



June 2018

Discussed the June Seattle Pathways for Patients and Caregivers Support Group Leader Session

Live streaming and recording these sessions will give us the opportunity to work with some experts in the field to help guide us through and help us to identify some strategies and teaching tools that will be valuable to you as leaders. We are planning on videotaping the New Jersey and Chicago sessions specific to the group leaders as well.

Goal of Meetings:

- Us TOO will discuss creating a tool kit of educational resources that that can help you to be more effective support group leaders.
- Learning from each other through discussion at these meetings what those resources would be.

Support group leader survey results conclude these three areas of highest interest to leaders. All agreed on the call that these were important topics to them:

- Sex & intimacy
- ED & incontinence
- Psychosocial issues related to all the above to include anxiety & depression

The topics in the video included some of the below:

Recognizing your personal triggers as a leader:

- How to help those attending your meetings deal with living with the uncertainty of what a prostate cancer diagnosis can bring to their lives.

Coping strategies to use as a group leader through all phases of disease stages:

- Initial diagnosis - very vulnerable time
- Establishing trust
- Living with the side effects
- What is the difference between anxiety and depression
- Recognizing someone who is severely depressed
- Men who are diagnosed with metastatic disease in beginning stage
- Cancer comes back or PSA starts to rise
- Someone from the group passes away