



**National Behavioral  
Health Network**

*for Tobacco & Cancer Control*

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

# 2022 Cancer and Mental Wellbeing Education Training Series

Thursday, September 8, 2022  
2:00 – 4:00 pm ET

# Agenda

- Welcome, Housekeeping & Introductions
  - Overview of the National Behavioral Health Network
- Cancer & Mental Wellbeing – From Prevention to Survivorship
  - Q & A
- Stretch Break
- Stories of Resilience – Perspectives from Cancer Survivors
  - Q & A and Wrap-Up

# Welcome from The Strategic Management Services Team!



**Tasha Moses, MPA**  
Chief Executive Officer



**Vivi Cassella, MPH, CHES**  
Senior Consultant

# Welcome from The National Behavioral Health Network Team!



**Tamanna Patel**  
Director



**Hope Rothenberg**  
Project Manager



**Samara Tahmid**  
Project Manager



**Coyle Shropshire**  
Project Coordinator

# Housekeeping



This webinar is being recorded. All participants are placed in “listen-only” mode.



For audio access, participants can either dial into the conference line or listen through your computer speakers.



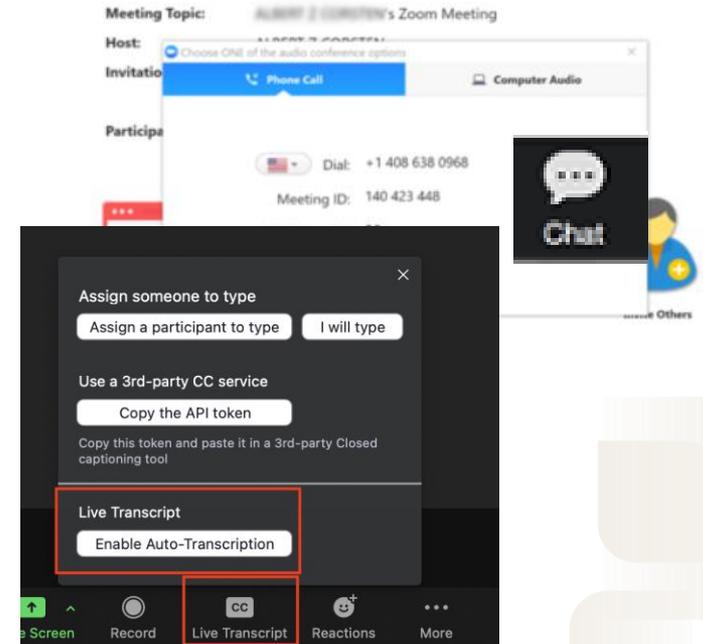
Submit questions by typing them into the chat box or using the Q&A panel.



Access closed captioning by enabling live transcript.



Slide handouts and recording will be posted here: [Cancer and Mental Wellbeing Training Series - #BHtheChange](#)





# National Behavioral Health Network

*for Tobacco & Cancer Control*

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

## Network Overview

Tasha Moses, MPA  
Strategic Management Services

# National Behavioral Health Network for Tobacco & Cancer Control

- Jointly funded by CDC's *Office on Smoking & Health & Division of Cancer Prevention & Control*
- Provides resources and tools to help organizations reduce tobacco use and cancer among individuals experiencing mental health and substance use challenged
- 1 of 8 CDC National Networks to eliminate cancer and tobacco disparities in priority populations



#BHthechange

Visit [www.BHtheChange.org](http://www.BHtheChange.org) and Join Today!

**Free Access to...**

Toolkits, training opportunities, virtual communities and other resources

**Webinars & Presentations**

**State Strategy Sessions**

**Communities of Practice**

# Cancer Education Training Series

**Purpose:** Identify opportunities to incorporate activities, goals, and objectives in State comprehensive cancer control plans to address disparities faced by individuals with mental health and substance use challenges.

By participating in the education training series, you will:

- Learn about and forge a relationship with the National Behavioral Health Network for Tobacco and Cancer Control.
- Increase your knowledge of the disparities faced by individuals with mental health and substance use challenges.
- Learn about resources and technical assistance available to promote cancer prevention, screening, and counseling for individuals impacted by mental health and substance use challenges.



