies offered participants access to available health-related services in a safe and comfortable environment that allowed individuals an opportunity to develop, release, and gain to improve overall health.

- 100% of surveyed respondents reported an increase in knowledge from information provided during therapy sessions.
- 100% of surveyed respondents noted that skills and techniques gained enhanced their ability to manage their health.
- 84% of respondents (an 11% increase from previous FY) noted that participating in one or more complementary therapies offered has improved their access to health and/or support services.