

CANCER TRANSITIONS: MOVING BEYOND TREATMENT® FOR YOUNG ADULTS:

EQUIPPING SURVIVORS WITH SKILLS, STRATEGIES, AND SUPPORT TO NAVIGATE SURVIVORSHIP

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Background

Young adults with cancer face unique and complex challenges that are often overlooked in the broader cancer care landscape. Young adults (YAs) encounter significant disruptions in areas such as education, employment, relationships, and fertility.

Despite these distinct needs, there is a notable gap in resources tailored specifically for YAs, leading to unmet psychosocial and informational needs at all stages of the cancer experience.

Aims

This study analyzes the impact of the Cancer Transitions: Moving Beyond Treatment® for Young Adults program (CTYA) and its efficacy in providing relevant and beneficial psychosocial education and support for YAs transitioning into post-treatment survivorship.

Results

Top 3 group activities ranked by relevance and benefit

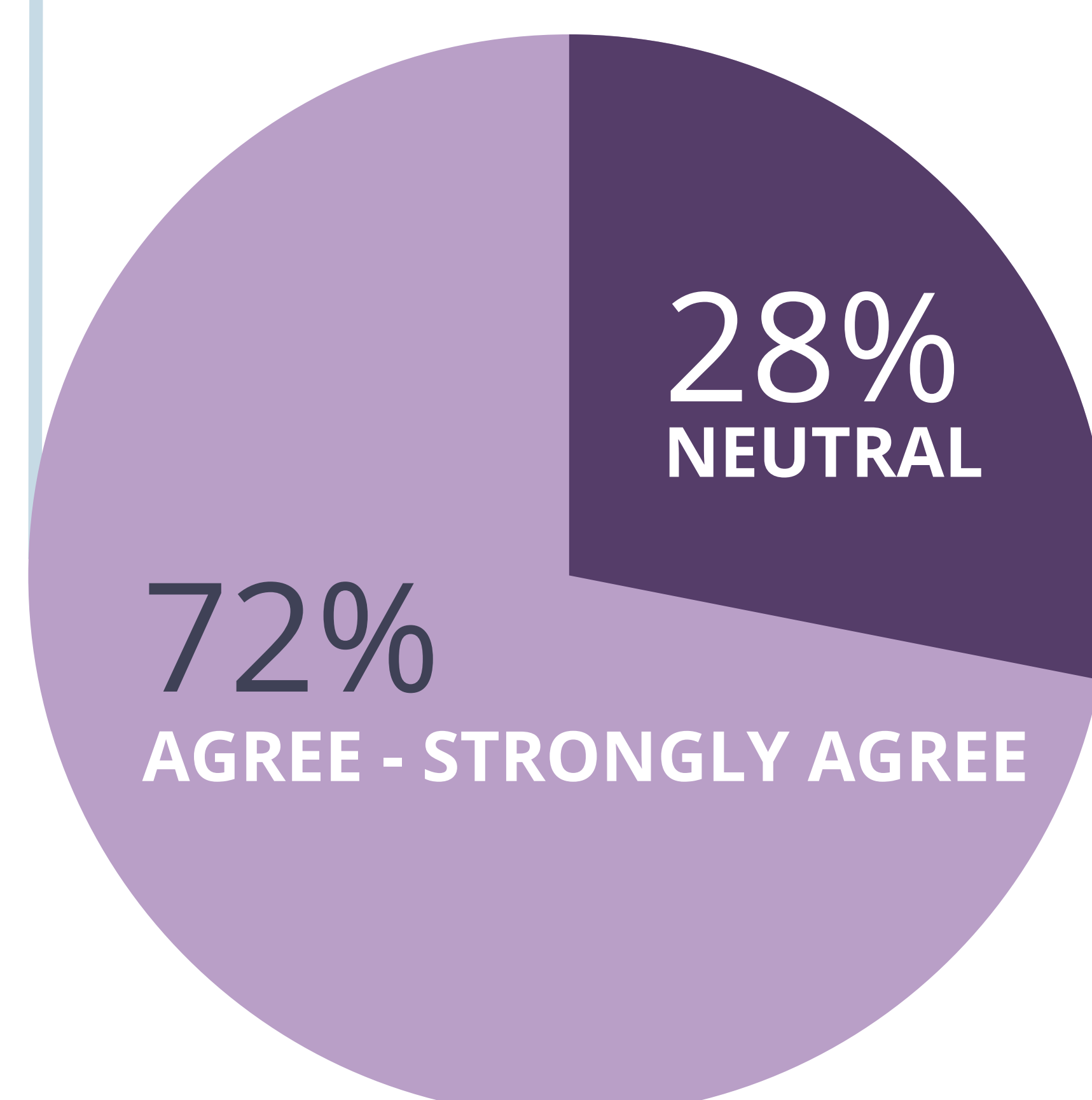