**National Behavioral  
Health Network**

*for Tobacco & Cancer Control*

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

# Cancer & Mental Wellbeing - From Prevention to Survivorship

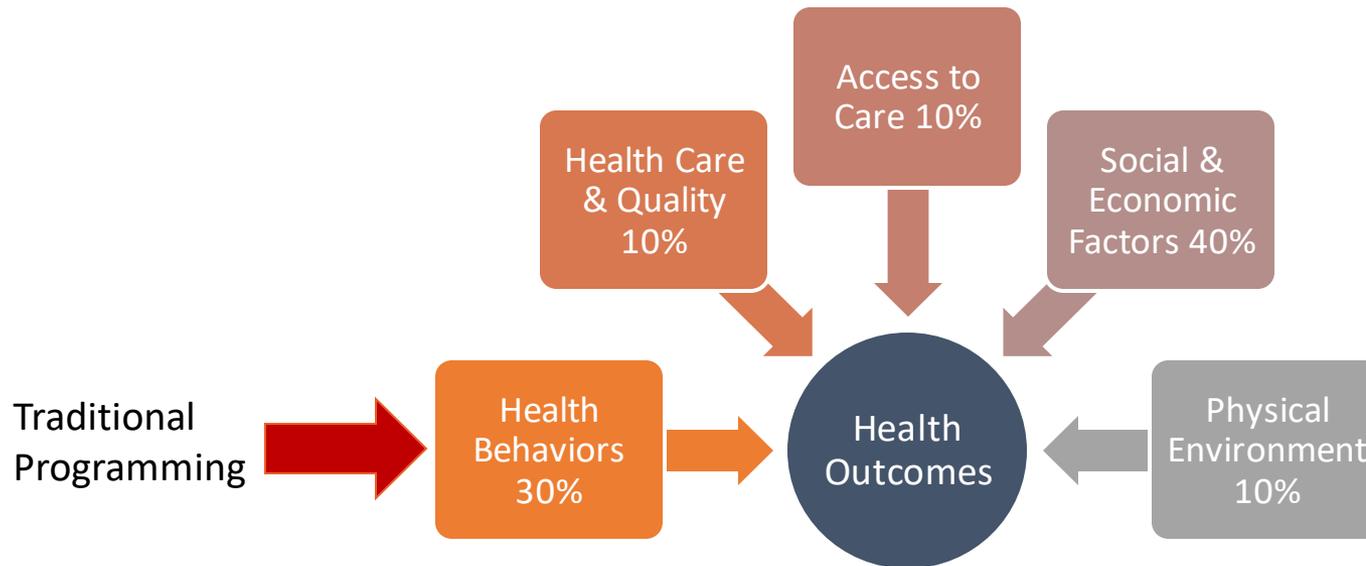
Samara Tahmid  
National Council for Mental Wellbeing



**Where we are born, live, work, play, and pray...**

...determines our health status.

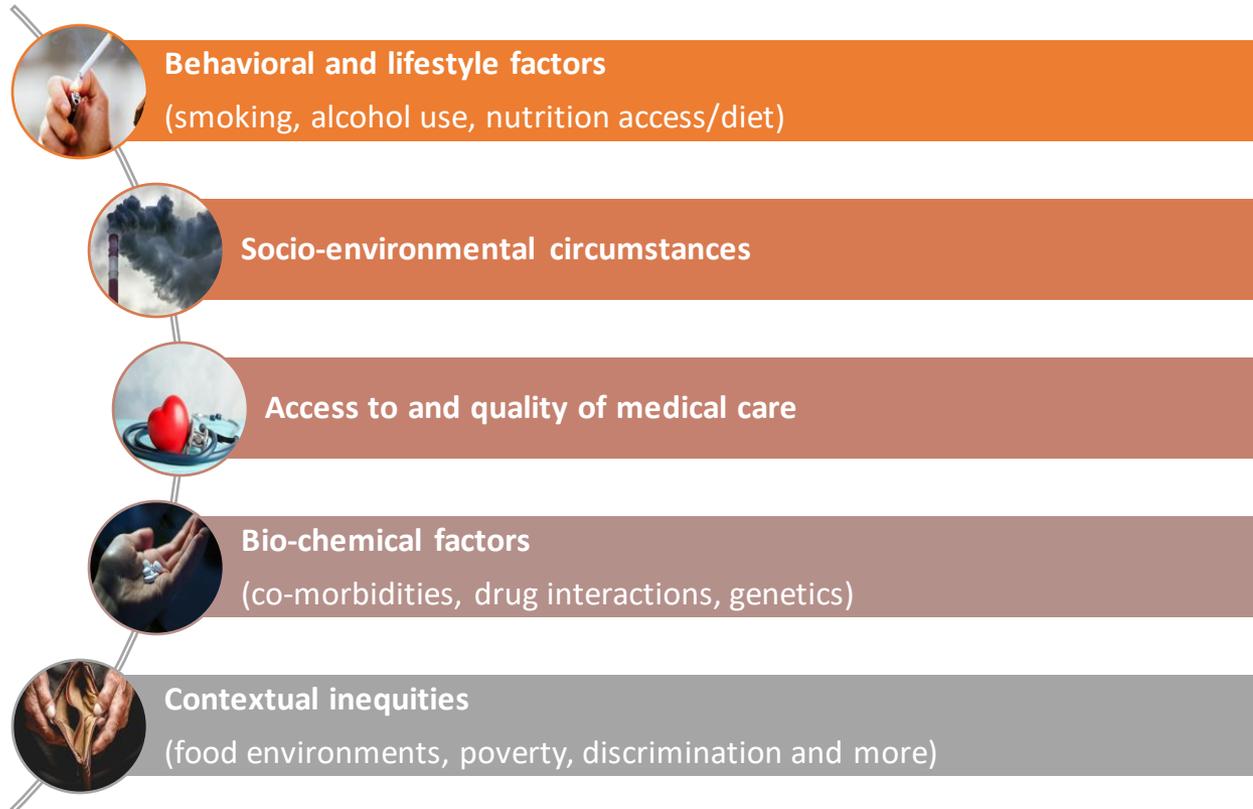
# Social Determinants of Health



Traditional Programming

Source: County Health Rankings Model, 2014

# Cancer and Mental Health/Substance Use: What Has Caused the Disparity?



# Cancer and Mental Wellbeing

- **1 in 4** adults have some form of mental illness or substance use condition
- Mental health issues affect patients in all stages of cancer, whether a pre-existing condition, during treatment, while in remission, and often throughout the life course. While the evidence is still limited some research shows that:
  - Up to **50%** of patients with terminal cancer have been diagnosed with **at least one psychiatric disorder**.
  - Individuals with a mental illness may **develop cancer at 2.6 times a higher rate** on account of late-stage diagnosis and inadequate treatment and screenings.
  - Individuals with mental health challenges 30% more likely to die from cancer

