



Linking the BC Psychosocial Community Oncology Network

This newsletter is published by the BCCA Provincial Psychosocial Oncology Program for health care professionals in communities throughout British Columbia and the Yukon.

What's New?

Exciting New Online Insomnia Resource

By Heather Rennie

Cancer patients and their family members often struggle with insomnia. Yet it can be tough to access good resources to help.



Kelty's Key - www.keltyskey.com is a free and confidential online cognitive behavioral therapy service that can provide anyone with support needed to feel better. In addition to courses on anxiety, depression and family support, this website now offers "state of the art" resources to address insomnia.

There are 9 modules, including:

- What is Insomnia
- Sleep Hygiene
- Relaxation
- Medications for Sleep
- Creating a Sleep Sanctuary
- Setting your Sleep Window
- Negative Beliefs about Sleep
- Thought Challenging
- Problem Solving

Anyone can access this course free of charge. It can be done independently, and at one's own pace. Although it is not specific to cancer – this method can help anyone.

Because of the challenges of cancer treatment (including medications such as steroids, pain and fatigue that make it difficult not to nap, frequent appointments and so on), it is probably best to refer patients and family members to this program once they are finished treatment, and are ready to get their sleep back on track.

Access RDSP: Partnering to help people with disabilities build a better future

The Registered Disability Savings Plan (RDSP) offers people living with disability not only an opportunity to save for future costs but also to take advantage of up to \$90,000 the federal government may provide on their behalf. It is estimated that only about 33% of British Columbians who are eligible for an RDSP have opened one. If the RDSP is such a good program why are so many failing to take advantage of it?



One reason is that to be eligible individuals need to be approved for the Disability Tax Credit (DTC). This can cause significant challenges, particularly for those living with mental health challenges or health conditions that are

episodic in nature. Many people also need direct one-on-one support to apply for the DTC and the RDSP. In response, Disability Alliance BC (DABC), BC Aboriginal Network on Disability Society (BCANDS), and Plan Institute developed Access RDSP. This partnership program provides a “one-stop-shop” for all things RDSP to encourage long-term saving. Free supports include:

- One-on-one support with the DTC and RDSP
- Indigenous navigation
- Disability Planning Helpline - 1 844 311 7526
- RDSP tutorial - www.rdsp.com
- Endowment 150 (\$150) grant program to jump start savings

Free Information and Support on the Registered Disability Savings Plan

1.844.311.7526 www.rdsp.com info@rdsp.com

Free Access RDSP Support:

- RDSP & DISABILITY PLANNING HOTLINE
Plan Institute
- DISABILITY TAX CREDIT SUPPORT
Disability Alliance BC (DABC)
- INDIGENOUS RDSP NAVIGATION
British Columbia Aboriginal Network on Disability Society (BCANDS)
- FREE RDSP INFORMATION SESSIONS
DABC, BCANDS & Plan Institute

With special thanks to the Vancouver Foundation for their support with this project.



Aside from supports for patients and their families, Access RDSP also offers free customized workshops on the DTC or RDSP for health care professionals and clinical teams. If you would like some resources for your patients or would like to organize an information session, please contact us! Access RDSP is here to help and we're looking forward to hearing from you. You can contact us via email at: E150@planinstitute.ca or Tel: 604 439 9566.

Access RDSP will be hosting a table at the 11th Annual Pacific Psychopharmacology Conference on Friday, September 22 and those attending are welcome to connect with us there.

New Leadership Position at BCCA

Sara Camano has been hired into a newly created position - Director of Allied Health at the BC Cancer Agency. In her role, Sara will be responsible for overseeing a number of programs including Provincial Psychosocial Oncology, Psychiatry, and Nutrition, Speech/Language and Pain and Symptom Management.



In her previous position, she was in charge of Quality, Safety and Accreditation at the BC Centre for Disease Control.

Updates from Vancouver Centre (VC)

Wellness Program offered for Chinese Patients

在癌病的歷程上，病人往往感到迷惘、焦慮和恐懼。卑詩癌症局為病人及家屬提供「康怡課程」，學習和練習具體紓弛身心的技巧，以平和安穩的態度面對生活。

The Wellness Program provides education, skills and practice in stress reduction for patients and their family members.