TOP 3 RELEVANT ACTIVITIES

- Your "New Normal"
- Major Life Moments
- Chemo Brain

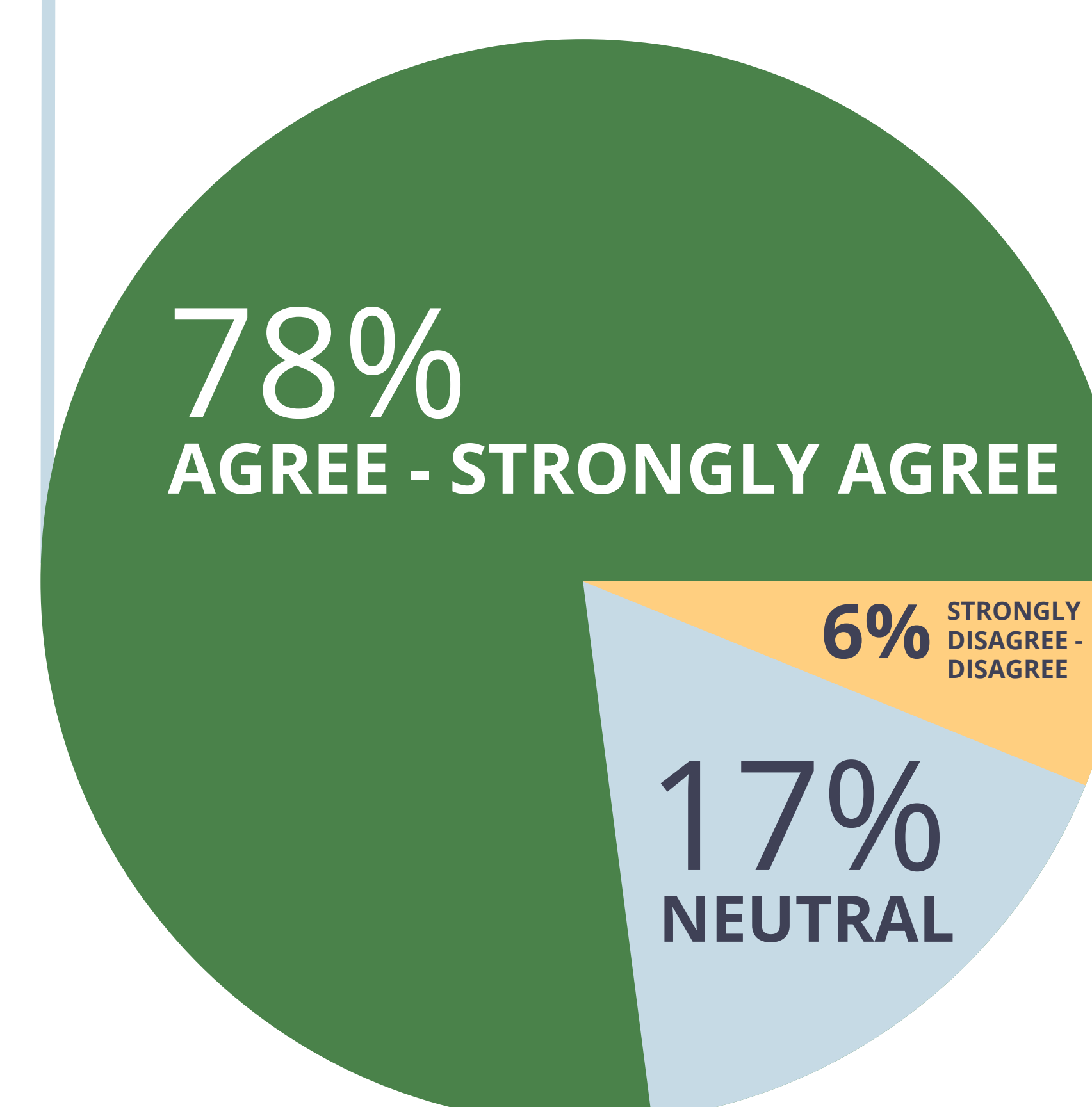
TOP 3 BENEFICIAL ACTIVITIES

- Cultivating Purpose
- Finding Community
- Survivorship as a YA

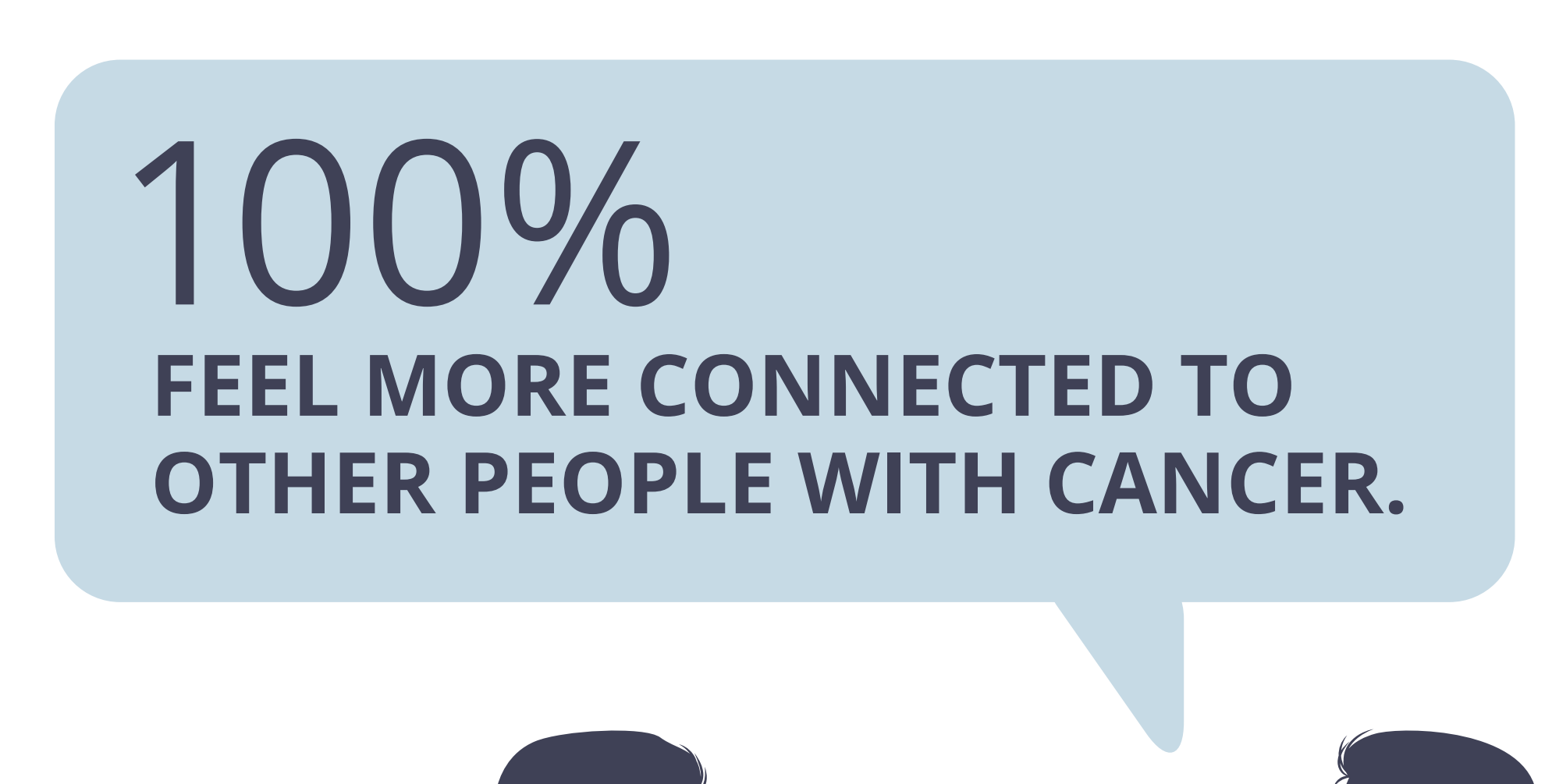
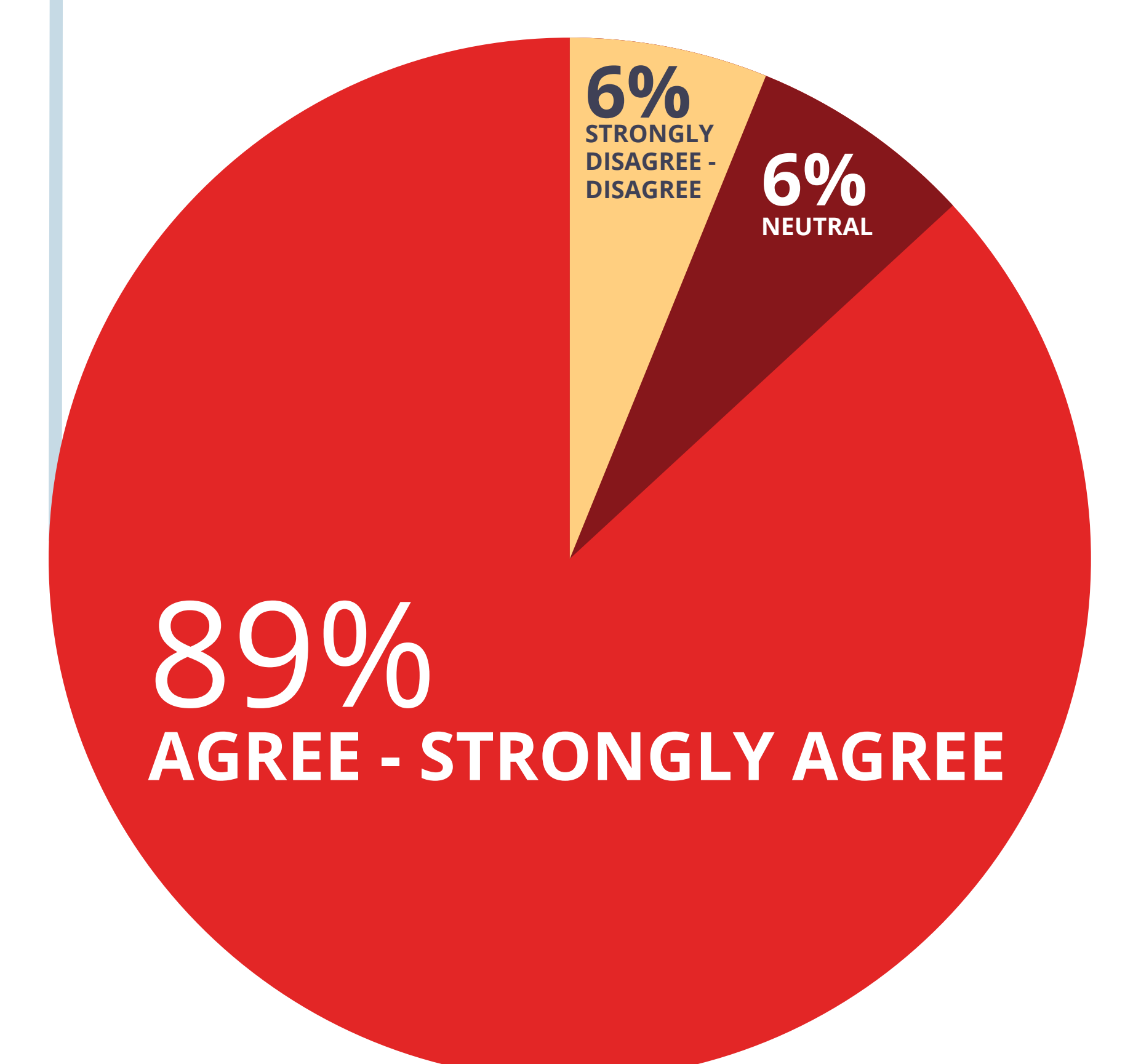
I have a better sense of the questions I should ask my healthcare team.



I can talk to my doctor about what matters most to me.



I can be an advocate for my rights and needs within the healthcare system.



Conclusions and Implications

The Cancer Transitions: Moving Beyond Treatment® for Young Adults (CTYA) program, piloted in early 2024, effectively supported young adults transitioning to post-treatment survivorship. Young adult participants experienced a significant increase in problem-focused coping and self-efficacy in areas of social interactions and managing emotions. Results highlight the ongoing need to develop accessible psychosocial resources for young adults living with and beyond a cancer diagnosis.