Sources: (1) McGinty EE, Zhang Y, Guallar E, et al. Cancer incidence in a sample of Maryland residents with serious mental illness. *Psychiatr Serv.* 2012; 63:714–717. [PubMed: 22752037] (2) Kisely S, Crowe E, Lawrence D. Cancer-Related Mortality in People With Mental Illness. *JAMA Psychiatry.* 2013;70(2):209–217. doi:10.1001/jamapsychiatry.2013.278

# Impact of Cancer Diagnosis on Mental Wellbeing

- Mental health challenges common after cancer diagnosis
  - 1 in 3 experience distress
  - Symptoms of depression and anxiety common
  - May have symptoms of PTSD
  - Increased risk of suicide



Source: (1) Mehnert, A., Brähler, E., Faller, H., Härter, M., Keller, M., Schulz, H., Wegscheider, K., Weis, J., Boehncke, A., Hund, B., Reuter, K., Richard, M., Sehner, S., Sommerfeldt, S., Szalai, C., Wittchen, H. U., & Koch, U. (2014). Four-Week Prevalence of Mental Disorders in Patients With Cancer Across Major Tumor Entities. *Journal of Clinical Oncology*, 32(31), 3540–3546. <https://doi.org/10.1200/jco.2014.56.0086>

Image source: National Cancer Institute; (2) Lawrence D., Hancock K., Kisely S. Cancer and mental illness. In: Sartorius N, Holt R, Maj M, editors. *Comorbidity of Mental and Physical Disorders. Key Issues in Mental Health* Basel: Karger; 2015. p. 88–98. <http://dx.doi.org/10.1159/000365541>.

# Cancer and Mental Wellbeing – The Facts

- Overall, the **total cancer incidence was 2.6 times higher** among adults with serious mental illness vs adults without serious mental illness.
- Both schizophrenia and bipolar disorder are associated with a **significantly increased risk for cancer**.
- The risk for lung cancer is **4 times higher among adults with serious mental illness**, and the risk for colorectal cancer was similarly elevated.
- The **risk for breast cancer is elevated** among women with schizophrenia and bipolar disorder.
- In the studies conducted to date (very limited research) patients' race did not statistically affect the higher risk for cancer associated with serious mental illness.

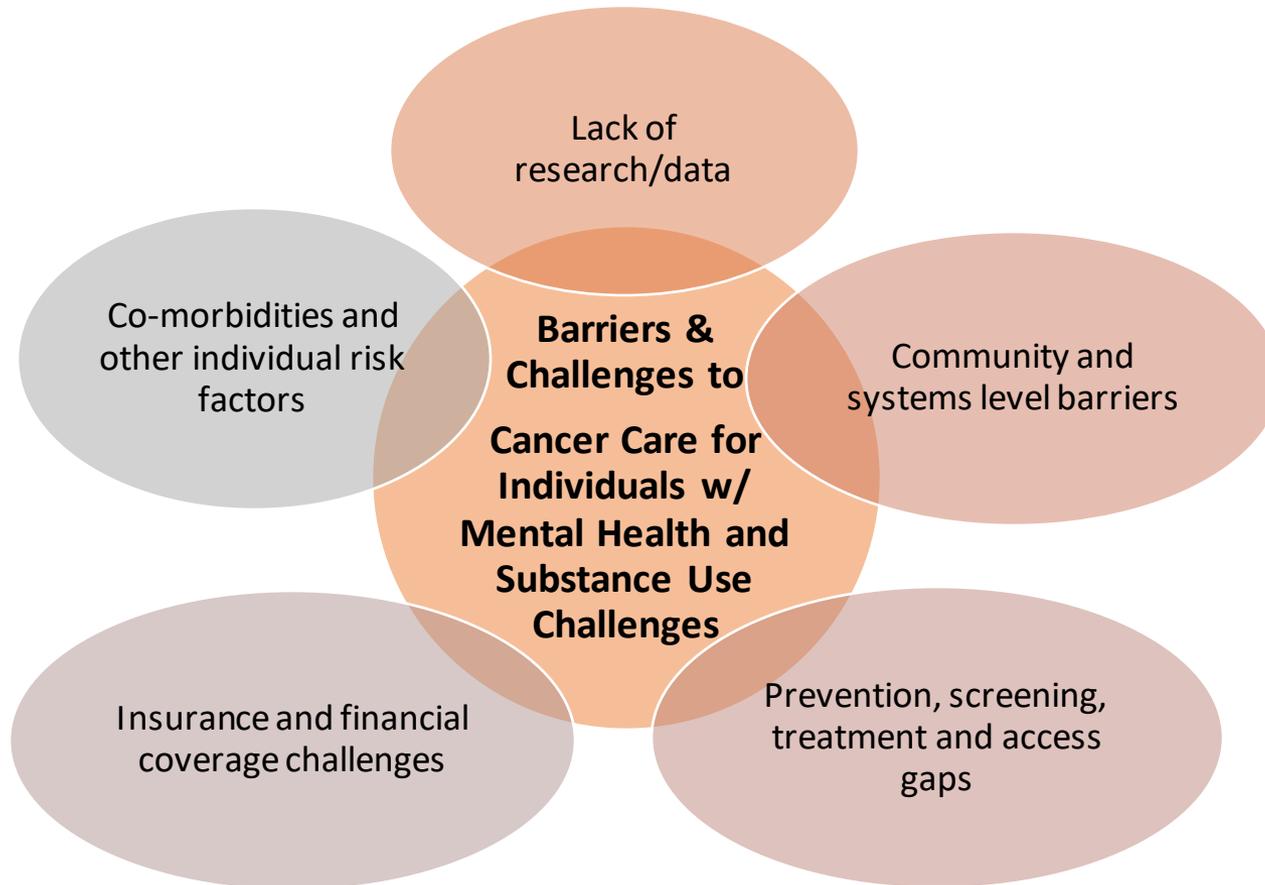
Source: McGinty, E. E., Zhang, Y., Guallar, E., Ford, D. E., Steinwachs, D., Dixon, L. B., Keating, N. L., & Daumit, G. L. (2012). Cancer incidence in a sample of Maryland residents with serious mental illness. *Psychiatric services (Washington, D.C.)*, 63(7), 714–717. <https://doi.org/10.1176/appi.ps.201100169>