課程內容	1. 認識壓力練習鬆弛 3. 調整思維平和生活 課堂練習包括呼吸、肌肉、靜觀、假借意象減輕壓力技巧	2. 學習靜觀活在當下 4. 實踐靜觀改善睡眠 Stress and relaxation, mindfulness practice, thoughts-mood-behaviour, improving your sleep, stress reduction practice
日期時間及地點	粵語課 2017年10月13日 - 11月3日(逢星期五 共4節) 粵語課 2018年1月29日 - 2月26日(逢星期一 共4節) 國語課 2018年4月27日 - 5月18日(逢星期五 共4節) 上午10 - 11:30 卑詩癌症局(溫哥華診所) 1樓 John Jambor室	
Date & location	Oct 13 - Nov 3, 2017 Fridays 4 sessions Cantonese Jan 29 - Feb 26, 2018 Mondays 4 sessions Cantonese Apr 27 - May 18, 2018 Fridays 4 sessions Mandarin 10 - 11:30 a.m. John Jambor Room, 1st Floor, BCCA (Vancouver Centre)	
課程主持	卑詩癌症局 社會工作員 鄭秀虹 Facilitator Sandy Kwong, Social Worker, BCCA	
查詢及報名	輔導部 604.877.6000 內線 672375 (粵語)或 672194 (英語) 名額有限，請速報名。要深入認識靜觀減壓，請出席全部四節課程。	
Enquiry & registration	Patient & Family Counselling Services 604.877.6000 local 672375 (Chinese) or local 672194 (English) Please register as seating is limited. Attending all four sessions is recommended.	

Other programs for Chinese speaking patients:

- A Chinese support group meets the second Thursday of the month.
- An educational session on 'Infection Prevention during Cancer treatment' will be offered November 15th 2-3pm (English/Cantonese) 3:30-4:30pm (English/Mandarin)
- A talk in Cantonese will be offered as part of the Patient Education Summit for lung cancer patients November 8th, at the Sheraton Wall Centre.

Update from Victoria (VIC)

The Patient and Family Counselling team offers a **Patient Education series**. In August, the topic was 'Tools to Relax & Improve Sleep' and 'Fear of Recurrence' will be the focus for the September 26th session.

The new Head & Neck Support Group at VIC is a combination of education and support for patients and families who are just beginning, going through or have completed treatment for head and neck cancer. The group was piloted by a former student, Nadine Warren, and was well attended and well received.

The monthly sessions provide information, ideas for coping and time to connect and share experiences. Themes in our discussions include: living with uncertainty, getting through treatment, dealing with side effects and emotional & physical impact. For more information, contact Nancy Payeur, Practice Leader, PFC, BC Cancer Agency, Vancouver Island Centre at 250-519-5526.

Update from Prince George (CN)

The Centre for the North is pleased to offer three groups this fall: a drop-in Mindfulness Stress Reduction group, an eight session Memory and Attention Adaptation Training (MAAT) group, and an eight session I-CAN Sleep group (Cognitive- Behavioural Therapy for Individuals with Insomnia and Cancer).



Update from the Provincial Program

We are very pleased to announce that Bronwyn Barrett, casual counsellor with PFCS at the Vancouver Cancer Centre, has accepted a new role as counsellor with the LEAF (Late Effects, Assessment and Follow-up) Clinic for Adult Childhood Cancer Survivors.



Bronwyn brings with her twenty years of experience as a registered social worker supporting clients with chronic, complex health care needs. She worked as a Support Program Coordinator with the Positive Women's Network- a provincial support program for women living with HIV/AIDS. She recently worked with the Vancouver Pediatric Team with Vancouver Coastal Health. She provided support, counselling and advocacy for families who have children with chronic, complex medical diagnoses, special needs and disabilities.

Update from Kelowna (CSI)

Staff Changes at the Centre for the Southern Interior



Stacey Creak, Counsellor, is now the proud mother of a baby girl, Haddie (pictured left). We welcome Skye Kaidannek who will be covering her maternity leave (pictured right). Skye has her Masters in Social Work from UBCO as well as a

Bachelor of Arts in Psychology. She came to the Cancer Centre from Forensic Psychiatric Services and prior to that worked at Vernon Jubilee hospital in a number of departments.



Jessica Campbell is the new secretary replacing Brenda Schell. Jessica (or Jess as she tends to be known) comes with the highest of commendations and a wealth of experience with Interior Health, most recently in Surgical Services, Perinatal and Child

Health and Patient Transport. She has also worked as a Medical and Dental Office Assistant in the past and obtained her B.Sc from Okanagan University College.

Update from Community Partners

Newly created Peer Support/Peer Matching program at the Canadian Cancer Society (CCS)

A modern way to make a supportive match

A new tool to match peer support volunteers with people affected by cancer has helped relaunch the CCS telephone peer support program.

The peer support program – formerly known as Cancer Connection in some provinces – invites clients to fill out an online form about their cancer experience and what they would like to talk about. Trained peer support volunteers also fill out a similar form. Clients then search for a peer support volunteer by selecting criteria that are important to them and are presented with a list of volunteers who match their criteria. The client can choose who to be matched with from the list of volunteers. Once a client and peer support volunteer have been matched online, the rest of the exchange will continue over the phone.




