



CANCER AND BLOOD DISEASES INSTITUTE

# Adolescent & Young Adult Services

*In the Patient & Family Wellness Center*



# Mission

Our mission is to advance the behavioral, emotional, cognitive and spiritual outcomes of the adolescents and young adults served by the Cancer and Blood Diseases Institute and their families through science and evidence-driven practice.

# Who are we?

The Patient and Family Wellness Team is a multi-disciplinary group of providers working collaboratively to facilitate the efficiency and quality of psychosocial care to our patients, along with their families, by the Cancer and Blood Diseases Institute.

## Team members include:

<b>Social Workers</b>	Offer resources for coping and support
<b>Psychologists</b>	Promote emotional and behavioral functioning of the patient and family
<b>Neuropsychologists</b>	Assess cognitive functioning when needed
<b>Child Life Specialists</b>	Promote normative development
<b>Hospital School Teachers</b>	Provide educational services
<b>Holistic Health Specialists</b>	Blend holistic therapies with medical treatment
<b>School Intervention Specialists</b>	Advocate for educational needs
<b>Music Therapists</b>	Facilitate coping through musical expression
<b>Pastoral Care Chaplains</b>	Support emotional and spiritual needs

# Our Philosophy

*At Cincinnati Children's Hospital Medical Center, we realize that adolescents and young adults who are treated in the Cancer and Blood Diseases Institute have a unique set of concerns. Our Wellness Team is available to support your psychosocial needs and enhance your quality of life starting at diagnosis and continuing throughout survivorship. Please let us know how we can serve you.*



# Social Work

Social workers help our adolescents and young adult patients along with their families cope with their diagnosis and treatment plan. They also provide access to financial and community resources.

## Services our social workers provide include:

- Counseling focusing on adjustment to illness and hospitalization
- Crisis intervention, if needed
- Caregiver support groups and activities for patients and caregivers in the hospital
- Advocacy, including assistance navigating the hospital system
- Collaboration with family financial advocates regarding insurance and prescription needs
- Assistance with travel, lodging and transportation needs
- Connections to community and healthcare resources



## Reach out to Us



To contact your social worker, please call  
**513-636-9736.**

# Psychology Services

Licensed psychologists are fully integrated into the medical teams of the Cancer and Blood Diseases Institute and are available to support our patients. Referrals for psychology services may be made by anyone on the medical team and appointments can be scheduled during inpatient admission or in the CBDI outpatient center. All psychologists provide evidence-driven therapies to support patients and families within the medical setting.

## Behavioral Medicine services for patients include:

- Coping related to diagnosis and treatment
- Medication/treatment adherence
- Pain management
- Mood concerns such as anxiety or depression
- Body image/aesthetic concerns
- Behavioral concerns
- Pill swallowing
- Procedural anxiety/phobia

## We also offer services for our patients' caregivers/spouses, family and children. These services include:

**Family and couples counseling** to address changes in family roles/dynamics resulting from the patient's medical diagnosis, and assess for emotional distress with referrals for services, when appropriate. We can also provide help with communication between family members as well as with the medical team.

**Relaxation training** such as diaphragmatic breathing and progressive muscle relaxation to address anxiety, poor sleep, and general emotional distress related to patient's diagnosis and treatment demands.

**Education** for families and caregivers to understand the effects of treatments and how they can help the patient cope.

**Support** for the children of adult patients who need help coping. The psychologist may assess the child's behavior changes, offer counseling and, coordinate referrals to Child Psychiatry if necessary.

## Reach out to Us



For more information or to find out if speaking to a psychologist would be beneficial to you or your family, you can talk to your doctor or call Behavioral Medicine and Clinical Psychology (BMCP) at **513-636-0515**.



# Neuropsychology

Pediatric neuropsychologists are licensed psychologists that have specialized training in understanding brain functioning. They work with our patients and families to help find out if the medical condition or its treatments have affected the brain. Even if there are no immediate or notable concerns, a brief or “baseline” evaluation may be recommended due to the risk for developing difficulties later on.

## A neuropsychological evaluation involves several appointments including:

- Review of medical and school records
- Asking about your history and your current concerns
- Forms for parents and your teachers
- Testing

## What is involved in testing?

We use specialized tests to access thinking skills and behavior, including:

- Language
- Visual skills
- Attention
- Executive skills such as planning and organizing
- Learning and memory
- Problem-solving
- Motor coordination
- Academic skills
- Depression and anxiety

These tests mostly involve paper and pencil and hands-on activities but sometimes use a computer. No invasive tests are used.

## What Happens After Testing?

You will meet with the neuropsychologist to review the results of the evaluation. You will also receive a written report that you can share with school or other providers.

This report includes:

- A brief summary of you or your child’s history and your current concerns
- Test results and observations
- Overall impressions including strengths and weaknesses
- Recommendations for support in home, school, and/or work

## Reach out to Us



To find out if you would benefit from a neuropsychological evaluation, you can talk to your doctor or call Behavioral Medicine and Clinical Psychology (BMCP) at **513-636-4336**.

# Child Life Services

Child life specialists are an integral part of the care team for our patients, regardless of their age. These specialists strive to reduce the emotional impact of illness by providing developmentally appropriate activities for adolescents and young adults and their family members, educating and preparing patients for medical procedures, and serving as a resource for parents and other professionals regarding hospitalization issues.