# Most Common Cancers For Individuals With Mental Health/Substance Use Challenges

- Lung cancer
  - Individuals with mental health and substance use challenges are **4.5x more likely** to develop lung cancer
- Colorectal cancer
  - Individuals with behavioral health conditions are **3.5x more likely** to develop colorectal cancer
- Breast cancer
  - Individuals with behavioral health conditions are **3x more likely** to develop breast cancer

Source: Kisely S, Crowe E, Lawrence D. Cancer-Related Mortality in People With Mental Illness. *JAMA Psychiatry*. 2013;70(2):209–217. doi:10.1001/jamapsychiatry.2013.278

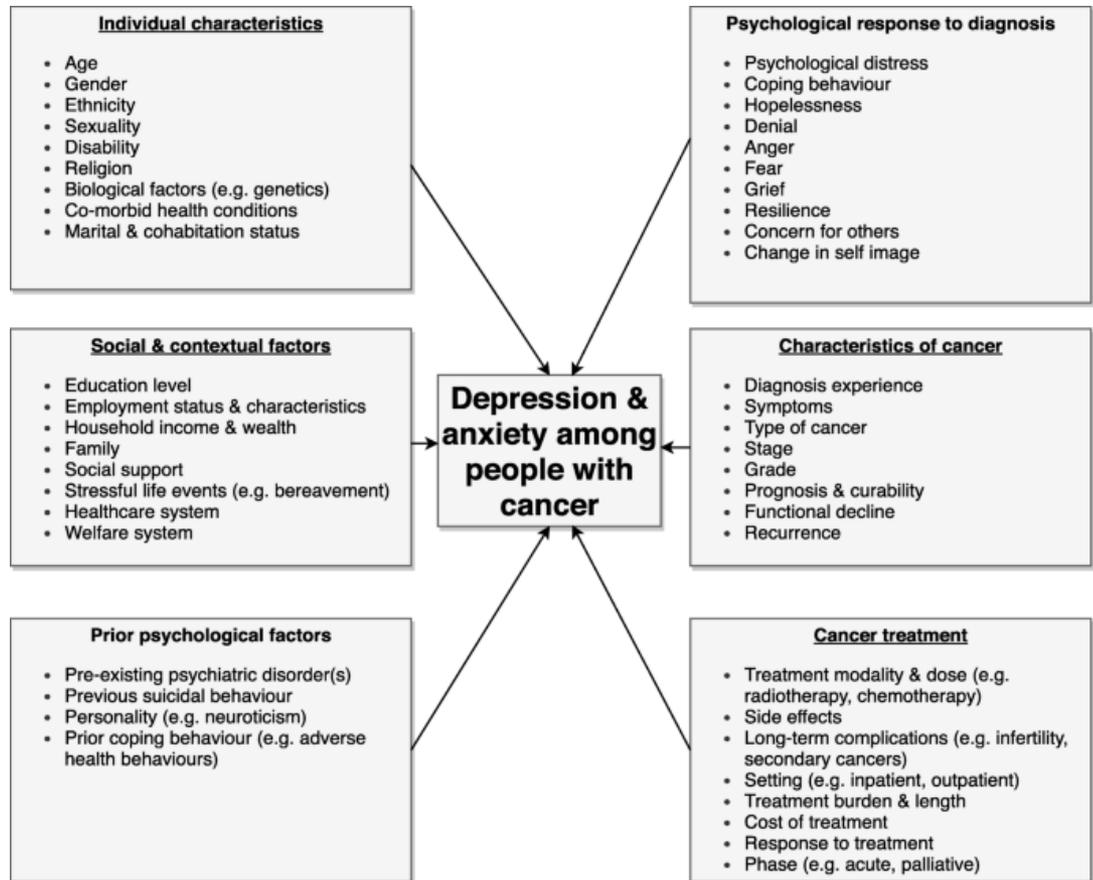
# Cancer Care Barriers



# Disparities in Cancer Screening

- Individuals with schizophrenia are **less likely to have up-to-date screening for breast, cervical, and colorectal cancer** independent of race, income, education, insurance coverage, and number of visits to a primary care provider ([Aggarwal et al., 2013](#); [Xiong et al., 2008](#))
- Patients with schizophrenia were **5 times less likely to have had a Pap smear test within the past 3 years** ([Tilbrook et al., 2010](#))
- Older homeless adults with serious mental illness **found lower rates of colorectal cancer screening** and fewer medical visits compared with homeless individuals with depression ([Folsom et al., 2002](#))