Gillian Morris, a peer support volunteer and ovarian cancer survivor, knows how important it is to be matched accurately and thinks that the matching process is very well designed.

“Different clients need different things from their peer support volunteers,” says Gillian, who lives in Montreal, Quebec, but supports clients from all over the country. “The new online matching tool gives the caller more control over who they speak to. They can go into a conversation knowing more about their peer support volunteer and having an added layer of comfort.”

“The ability to have peer support volunteers share something about their personality, cancer experience and strengths will ensure the client gets the most out of the call,” says Gillian.

A cancer diagnosis can leave you feeling like your world has been turned upside down. If you’d like to talk to someone who has been there, visit match.cancer.ca.



Patient Education

Blood Cancer 101

Friday September 15, 2017, 1:30 pm – 4:00 pm
Location: Windsor Pavilion - 2451 Windsor Road, Victoria BC, V8S 5H3

Speaker: Dr. Jason Hart, MD, FRCPC, Clinical Associate Professor at University of British Columbia and Department Head, Medical Oncology of BC Cancer Agency, Vancouver Island Centre.

Speaker: Nancy Payeur, MSW, RSW, Team Leader for Patient & Family Counselling Services Vancouver Island Centre, BC Cancer Agency

Educational Opportunities:

Psychosocial Oncology Rounds



Rounds occur at noon until 1pm on the 3RD Thursday of the month. Please note there will be no rounds on December 21st.

We recognize that the demands of your work may make it difficult for you to attend these rounds in person or by video link. However, you call in using the number and passcode provided on the Rounds Flyer and presentation materials (when available) are posted online, on the **Provincial Health Services Agency (PHSA) Learning Hub**, <http://learninghub.phsa.ca> under **Psychosocial Oncology Rounds**. You can view PowerPoints and/or handouts during (if you are calling in) or after the presentation. You

must have a Learning Hub account to access presentation materials. Don't have a PHSA Learning Hub account? Please refer to the last page of this newsletter for instructions on how to set one up.

Please note you may not see all presentations on this site because some presenters do not give us permission to share their slides. All presentation materials that are posted are **NOT TO BE COPIED WITHOUT PERMISSION** of the author/s. Unfortunately we don't have the resources to create and post videos of our monthly Psychosocial Oncology Rounds, at this time.

SEPTEMBER 21, noon -1pm

Between a Rock and a Hard Place: Understanding government financial programs when a cancer patient can't work

Panel moderated by: Shelley Pennington, Cancer Care Resource Social Worker, BC Cancer Agency

- *Brenda Giesbrecht, Service Canada*
- *Dorothy Wong, Ministry of Social Development and Poverty Reduction (MSDPR)*

The financial impact of cancer on patients can be especially challenging when returning to work is not possible. As psychosocial care providers, it is often difficult to understand and support patients through the complex and often confusing maze of programs and processes. A case study involving a cancer patient will be presented by Marita Poll, counsellor at Vancouver Island Cancer Centre. This will set the stage for a panel discussion with representatives from Service Canada and the Ministry of Social Development.

OCTOBER 19, noon -1pm

Trauma and Culture: Competencies for Care Providers with Military Patients



Presenter: Jesse Frender has worked closely with Canadian military personnel and veterans, with close to 1000 hours of contact in both clinical and research contexts. He is a Registered Clinical Counsellor with the BC Association of Clinical Counsellors,

in private practice in downtown Vancouver, and a member of the casual staff with Patient & Family Counselling, BC Cancer Agency Vancouver Centre. He has conducted research with the Centre for Health Evaluation and Outcome Sciences (CHEOS), the UBC Centre for Group Counselling and Trauma, the UBC Faculty of Medicine, and the Canadian Institute for Military and Veteran Health Research (CIMVHR). He holds an MA in Counselling Psychology from the University of British Columbia and a BA from the University of Victoria.

These rounds will explore the distinct cultural experience of military service, as well as the increased prevalence of both clinical and sub-clinical traumatic experiences, and how these forces may shape the way military and veteran patients interact with civilian medical care providers. Topics will include:

- trust, respect, authority
- self-sacrifice
- stigmatization and the experience of being ill or injured
- anger, rage, dissociation, shame
- violence, death & suicide

Grounded in the presenter's direct clinical and research experiences, these rounds aim to assist civilian health care providers with establishing effective professional relationships with their military patients, by providing new perspectives and simple, concrete interpersonal tools.