## Child life services for adolescent and young adult patients include:

- Support for patients, parents, and families
- Support and education for siblings
- Support for the children of adult patients to help increase their understanding of their parent's diagnosis
- Training in techniques for coping with medical procedures
- Helping patients maintain privacy, such as quiet time for teens in room where they are not disturbed unless medically necessary
- Support and education for siblings
- Pet therapy
- Recreational activities:
  - ▶ Access to adult/young adult activity center which has games, laptops, video games, TV and movies, books and magazines, puzzles, crafts, and other activities
  - ▶ Tuesday and Thursday night group activities (such as, Bingo, Uno tournament, craft nights, Wii tournament, nail painting, scrapbooking, collage art, tie dye, poker tournament and movie night)



## Reach out to Us



For more information or to request Child Life services, please call the Activity Center at **513-803-1286** or ask your medical team to page Child Life at **513-303-1016**.



# Hospital School Program

Participation in hospital school can help our patients work toward their educational goals and maintain their academic skills while receiving treatment. Our teachers collaborate with high schools and colleges to obtain assignments and materials. We offer individualized lessons Monday through Friday year round.

## Hospital School Program services include:

- Bedside instruction by certified teachers
- Professional volunteer instructors for advanced-placement subjects and post-secondary educational support
- Communication with high schools and colleges to develop a plan for completing and submitting course work
- Advocacy for accommodations and modifications when appropriate
- Extended instructional hours as needed to help students complete assignments in multiple subjects
- GED preparation, practice, and test administration
- Telehealth to deliver instructional content



## Reach out to Us



For more information or to request Hospital School Program services, please call **513-803-1022**.



# Holistic Health

Holistic health specialists' goals are to promote health and healing while working collaboratively with you and your family and the medical team to assure the best care. Their focus is on the whole person: body, mind, and spirit. Benefits of holistic care may include improved comfort, coping, relaxation and sleep in addition to a decrease in pain, nausea, anxiety, and stress.

You may make a request directly or through your medical team to have a holistic health specialist visit you in your room to discuss your areas of interest. Together, we will explore ways to promote your health and healing and develop a wellness plan that includes individualized holistic care to meet your needs and requests.

## Holistic Health services include:

- Massage therapy: gentle medical Swedish massage and specialized massage, such as myofascial release therapy, oncology massage, lymphatic drainage, lymphedema massage
- Energy therapies, such as healing touch, Reiki or therapeutic touch
- Craniosacral therapy
- Guided imagery/visualization
- Reflexology/acupressure
- Individual and group yoga
- Emotional support related to coping with health condition, loss, and grief
- Health and wellness education, including stress management, supporting life balance, relaxation breathing, gentle touch/massage, stretching, and more
- Parent/caregiver/spouse massage for relaxation



## Services are available:

**Monday – Friday** | 8 am – 8 pm

**Saturday – Sunday** | 8 am – 4 pm

## Reach out to Us



For more information or to request services from a holistic health specialist, please call **513-803-0071**.



# School Intervention Program

School Intervention Specialists work with adolescents, young adults, and their families to improve educational/vocational outcomes.

## School Intervention Specialist services include:

- Acting as the liaison between patient/family, the school, and the patient's medical team
- Helping with medical documentation for school
- Providing school staff and peers with information about the patient's diagnosis and treatment and how they may affect the patient's schoolwork
- Coordinating the neuropsychological evaluation process
- Preventing or minimizing future educational problems related to medical absences, diagnosis, treatment, and/or side effects
- Improving communication between the medical and education teams, making the patient's transition back to school easier
- Providing access to educational/vocational services during and after treatment
- Assisting with goal setting/self-advocacy in regards to college/vocational planning (for example, disability services, college scholarships, GED, etc.)



## Reach out to Us



For more information or to request School Intervention services please call **513-636-8604** or email **SIP@cchmc.org**.

# Music Therapy

Music therapists collaborate with the healthcare team to help meet the unique goals and needs of our patients. Music therapy can help relieve your pain, express your feelings, and cope with diagnosis and hospitalization. We incorporate your interests and the music you enjoy to support you during hospitalization.

## Music Therapy services include:

- Live music-assisted relaxation to help relieve pain and nausea
- Therapeutic music education such as learning to play an instrument
- Opportunities to listen to music
- Songwriting and improvisation to promote self-expression
- Recording/video projects to maintain connections with friends and family members
- Opportunities to leave the hospital room for sessions in the music therapy room or in the Seacrest Studio



## Reach out to Us



For more information or to request Music Therapy services, please call **513-636-9438**.



# Pastoral Care

Cincinnati Children's chaplains are available 24 hours a day, 7 days a week and are here to support and attend to the diverse emotional and spiritual needs and religious practices of all our patients and their families.

## Services provided by our Chaplains include:

- Visiting and prayer
- Emotional and spiritual support
- Encouragement and comfort
- Offering communion, baptism, anointing of the sick, and assisting with other specific religious needs or requests
- Discussing concerns about procedures or decisions
- Discussing the meaning and effects of advance directives
- Reading scripture or other important, inspirational texts with you. Multiple religious traditions are available upon request.
- Regularly scheduled worship services
- Contacting local clergy



## Chapels

Our three chapels are open 24 hours a day for prayer and reflection.

**Chapel of the Holy Child** | Location A-1

**Multi-faith Chapel** | Location A-1

**Meditation Room** | Location B-1

## Reach out to Us



For more information or to request Pastoral Care services, please call the Pastoral Care Office: **513-636-7720 (Monday – Friday, 8 am – 4 pm)**. During other hours, the Chaplain-On-Call can be reached by paging **513-736-1101**.



[www.cincinnatichildrens.org](http://www.cincinnatichildrens.org)

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