# Other Factors Impacting Mental Wellbeing Among Individuals with Cancer



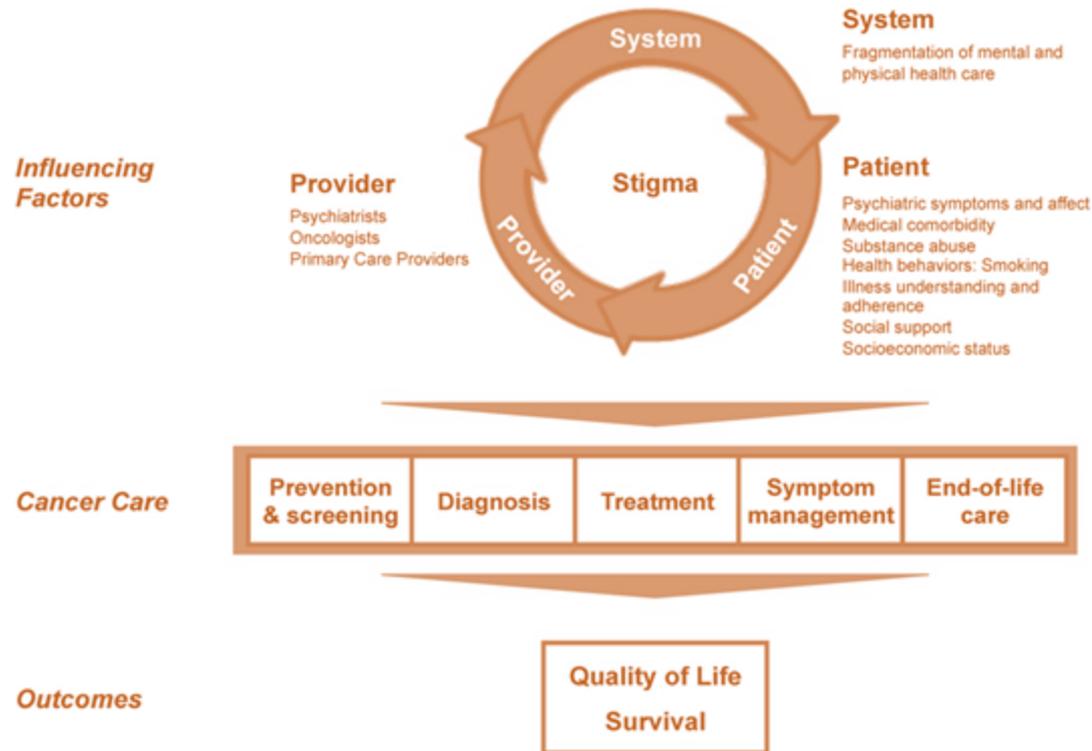
Source: Niedzwiedz, C.L., Knifton, L., Robb, K.A. *et al.* Depression and anxiety among people living with and beyond cancer: a growing clinical and research priority. *BMC Cancer* **19**, 943 (2019).

<https://doi.org/10.1186/s12885-019-6181-4>

# The Impact of Trauma Across the Continuum

- **Cancer risk (elevated and emerging but not yet conclusive):**
  - Elevated risk with ACEs/trauma
  - Elevated risk of breast cancer
  - Increased prolactin levels caused by use of particular psychotropic medications for breast cancer risk
- **Preventative Screening**
  - Women who did not get recommended cervical cancer screening were more likely to have been sexually abused in childhood
  - Women who were sexually abused in childhood may be at higher risk than other women for HPV and cervical cancer
- **PTSD symptoms post-care**
  - Post- treatment
    - Intrusive thoughts about cancer illness and diagnosis
    - Distress about the effects of treatment ( hair loss, loss of sexual drive, physical disfigurement)
    - Re-experiencing of aspects of the illness (receiving chemotherapy)
    - Deliberate avoidance of reminders of the treatment or disease (trying not to think or talk about the illness)
    - A sense of reduced and hopeless future
    - Difficulty sleeping, concentrating
    - Increased anxiety

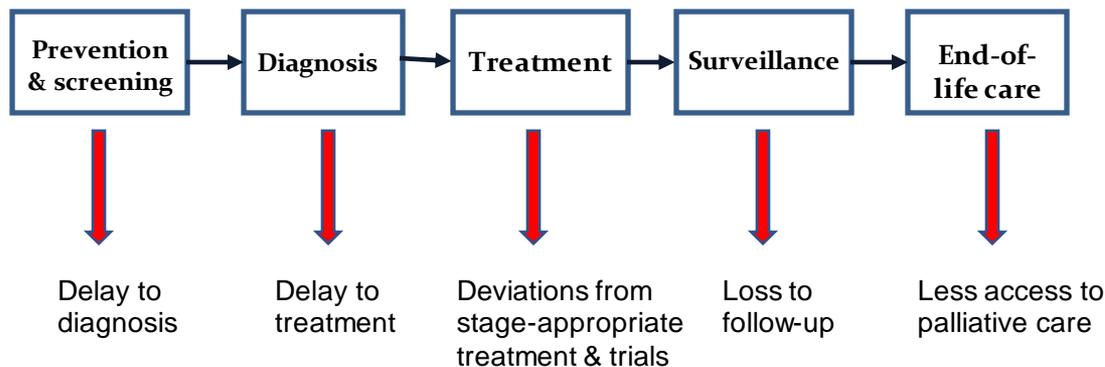
# Stigma affects an individual throughout the continuum of care...