NOVEMBER 3, noon- 1pm

Introducing 3 new provincial programs: the Leaf Clinic, AYA and Spiritual Care

There have been some exciting developments in the Provincial Psychosocial Program this year- and there are more to come! Adult survivors of childhood cancers are now able to access the LEAF (Late Effects and Follow Up) Clinic. This clinic has been up and running for the past year now. Avril Ullett (Program Leader) and the counsellors from the LEAF clinic will provide an update and speak about future directions. In addition, you will get a chance to meet the Spiritual Care Practitioner and find out more about this new program.



IPODE Continuing Education Courses

Register for courses online at www.ipode.ca.
For more information contact Natasha Boutilier:
Natasha.Boutilier@cdha.nshealth.ca
or 902-473-6618.

Inter-disciplinary panel on

Assessing & Managing Pain in people with cancer

October 4th, 2017, noon-1

Part of the Palliative Approach to Care Education Series brought to you by: Patient Experience & Inter-professional Practice Services



Featuring:

- **Dr. Pippa Hawley** (Moderator), Medical Leader for the Pain and Symptom Management and Palliative Care (PSMPC) team
- **Dr. Christian Weins**, Psychiatrist, Vancouver Island Centre
- **Sandy Faulks**, MSW RSW, Regional Professional Practice Leader in Patient & Family Counselling at the Fraser Valley Centre (FVC)
- **Elizabeth (Lib) Cooper**, RN BSN CHPCN (C) Clinic Nurse, Pain and Symptom Management/ Palliative Care -Vancouver Centre

Pennington, our Provincial Cancer Care Resource Social Worker receives from Patient and Family Counsellors. If you have a question, please feel free to contact her - Spennington@bccancer.bc.ca.

Question

Can a claimant receive Employment Insurance - Compassionate Care Benefits (CCB) twice, for the same patient?

For example, a claimant may qualify and receive CCB but the patient recovers and goes into remission. If the claimant returns to work and at a later date the patient becomes ill again, can the claimant file a 2nd CCB claim for the illness of the same individual (providing of course that the claimant has worked another 600 or more hours since the last CCB claim).

Answer

The answer to the question is yes. A second 26 week window can be established when the claimant goes into remission or is still alive at the end of the first 26 week period but a subsequent illness results in a significant risk of death within a new 26 week period.

This second window could be established on a new BPC (Benefits Period Commencement) or start of the claim, as in the example. It could also be established with a renewal of the benefit period where the first window was established. Of course, if it is a renewal, additional benefits can only be paid to that claimant if he or she did not collect the maximum weeks of CCB for the first window on that BPC.

Check this out

Information & Resources

New Feature called "Ask Shelley"

Occasionally, we will feature information about practical and financial resources for oncology patients. This is based on the frequently asked questions Shelley



- **Ted Talk: [what makes life worth living.](#)**

Lucy Kalanithi reflects on life and purpose, sharing the story of her late husband Paul, a young neurosurgeon who turned to writing after his diagnosis with cancer. Lucy shares, as a wife, mother and physician, "Engaging in the full range of experience - living, dying and loss - is what we get to do...being human doesn't happen despite suffering - it happens within it."

- **Article:** Myrna Tracy, counsellor at the CSI PFC has contributed to an interesting article on **coping with changes to body image** which is posted on the BCCA website. June 1, 2017.

- **Publications** available through the BC Cancer Library:

How to tell anyone anything: breakthrough techniques for handling difficult conversations at work / Gallagher, Richard S. BF637 C45 G162 2009 Location: Victoria Library

I hate you, don't leave me: understanding the borderline personality / Kreisman, Jerold Jay; Straus, Hal. WM 190.5.B5 K92 1989 Location: Victoria Library

No one overlooked: experiences of LGBT people affected by cancer / Macmillan Cancer Support. --[2016]. Location: Internet

No one overlooked: experiences of older people affected by cancer / Macmillan Cancer Support. – [2016]. Location: Internet

Taking care of parents who didn't take care of you: making peace with aging parents / Cade, Eleanor. WT120 C122 2002 Location: Victoria Library

Interprofessional health care team: leadership and development / Weiss, Donna; Tilin, Felice J.; Morgan, Marlene J. -- [2017].2nd ed. Location: Internet **E-book is licensed for one user at a time on BCCA-network computers**

September is:

- Blood Cancer Awareness Month
- Childhood Cancer Awareness Month
- Ovarian Cancer Awareness Month
- Prostate Cancer Awareness Month

October is:

- Brain Tumour Awareness Month
- Breast Cancer Awareness Month

November is:

- Lung Cancer Awareness Month

If you would like to submit an article, or ask a question, please contact the Community Education Coordinator eshearer@bccancer.bca.ca. Final decisions about the content of this newsletter are made by the Editorial Board. Content of articles in this newsletter represent the views of the named authors and do not necessarily represent the position of BCCA, PHSA or any other organization



Deadline for submissions to the winter newsletter is December 1st.