

CARE Center at Penn State Cancer Institute



The Penn State Cancer Institute has always been committed to patient-centered, comprehensive cancer care. And today, we have expanded our standard of care to include systematic assessments and services that help us better support the whole person once cancer is detected. Beginning with patients' first contact with the Cancer Institute and extending through active treatment and beyond, our care teams work to address patients' identified barriers to care.

One way we continue to strengthen this important work is through the Cancer Assistance and Resource Education (CARE) Center, a central location for staff to coordinate and connect patients with vital resources, on site or outside of our organization. These resources—which patients may need to initially access and/or complete their treatment—include patient navigation services, partner organization referrals, survivorship care planning, financial counseling, family supports and more.

YOUR SUPPORT STRENGTHENS CARE FOR THE WHOLE PERSON

A cancer diagnosis can be an emotional and frightening time for patients and their families, and it may be overwhelming to try to make sense of all the disease- and therapy-related information given. Increased access to whole-person care services will help to lessen these anxieties and enhance the overall safety and quality of their treatments.

People, like you, have always impacted our ability to improve patient care, and your support remains critical as we determine how to grow and sustain the CARE Center's offerings. With your partnership, we can assure more cancer patients and their families feel safe, understood, informed and empowered throughout their care journey.



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THE CARE MODEL

The existing Family Lounge on the second floor of the Cancer Institute will be rededicated as the CARE Center. Once renovated, this site will provide a comfortable setting for patients and staff to explore barriers to care and unmet psychosocial needs. We plan to offer assistance, resources and programming in the following areas, which could all benefit from your support:

Practical: finances, insurance, work/school, housing and transportation

Family: individual, couple (our couples' retreats cost \$13,500 each), family/relational, parenting, care giving and eldercare resources

Emotional: anxiety and mood-related concerns; stress and coping; grief and loss; patient and family support groups; individual and group psychotherapy; weekly Dialectical Behavioral Therapy skills group (\$14,400 annually); and other onsite psychosocial services, such as Mindfulness-Based Stress Reduction (three 8-week sessions in fall, winter and spring; each session costs \$6,500)

Spiritual: chaplain and spiritual care services

Physical: information and resources for disease- and treatment-related side effects; nutrition and exercise programs (\$15,000 annually); palliative medicine; and a self-service Genetic Screening Kiosk (at least \$10,000 to start)

Complementary: whole-person care for the body, mind and spirit, such as SurviveWELL (two 6-month sessions annually totaling \$12,000); and collaborations with the well-established, hospital-wide Center Stage Arts in Health program

Educational: accurate information that is understandable and in the right amount at the right time; also training future generations of care team members to deliver compassionate, patient-centered, whole person care

YOUR FUTURE IMPACT

The CARE Center will serve as another cornerstone for the Penn State Cancer Institute to achieve National Cancer Institute (NCI) designation as a comprehensive cancer center. It will also serve as a critical resource for the Cancer Institute to fulfill the American College of Surgeons Commission on Cancer's psychosocial standards, which include patient navigation, distress screening and survivorship care planning. One of our main goals is for all new patients to meet with a licensed clinical social worker to complete a thorough, patient-centered assessment. In the first three years alone, we anticipate serving 30 to 60 percent of all new Cancer Institute patients through the CARE Center.

Your support will help bring to life this new standard of care.

FOR MORE INFORMATION

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