Source: Irwin, K. E., Henderson, D. C., Knight, H. P., & Pirl, W. F. (2013). Cancer care for individuals with schizophrenia. *Cancer*, 120(3), 323–334. <https://doi.org/10.1002/cncr.28431>

## Inequities in cancer care contribute to:

- *Premature cancer mortality*
- *Increased suffering for patients with mental illness*



Source: Slide Courtesy of Dr Kelly Irwin at Massachusetts General Cancer Center. Bergamo, C. et al, Psychosom Med, 2014. Kisely, S., et al, JAMA Psychiatry, 2013. Abudullah KN, et al, Am J Surg, 2015. Chan et al, BMJ Open, 2014, Foti, Psychiatric Services, 2005, Huang, BMJ, 2017, Chochinov, 2012

# Intersectionality with Other Priority Populations

**Cancer diagnosis, treatment and survival is dependent upon:**

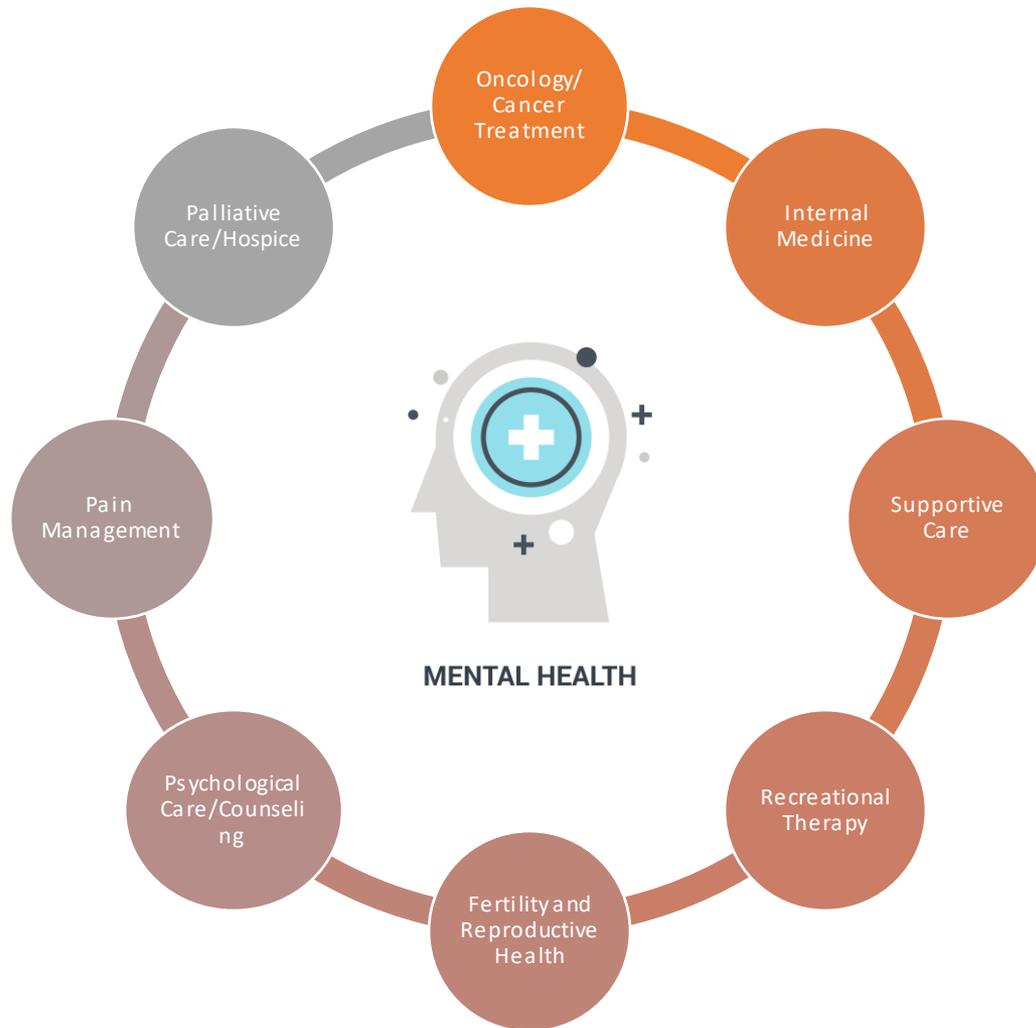
- Prevention
- **Early diagnosis**
- Access to effective treatment
- Survivorship support

Despite this, **access to screening and diagnostic services can be difficult for certain demographics**, including but not limited to:

- Lower socioeconomic status, non-stable housing
- Migrants/Immigrants
- Individuals with lower education or literacy skills
- Individuals living in rural areas

# Tools & Tips to Address Cancer-Related Disparities for Individuals with Mental & Substance Use Challenges

# Using An Integrated Cancer Care Model



"The Integrated Care Tree of Models & Clinical Pathways Rooted In Perspectives"

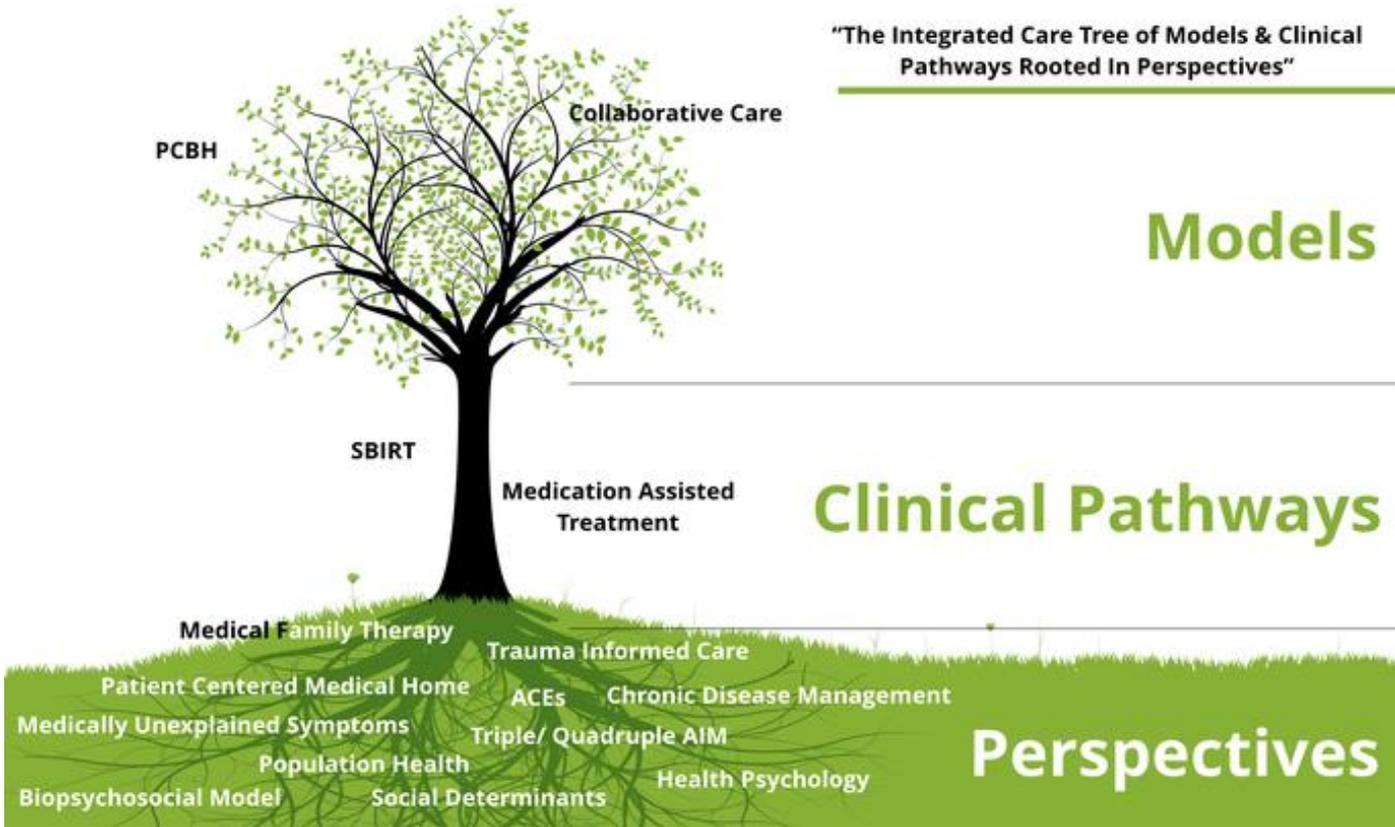
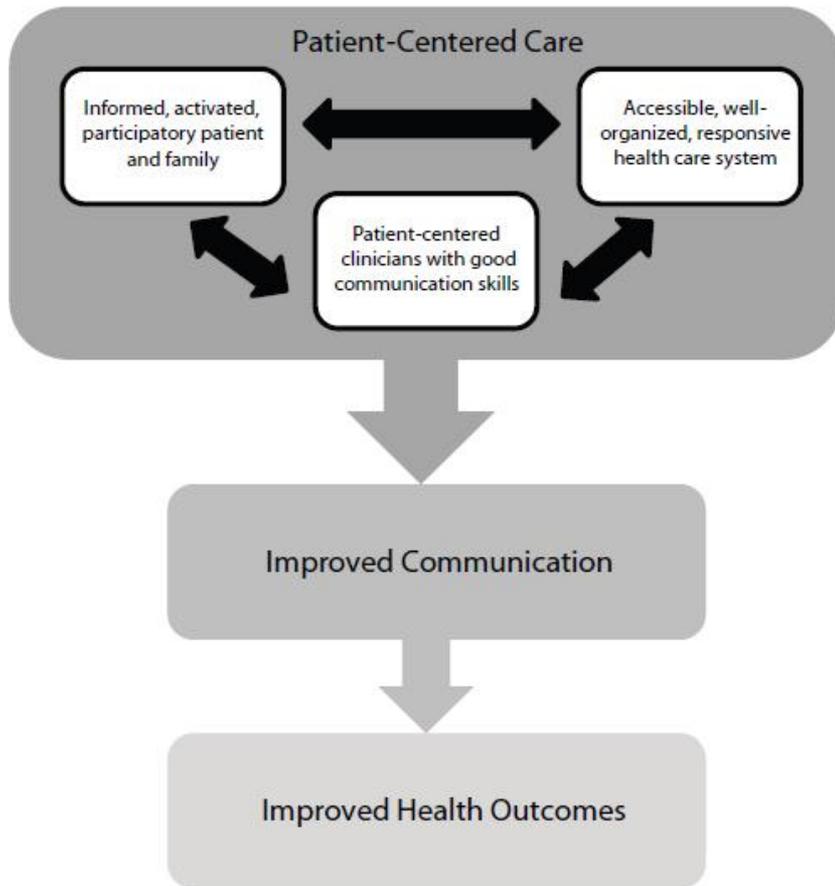


Image source: Collaborative Family Healthcare Association

# Tools to Promote Cancer Screening

- Assessing and giving power to patients for better decision making and increased capacity
- Using a patient-centered care approach
- Integrating community health workers and patient navigators to overcome barriers and navigate complex screening processes
- Increasing awareness of trauma-informed care
- Advocating for integrated care
- Leveraging cancer screening campaigns



## 8 Domains of Patient-Centered Care (Picker)

1. Respect for patient's preferences and values
2. Coordination and integration of care
3. Information and education
4. Physical comfort
5. Emotional support
6. Involvement of family and friends
7. Continuity and transition
8. Access to care

Source: Karen Luxford, Dana Gelb Safran, Tom Delbanco, Promoting patient-centered care: a qualitative study of facilitators and barriers in healthcare organizations with a reputation for improving the patient experience, *International Journal for Quality in Health Care*, Volume 23, Issue 5, October 2011, Pages 510–515, <https://doi.org/10.1093/intqhc/mzr024>

# What is a Trauma-Informed, Resilience-Oriented Approach?



Substance Abuse and Mental Health Services Administration. 2014.

## Two Important Tenets of a Trauma-Informed, Resilience-Oriented Approach

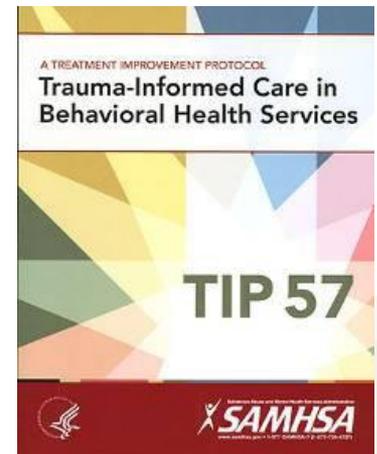
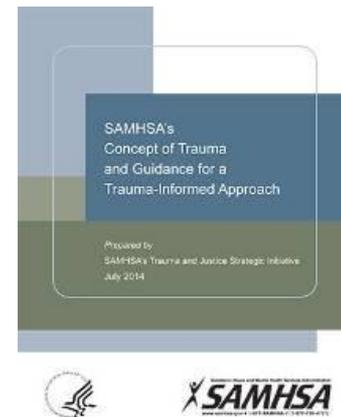
We change the question from  
*“What is wrong with you?”*  
to  
*“What happened to you and your  
people?”*

---

*We assume everyone  
is doing the best they can*

# Principles of a Trauma-Informed, Resilience-Oriented Approach

- Safety
- Trustworthiness and transparency
- Peer support
- Collaboration and mutuality
- Empowerment, voice and choice
- Consideration of cultural, historical, and gender issues



# Tips for Managing Emotions in Cancer Treatment

- Stress Reduction
  - Great for everyone at any time
  - Mindfulness and meditation
    - Headspace, Calm, search other apps in app store
  - Make it a regular part of each day
- Help with managing side effects and feeling as physically well as possible
  - Sleep hygiene
    - CBT-I Coach
  - Pain management during treatment
  - Track symptoms and emotions

# Tips for Managing Emotions in Cancer Treatment

- Interpersonal Communication and Boundaries
  - Help patient or caregiver develop a “script”
  - Pick one person who will provide updates
    - Redirect people to that person or website
  - Websites like Caring Bridge
- Communicating with Medical Team
  - Bring someone to appointments, or call in
  - Have one place to write questions
  - Don't Google (or know your limits)

# Tips for Managing Emotions in Cancer Treatment

- Personal Growth
  - Journaling, therapy, support groups to process change
  - Adjustment to “new normal”
  - Changing identity and relationships
- Build Support Network
  - Support groups
  - Counseling
    - CBT
    - Meaning-centered
    - ACT
    - Mindfulness based stress reduction (MBSR)

# Prevention Promotion & Awareness

## Free Campaign Materials

Watch the

The collage features several health promotion materials:

- Infographic 1:** "What Every Young Woman Needs to Know About Hereditary Breast & Ovarian Cancer" with a woman's portrait.
- Infographic 2:** "11% OF A TIP FROM A FORMER SMOKER" with a woman sitting on a couch.
- Infographic 3:** "1 in 8 A TIP FROM A FORMER SMOKER" with a woman sitting on a couch.
- Infographic 4:** "50%" with a woman's portrait.
- Infographic 5:** "1 Step to Quit" with a woman's portrait.
- Video Player:** A YouTube video player showing a man with a mustache. Text overlay: "A TIP FROM A FORMER SMOKER".
- Infographic 6:** "You can quit smoking. For free help, call 1-800-QUIT-NOW." with the CDC logo and "#CDCTips".
- Infographic 7:** "WEEK TWO" with a calendar grid showing days of the week (S, M, T, W, T, F, S).
- Infographic 8:** "Gynecologic Cancer Symptoms Diary" with a woman's portrait.
- Infographic 9:** "Inside Knowledge" logo with the tagline "Get the Facts About Gynecologic Cancer".
- Infographic 10:** "Ovarian Cancer" and "Cáncer de útero" brochures.
- Infographic 11:** "COMMUNITY GARDEN" sign.



# Questions?



**National Behavioral  
Health Network**

*for Tobacco & Cancer Control*

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

# 5-Minute Stretch Break



**National Behavioral  
Health Network**

*for Tobacco & Cancer Control*

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

# Stories of Resilience – Perspectives from Cancer Survivors on Mental Wellbeing

# Heather's Story



# Bethany's Story



**National Behavioral  
Health Network**

*for Tobacco & Cancer Control*

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING



# Questions?



**National Behavioral  
Health Network**

*for Tobacco & Cancer Control*

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

Thank You for Joining Us!

# Reminders

- Please **join us for the next session** in the series:  
Thursday, September 29 from 2:00 - 4:00 pm ET
- Be sure to **complete our post-webinar evaluation**.
- **Visit [Bhthechange.org](http://Bhthechange.org)** and become a FREE member today!
- Contact us at **[BHtheChange@thenationalcouncil.org](mailto:BHtheChange@thenationalcouncil.org)**



**National Behavioral  
Health Network**

*for Tobacco & Cancer Control*

*from NATIONAL COUNCIL FOR  
MENTAL WELLBEING*